

Fall 2022

See Facility Map for entry / exit points for practices following the schedule.

Facility & Wellness Guidelines: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

Practice Schedule 2022

- **Novice:** Outdoor pool Lane 1 & 2 [3:40 lane 1 only]
Fall Season runs August 22-November 9 (or Dec 15 for 6pm group)
 - M/W or T/TH
 - 5-8 years: 3:40-4:20pm or 4:30-5:10pm
 - 9-10 Years: 5:15-6:05pm
 - 10-14 years: 6:10-7:00pm + Sat: 10:30-11:30
- **8&Under:** Outdoor pool
Fall Schedule begins August 17/18 through December 15. Practice break Dec 19 - Jan 5, 2023. Resume school year schedule Jan 5-May 11, 2023. Summer Schedule begins June 5, 2023.
 - M/W- or T/TH or Mon-Thurs *(must attend based on enrolled days)*
 - 3:40-4:25pm, 8 & U 1 Lanes 7 & 8
 - 4:30-5:20pm, 8 & U 1-3
- **Age Group:** outdoor & indoor pools
Practice break Dec 16 - Jan 5, 2023. Resume school year schedule Jan 5-May 11, 2023. Summer Schedule begins June 5, 2023.
 - M/W/F or T/TH/S enrollment *(Must attend based on enrolled days for Mon-Thur practices)*
 - Mon through Thurs, 5:30-6:40pm
 - Friday, 4:45-6:00pm *(can change out Fri/Sat as needed)*
 - Saturday, 9:15-10:30 *(can change out Fri/Sat as needed)*

Monday-Thursday: Outdoor & Indoor Pool assignments

- AG 1A, Coach Claire Outdoor Pool lanes 7 & 8
& Coach Kaleigh M/W
- AG 1B, Coach Austin: Outdoor Pool lanes 5 & 6
- AG 2A, Coach Sean M/W Outdoor Pool lanes 3 & 4
Coach Jack M/W
- AG 2B, Coach Brandon: M/W Indoor Pool Scoreboard End Lanes 7 & 8
T/TH Indoor Pool Scoreboard End Lanes 7 & 8
**T/Th will move to the Record board pool mid-practice but exit the facility through the backhall after practice*
- AG 3 Coach Cami M/W Indoor Pool Scoreboard End Lanes 5 & 6
Coach Andrew iT/TH Indoor Pool Scoreboard End Lanes 5 & 6
**T/Th will move to the Record board pool mid-practice but exit the facility through the backhall after practice*

- **Junior White:**

- Mon-Thurs 6:00-7:15pm
- Indoor Pool. Scoreboard End M/W. Record Board End T/TH
- Core/Strength: Mon/Wed 5:30-5:50pm. Yoga room.
- Friday, 4:45-6:00pm
 - [Only for those swimmers who have conflicts on other days]
- Saturday, 9:15-10:45am
- Saturday: Core/Strength Make up/extra session 10:50-11:10am

- **Junior Black:**

- M/W, swim 4:30-6:00pm and Strength 4-4:25pm (Weight Room)
- T/TH Swim 4:15-6:00pm and Core: 4:00-4:10pm (Yoga room)
- Indoor Pool. Scoreboard End M/W. Record Board End T/TH
- Friday, No Practice. [Make up with SR or JW if needed through Coach Helen]
- Saturday, 9:00-11:00 am
- *Saturday* Strength make up/Extra session 11:05-11:30am (Weight Room)

- **Senior Red 1 :**

- Indoor Pool. Record Board End M/W. Scoreboard End T/TH
- Mon-Thurs, 6:00-7:45pm
- Core: Mon/Wed 7:25-7:45pm
- Strength: Tue/Thur 7:15-7:45pm
- Friday, 4:30-6:00pm [with Sr. Red 2] Indoor Recordboard Pool
 - 4:00-5:30pm After Thanksgiving and High School Season
- Saturday- no practices during HS Season (Aug-Oct/Nov)
 - Saturday 10:30-12:00pm After Thanksgiving and High school season

- **Senior Red 2:**

- Mon-Thurs 6:00-7:30pm
- Indoor Pool. Record Board End M/W. Scoreboard End T/TH
- Core: M/W: 7:10-7:30pm Yoga room.
- Friday, 4:30-6:00pm [with Sr. Red 1] (Indoor Recordboard Pool) HS Season only
 - No Friday Practice after the HS season.
- Saturday. 10:30-12:00pm After Thanksgiving and High school season

- **Senior White 1:**

- Mon/Wed, 3:45-6:00pm Swim Indoor Scoreboard End and Core 6:00-6:15pm
- Tue/Thur, 3:45-4:25pm Strength and 4:30-6:00pm Indoor Pool- Record Board End
- Friday- no practices during HS Season (Aug-Oct/Nov)
 - Friday- 4:00-5:30pm [with Sr. White 2] After Thanksgiving and High School Season
- Saturday, 7:00-9:00am Outdoor Pool During HS season (Aug-Oct/Nov)
 - Saturday 8:00-10:30am Scoreboard End After Thanksgiving & HS Season

- **Senior White 2:**

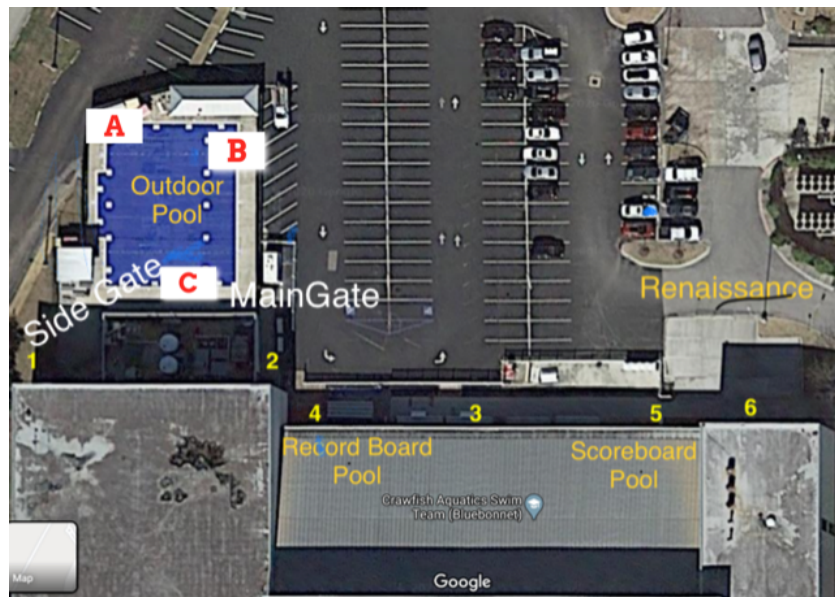
- Mon/Wed, 3:45-6:00pm
- Tue/Thur, 3:45-5:55pm
- Strength M/W 5:15-6:00pm Core T/Th 3:45-4:00pm
- Indoor Pool. M/W Record Board End. T/Th Scoreboard End.
- Friday- no practices during HS Season (Aug-Oct/Nov)
 - Friday- 4:00-5:30pm [with Sr. White 1] begin After Thanksgiving & HS Season
- Saturday- 7:00-9:00am during HS Season (Aug-Oct/Nov)
 - Saturday 8:00-10:30am After Thanksgiving & HS Season

- **Senior Black**

- Mon/Fri, 5:00-6:30am (Monday- Record Board End / Friday- Scoreboard End) Starts 8/15/22.
- Mon/Wed, 3:45-6:00pm Swim Indoor Scoreboard End and Core 6:00-6:15pm
- Tue/Thur, 3:45-5:25pm Indoor Pool- Record Board End and Strength 5:30-6:15pm
- Friday, 3:45-5:15pm Strength
- Saturday, 7:00-9:00am Outdoor Pool HS Season (Aug-Oct/Nov)
 - Saturday 6:30-9:00am Scoreboard End After Thanksgiving and HS Season

Review Facility/Pool Entry, and Pool Exit Points for Practices

Please do not enter the pool deck earlier than 5 minutes before practice start time. Facial coverings are required whenever entering the indoor facility. Swimmers will take them off for practice and put back on following practice throughout the exit process.



Practice Groups in the Outdoor Pool, MONDAY-THURSDAY

-Drop off / Pick up Pick up from Main Gate (Zone 2 on map)

- Swimmers will enter and exit through the main outdoor pool ramp/gate from the main lot.
- Swimmers may begin entering the outdoor pool area starting 5 minutes prior to the practice time. *(Wait for the coaches to indicate it is time to begin entering, once the previous practice group has exited)*
- Following practice, they will be walked back to the ramp area for pick up.

Practice Groups in the Indoor- Scoreboard Pool

**Note, all Age Group groups will begin practice in the scoreboard pool, but some groups will move to the Record Board pool halfway through practice. See pool assignments by group/coach.*

-Enter at Zone 5 and exit at Zone 6 (see map)

- The Scoreboard pool is located on the Renaissance Hotel side of the indoor facility.
- Swimmers will enter through the first set of open garage doors at that end of the pool (zone 5) and following practice will exit through the back hallway for pick up.
- Coaches will indicate to swimmers when they can begin entering the pool deck for practice, beginning 5 minutes ahead of start time, once the previous practice group has exited.

Practice Groups in the Indoor- Record Board Pool

-Enter at Zone 3 and exit at Zone 4

- The Record Board pool is located on the end of the indoor facility closest to the outdoor pool.
- Swimmers will enter through the garage doors between the 2 pools (zone 3) and following practice will exit through the first set of open garage doors at that end of the pool, by the Info Booth (zone 4).
- Coaches will indicate to swimmers when they can begin entering the pool deck for practice, beginning 5 minutes ahead of start time, once the previous practice group has exited.