



Age Group Newsletter- Fall 2025

Practice Schedules

- Enrollment is Mon/Wed/Fri or Tues/Thurs/Sat.
- Mon-Thurs practices: 5:30-6:40pm (outdoor or indoor pool, as assigned)
- Friday practices: 4:45-6:00pm (all in outdoor pool)
- Saturday practices: 9:15-10:30am (all in outdoor pool)
- Swimmers must attend according to their registered days/class time for M-Th practices.
You can change out Friday & Saturday practices as needed (no notice required).
- Full list of Fridays/Saturdays for the Fall season (cancellations, changes, etc) is on the [Team News page](#)
- Review the [Inclement Weather & Cancellation policy](#) and sign up for text alerts for your group

Important Dates

- No practice: Monday, September 1, 2025 (Labor Day)
- No practice: Wednesday–Thursday, November 26–27, 2025 (Thanksgiving)
- Last day of practice for 2025: Thursday, December 11, 2025
- Return to practices in 2026: Week of January 5 (TBD, same school-year schedule).
**Swimmer will remain active on the roster until a drop form is submitted, even through season transitions.*

Meet & Events Schedule

- Upcoming Next Gen Meets
 - Friday, October 3, 2025
 - Friday, November 14, 2025
 - Friday, December 12, 2025
- Next Gen meets are broken up into smaller age groups per session and run at a pace suitable for swimmers and parents new to swim meets.
- Meet information and schedules are posted in the [Meet Info section of our website](#).
- *Swimmers placed in AG2, AG3 will have additional USA Swimming sanctioned meets and will receive direct information by email in September.*

Monthly Dues

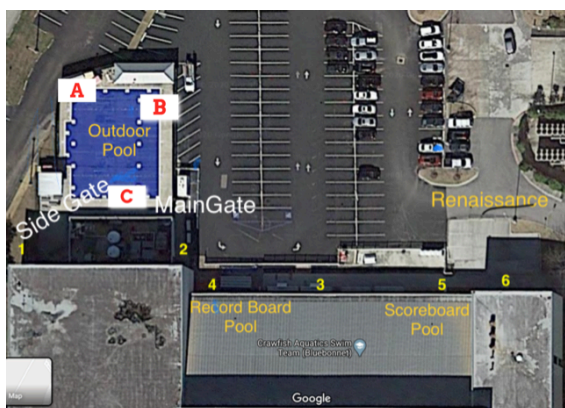
- Dues are invoiced on the 1st of each month and charged to your saved payment method.
- Meet fees or team store purchases will be added to your invoice.
- Swimmers remain on the roster until an online withdrawal form is submitted.
- You can log in to your Team Unify account to view your upcoming invoice or payment history at any time. Dues are \$95/month for 9 & U. <https://www.teamunify.com/team/laca/page/home>.

Facility/Pool Entry, and Pool Exit Points for Practices

There is no Spectator Seating on the pool deck- the indoor and outdoor pool decks are open for swimmers & coaches only during practices. The outdoor pool gate will remain open and there are spaces to watch from around the outdoor pool as well as the common areas/bleachers inside the white fencing along the outdoor pool. Conditioned space is available in the back hallway (Renaissance hotel end of the facility).

Drop Off/ Pick Up for practices in the Outdoor Pool

- Swimmers will enter and exit through the main outdoor pool ramp/gate from the main parking lot.
- Swimmers may begin entering the outdoor pool area starting 5 minutes prior to the practice time. *(Wait for the coaches to bring the previous group out to the ramp area).*
- Pick up: Please park and walk up to meet your swimmer at the outdoor pool ramp area or for indoor pool group from the outdoor area inside the white fence following practice.



What to Wear

- **Practice:** Goggles and any one piece suits for the girls and jammers or briefs for the boys (better movement in the water). Hair must be tied back and/or must wear a swim cap.
- **Team Store:**
 - Swimsuits are available at SwimOutlet.com (<https://www.swimoutlet.com/crawfish>). -Team suit optional. Goggles, swim caps, and CA apparel available at the Info Booth or by email order, helen@crawfishaquatics.com

Communication & Resources

Absences: No need to report unless out more than 1 week (email office if extended).

- **Make-Ups:** Swimmers must attend on registered days; limited exceptions may be available- email the office. *As a reminder, Age Group swimmers can attend the Friday or Saturday practice regardless of their Mon-Thur roster (change up the Fri/Sat practice as needed/when needed!)*

- **Emails/E-news:** Primary communication is through email. You can add up to 3 additional emails in your TU account through your log in.
- **Practice Group Placement**
 - Each division is divided into practice group levels with curriculum goals set for each level and age range (AG1, AG2, AG3 with AG1, AG2 is also broken up more by age 9-11, 11-14 and experience).
 - This allows everyone to be placed in a group that is an appropriate skill level and age for each swimmer.
 - At the start of the season, we will be referring to each practice group by the names of the coaches working with that group and we will also add in the group level designations as group placements are solidified during the first couple of weeks.

Planning for Inclement Weather, the outdoor pool & cancellations

We will practice in the outdoor pool during light rain when there is no lightning or thunder, provided we have appropriate visibility above and below the water.

Text Group Sign-Up (GroupMe)

Sign up for text alerts for ALL GROUPS that you have swimmers participating in.

We have split the text groups by team divisions to limit unnecessary text alerts when possible.

- **Novice:** https://groupme.com/join_group/109335945/ll8RaHrB
- **9 & Under:** https://groupme.com/join_group/109335827/BXasA4NI
- **Age Group:** https://groupme.com/join_group/109335924/52OqcjBD
- **High School Group:** https://groupme.com/join_group/109336086/xb9Rvk0F
- **Middle School Training Group (6:45pm, September–November 2025):**
https://groupme.com/join_group/109336160/K4ZdsahR
- **6:45pm AG/MS Group (November 2025–May 2026):**
https://groupme.com/join_group/109336225/PT69qtYr

Outdoor Pool Use and Practice Cancellations

- Timeline for cancellations:
 - Because weather can shift quickly, cancellation decisions are made as close to practice time as possible.
 - Exceptions: if severe weather is clearly approaching, we may cancel earlier.
 - If practice must end early, we have protocols in place for safe dismissal.

Moving Indoors and Make-Up Practices

Each group has a set number of 'rain outs' before moving indoors or scheduling a make-up:

- **Novice:** 2 per season (no make-up).
- **9 & Under:** 1 per month (no make-up).
- **Age Group:** 2 per month (no make-up).
- After the rain-out allowance:
 - Groups may be moved to the indoor pool. (We'll let you know in advance if your group is next to rotate inside.)
 - A make-up practice **may** be scheduled after the budgeted number of cancellations:
 - **9 & Under** → Saturday make-up
 - **Age Group** → opportunity to attend both Friday & Saturday
 - **Novice** → season extension, Saturday make-up, or indoor pool option

Important capacity note: No make-ups or extra attendances are permitted during Monday–Thursday practices to maintain safe coach-to-swimmer ratios and group productivity.

- Communication: Families will receive an email update after any canceled practice, with details about make-ups or the next group to move inside.

Division-Specific Notes

9 & Under and Novice

- Practices are held in the outdoor pool except for Dec/Jan/Feb & June/July PM groups.
- During possible inclement weather, parents are asked to remain on-site in their car.
- Swimmers should bring only essentials (towel & goggles) for quick transitions.
- If practice ends early, swimmers will be escorted to the indoor pool deck to wait for pickup or until practice resumes.

Age Group

- Uses both indoor and outdoor pools.
- Outdoor and indoor groups will rotate cancellations to support consistency for all groups.
- *Example: if an outdoor group is canceled, the next rainout will affect the indoor group.*
- Families will always receive an email update clarifying which group is “next to move inside” or “next to be canceled.”

High School Group

- Practices indoors most of the year.
- When outdoors, the group usually moves inside with a possible delayed start.

6:45pm AG/MS (November–May)

- Options during inclement weather:
 - Reschedule to Wednesday (unscheduled day).
 - Cancel without make-up (depending on frequency of rainouts).
 - Delay start to 7:00 or 7:15pm indoors.

Middle School Training Group (September–November)

- Almost always able to move indoors.
- Indoor practices may be delayed to 7:00pm due to pool usage.