



Fall 2023 Novice Division (10-14yrs)

Practice Schedules

Swimmers must attend according to their registered days/class time due to coach/swimmer ratios. Making up a missed practice on an alternate day is not an option due to full classes.

Season Dates

- 6:10pm group: August 21 - December 14.

Practice Days: Monday/Wednesday/Saturday or Tuesday/Thursday/Saturday

Practice Times for the 10-14yr group (all in the outdoor pool)

- Mon-Thurs practices: 6:10-7:00pm
- Saturday practices: 10:30-11:30am
- See Saturday "No Practice" days for Aug-Dec on the document posted on the [Team News page](#).

Important Dates:

- No practice Monday, September 4.
- No practice Tuesday, October 31.
- No practice November 23-27.
- Last day of practice for 2023: Dec 13 or 14.

Meet & Events Schedule

- *Next Gen* Meets: Friday, October 14; Friday, November 11; December 8.
- *CA Next Gen* meets are for Crawfish Aquatics swimmers only. These meets are great "first meet experiences" and are broken up into smaller age groups per session, running at a pace suitable for swimmers and parents new to swim meets.
- Meet information, schedules and sign up links will be updated on the [Meet Info section of our website](#) at the end of August. We will email you when the details are there!

Inclement Weather- text alerts & what to expect

- Important! Join our Remind app list "Craw Novice" for practice time notifications related to weather. Text @crawnovice to the number 81010 to join this group.
- We will ONLY use the text alerts for inclement weather and when practice groups are canceled or moved inside. All other team news, event sign ups, etc. will continue to be sent by email.
- Please review the process for your swimmer's group in regard to a cancellation, when they may move inside rather than cancel, and when a make up will be scheduled. **Groups do not move inside each time we close the outdoor pool due to weather.**
- [Read inclement weather policy on the Team News page.](#)
- We will swim with "rain" that does not compromise visibility and sometimes cannot make the determination to cancel until 15 minutes ahead of practice (we do not want to cancel practice unless we have to!). See *inclement weather policy on the Team News page of our website.*

Season Dues Payments

Enrollment for Novice is Season based. A portion of the Season dues were paid with your online registration. The remaining season dues is scheduled to debit to your saved payment method as follows:

- 6:10pm groups: \$120 automatic payment will post on October 1, November 1 for remaining season dues. Season ends Dec 13/14.
- You can view your upcoming invoice or edit your payment method by logging into your Team Unify account <https://www.teamunify.com/team/laca/page/home>

What to Wear

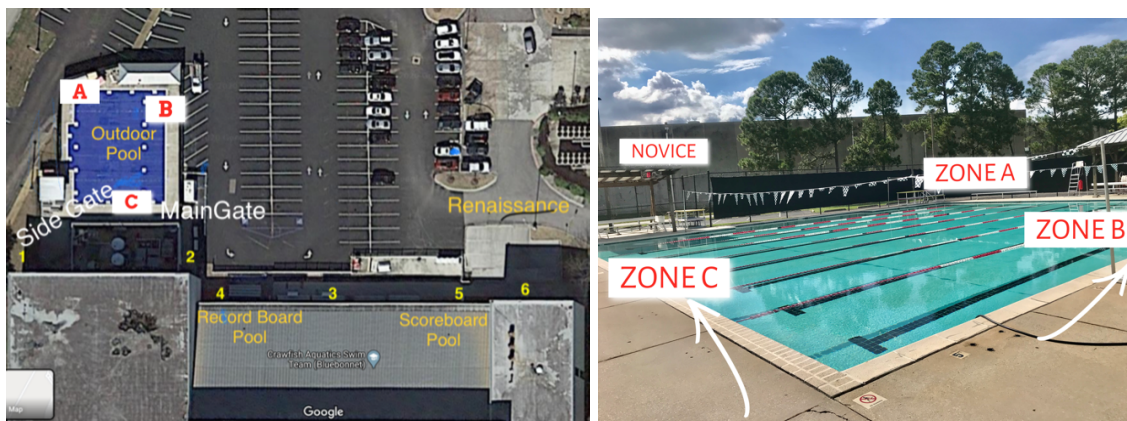
- **Practice**: Goggles and any one piece suits for the girls and jammers or briefs for the boys (better movement in the water). Hair must be tied back and/or must wear a swim cap.
 - **Team Store**:
 - Swim Suits- We do not sell swimsuits at the facility- some local sporting-good stores carry items year-round but the better options would be through our Team Store on SwimOutlet.com or Amazon.
 - Start here: <https://www.swimoutlet.com/crawfish> and shop for your swim suit & gear needs. Our team suit is also available for purchase through Swim Outlet. Team suit is not a requirement for this group.
 - Training Gear- there is no required training gear.
 - **CA apparel**- We sell goggles and swim caps along with CA shirts, car decals at the Info Booth on the indoor pool deck, when there is a volunteer there during practices. Email helen@crawfishaquatics.com to place an order for a t-shirt (not available for pick up until the week of August 28).
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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).*
- Following practice, the coaches will walk them back to the ramp area for pick up.
- **Swimmers are not released to locate cars parked in the parking lot.** Please park and walk up to meet your swimmer at the outdoor pool ramp area following practice.



Communication & Resources

Missing Practices

We understand and anticipate that swimmers will miss practices at times. If you plan to be out for more than 1 week, please email the office or you can let the coach know; otherwise there is no requirement to report each absence.

Make up Practices

Swimmers must attend practices according to their registered practice days and are not permitted to attend on alternate days; this allows us to keep our coach to swimmer ratio at the appropriate number. If you will be out for an extended time, email the office (we may be able to offer another practice option depending on enrollment).

E-news & Emails

Please note that our primary communication will be through email. Your Team Unify login email will be the email used for all communication. To add additional email addresses, login to your TU account and you may add up to 3 additional emails.

Connect with Crawfish Aquatics online

- Text Alerts for Weather: [sign up](#)
<http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>
- Facebook: www.facebook.com/crawfishaquaticsbatonrouge
- Instagram: <https://www.instagram.com/crawfishaquatics.br/>
- Website: <http://www.crawfishaquatics.com/swim-team>