



## Spring 2024 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: January 17 - May 29, 2024.
- Indoor pool Jan - Feb. Move to outdoor pool in March.

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

#### **Practice Times for the 10-14yr group**

- Mon-Thurs practices: 6:10-7:00pm
- Saturday practices: 10:00-11:00am
- See Saturday “No Practice” days for Jan - May on the document posted on the [Team News page](#).

#### **Important Dates:**

- No practice February 12-13
- No practice March 29-April 7
- Saturday, May 4: Annual Swim-A-Thon team event
- Seasonal practice break: May 13- 30, 2024 (Summer practices begin June 3)

### Meet & Events Schedule

- *Next Gen* Meets: Friday, March 15; Friday, May 10.
- *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 January. 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 outdoor 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: \$180 paid with online registration. Automatic payment of \$90 will post on March 1, April 1 for remaining season dues. Season ends May 8-9.
- 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 (no swim trunks please, jammers allow for 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](mailto:helen@crawfishaquatics.com) to place an order for a t-shirt or other apparel for pick up after the first week of practice.

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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. Swimmers may enter the pool area 5 minutes prior to the start of the practice session.

**Indoor Pool Drop off / pick up at the “back hallway entrance” for January-February (Renaissance side of parking lot)**: Please plan to drop off and pick up from the back hallway entrance at the Renaissance end of the facility when the garage doors are closed- when they are open, they are welcome to enter through the open garage doors by that end of the indoor facility!

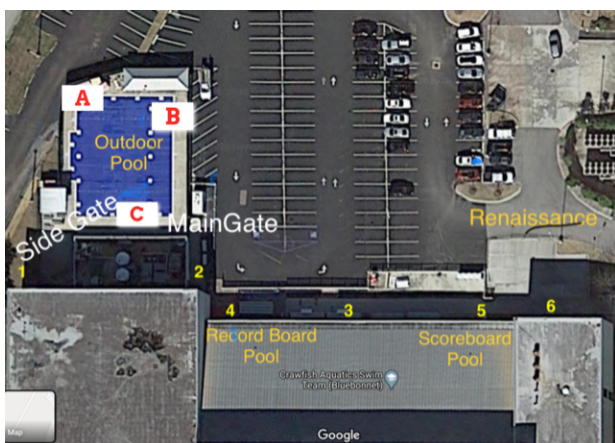
You can walk your swimmer in through the back hallway. The back hallway is open for seating and waiting, but the indoor pool deck is still closed for swimmers and coaches only once practices begin.

***\*Important!*** Swimmers will be walked back to the back hallway exit doors- this area can get congested with cars sitting and waiting. Please plan to park and walk up to pick up your swimmer

either from outside the doors or in the hallway. Coaches will not release swimmers to go and find parked cars in the parking lot.

### **Outdoor Pool- Drop Off/ Pick Up for practices (group moves to outdoor pool in March)**

- 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).*
- 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 indoor pool. Conditioned space is available in the back hallway (Renaissance hotel end of the facility).
- 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- details and sign up info:  
<http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>
- Facebook: [www.facebook.com/crawfishaquaticsbatonrouge](http://www.facebook.com/crawfishaquaticsbatonrouge)
- Instagram: <https://www.instagram.com/crawfishaquatics.br/>
- Website: <http://www.crawfishaquatics.com/swim-team>