



Spring 2026 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 12 - May 7, 2026
- 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 Mon & Tues, Feb 16-17 (Mardi Gras)
- No practice April 3-12 (Spring Break)
- Saturday, May 2: Annual Swim-A-Thon team event
- Seasonal practice break: May 11-29. (Summer practices begin June 1)

Meet & Events Schedule

- *Next Gen* Meets for the Spring season: March 13, March 27 and May 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 January. We will email you when the details are there!

Saturday, May 2: CA Annual Swim-A-Thon team event

Novice division swimmers do not have fundraising obligations, however this is a fun team event and important program fundraiser and we would love to have your child participate! Swimmers have up to 2 hours in the pool to swim as many laps as they can (most of our younger swimmers will stay in for about an hour, swimming, taking breaks, and having fun trying to swim 20 laps, or more!). Team social, games & activities will take place in conjunction with the event.

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:

- 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 6-7.
- 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 to place an order for a t-shirt or other apparel for pick up after the first week of practice.
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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
- Instagram: <https://www.instagram.com/crawfishaquatics.br/>
- Website: <http://www.crawfishaquatics.com/swim-team>

Facility/Pool Entry, and Pool Exit Points for Practices

The indoor and outdoor pool decks are open for swimmers & coaches only during practices- there is no spectator seating on either pool deck. Conditioned space is available in the back hallway (Renaissance end of the facility).

Indoor Drop off / pick up at Renaissance side of parking lot:

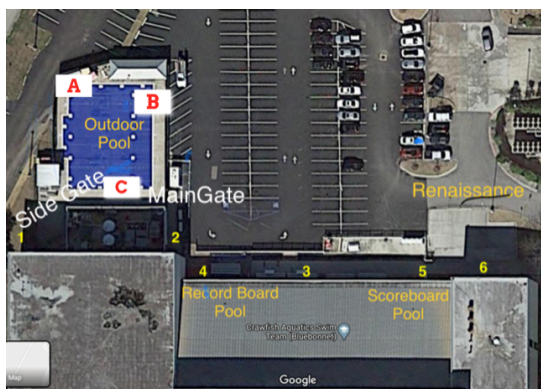
Please plan to drop off and pick up from the back hallway entrance at the Renaissance end of the facility when the garage doors are closed- when they are open, they are welcome to enter through the open garage doors by that end of the indoor facility!

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 by the coaches following practice- 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 inside 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.



Planning for Inclement Weather, the outdoor pool & cancellations

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

We will continue practice in the outdoor pool during light rain, as long as there is no thunder or lightning and visibility above and below the water is safe.

- 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.