

Spring 2021

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 for March 8 - May 2021

- **Novice:** Outdoor pool

Last practice for Spring Session is May 12-13. Summer Session starts June 7.

- M/W or T/TH
- 4-8 years: 3:40-4:20pm or 4:30-5:10pm
- 8-9 Years: 5:15-5:55pm
- 10-14 years: 6:00-7:00pm

- **8&Under:** Outdoor pool

Last practice on the school year schedule is May 12-13. No practices May 17-June 6 (May dues are pro-rated). Summer Practice Schedule starts June 7.

- M/W- or T/TH or Mon-Thurs (must attend based on enrolled days)
- 3:40-4:25pm, 8 & U 1 (5-7yrs)
- 4:30-5:20pm, 8 & U 1-3

- **Age Group/MS/HS:**

Last practice on the school year schedule is May 12-13. No practices May 14-June 6 (May dues are pro-rated). Summer Practice Schedule starts June 7.

- 3:30 MS/AG: Mon-Thurs: 3:30-4:25pm Outdoor Pool Lanes 3-6
 - Age Group: 5:30-6:40pm
 - M/W/F or T/TH/S enrollment (Must attend based on enrolled days for Mon-Thur practices)
 - Friday, 4:45-6:00pm. Indoor pool Record Board End
 - Saturday, 10:00-11:15am. Indoor pool Scoreboard End

[See all schedule for all Fridays/Saturdays January-May, 2021](#)
 - Monday-Thursday: Outdoor & Indoor Pool assignments
 - Coach Austin (AG1): M/W & T/Th Outdoor Pool lanes 7 & 8
 - Coach Sidney (AG1): M/W Outdoor Pool lanes 5 & 6
T/TH Indoor Pool Scoreboard End Lane 8
 - Coaches Jack & Elliot (AG2): M/W Indoor Pool, Scoreboard End Lanes 6, 7 & 8
 - Coach Kate (AG2): T/TH Outdoor Pool, Lanes 5 & 6
 - Coach Brandon (AG2): M/W & T/Th Outdoor Pool, Lanes 3 & 4
 - Coach Michael (AG3): M/W Indoor Pool Scoreboard End Lane 5
T/TH Indoor Pool Scoreboard End Lanes 5, 6, 7
 - 6:50 AG/MS/HS: Mon,Tue,Thurs: 6:50-7:50pm Outdoor Pool Lanes 3-8
- *can attend a Fri or Sat practice with Age Group (HS group with Brandon attend the Friday 4:00pm S Prep practice- by invitation/designation only).*

Junior/Senior Groups will follow this Spring schedule through May 29. Summer Practice Schedule begins May 31.

- **Junior Red:**

Mon-Thurs, 4:30-5:30pm. Indoor Pool, Lane 1 (Scoreboard End M/W. Record Board End T/Th)

- **Junior White:**

- Mon-Thurs 6:00-7:15pm
- Indoor Pool. Scoreboard End M/W. Record Board End T/TH
- Core: 5:40-5:55pm. Yoga room.
- Friday, 4:30-5:45pm [Only for those swimmers who have conflicts on other days]
- Saturday, 9:00-10:15am

- **Junior Black:**

- Mon-Thurs, swim 4:15-5:50pm and Core: 4:00-4:10pm (Yoga room)
- Indoor Pool. Scoreboard End M/W. Record Board End T/TH
- Friday, No Practice.
- Saturday, 9:00-11:00am

- **Senior Prep:**

- Mon-Thurs 6:00-7:15pm
- Indoor Pool. Scoreboard End M/W. Record Board End T/TH
- Core: 7:15-7:30pm Yoga room. on your select Days M/W or T/TH
- Friday, 4:00-5:30pm [**with Sr. Red**] (Indoor Scoreboard Pool)
- Saturday, 10:00-11:15am (Scoreboard End)

- **Senior Red:**

- Indoor Pool. Scoreboard End M/W. Record Board End T/TH
- Mon-Thurs, 6:00-7:30pm
- Dryland/Core: Tue/Thur 7:00-7:30
- Friday, 4:00-6:00pm (Indoor Scoreboard Pool)
- Saturday, 10:30-12:00pm (Indoor, Record Board Pool)

- **Senior White:**

- Mon-Thurs, 4:00-5:45pm
- Strength T/TH 3:45 or 5:30 and Core M/W 3:45
- Indoor Pool. Record Board End M/W. Scoreboard End T/TH
- Friday, 4:00-5:30pm *will rotate Indoor Scoreboard Pool / Outdoor Pool with Senior Red*
- Saturday, 8:00-9:50am Record Board End until 8:45, then Scoreboard end.

- **Senior Black**

- Mon/Fri, 5:00-6:30am (Monday- Record Board End / Friday- Scoreboard End)
- Mon/Wed, 3:45-5:20pm Indoor Pool- Scoreboard End and Strength 5:30-6:15pm
- Tue/Thur, 3:45-5:50pm Swim Indoor Pool-Record Board End and Core 6:00-6:15pm
- Friday, 3:45-5:15pm Strength
- Saturday, 6:30-8:30pm Scoreboard End

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. Individuals ages 9 & Older should wear facial coverings 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.

Winter/Spring 2021

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

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Practice Schedule for January to May 2021

March 1 or 8: Senior White/Red move back to the indoor pool and Novice, 8 & U and some Age Group move to the outdoor pool.

- **Novice:** Indoor pool
 - M/W or T/TH 4-8 years: 3:40-4:20pm or 4:30-5:10pm, Scoreboard End Lane 1
 - M/W 8-9 Years: 5:20-6:00pm, Record Board End Lanes 7 & 8 (*T/Th starts March 9*)
 - M/W or T/Th: 6:00-7:00pm, Record Board End Lane 8 (*6:00pm groups start March 8*)
- **8&Uunder:** indoor pool
 - M/W- or T/TH or Mon-Thurs (*must attend based on enrolled days*)
 - *All groups in the scoreboard pool EXCEPT for Mon/Wed with Coach Brandon (8 & U 2) and Coach Sion (8 & U 3)- these 2 groups will be in the Record Board pool for practice.*
 - 3:40-4:25pm, 8 & U 1, 5-7yrs Scoreboard end Lanes 2-4
 - 4:30-5:20pm, M/W 8&U1: Scoreboard end Lanes 2-4
T/Th 8&U1: Scoreboard end Lanes 6-8
M/W 8&U2: Record Board end Lanes 7 & 8
T/Th 8&U2: Scoreboard end Lanes 3-5
M/W 8&U3: Record Board end Lane 6
T/Th 8&U3: Scoreboard end Lane 2
- **Age Group/Middle School:** indoor pool
 - 3:30-4:25pm group: M-Th, Scoreboard Pool
 - 6:50-7:50pm group: Mon, Tues, Thurs (option to attend a Fri or Sat AG practice). Mon, Record Board & T/Th- Scoreboard Pool
- **Age Group:**
 - M/W/F or T/TH/S enrollment (*Must attend based on enrolled days for Mon-Thur practices*)
 - Mon-Thurs: 5:30-6:40pm
 - Friday, 4:45-6:00pm. Indoor Pool-Record Board End Lanes 3-8
 - Saturday, 10:00-11:15am. Indoor Pool-scoreboard End Lanes 5-8
 - Monday-Thursday: AG 1 & 2: Indoor Pool Scoreboard End
 - Coach Austin (AG1)
 - Coach Sidney (AG1)
 - Coach Jack & Elliot M/W, Coach Sion & Kate T/Th (AG2):
 - Coach Brandon (AG2):
 - M/W AG 3: Coach Sion & Michael (at 6pm after Novice): Indoor Pool Scoreboard End
 - T/TH AG3: Coaches Conner & Michael: **Outdoor Pool**
- **Junior Red:**
 - Mon-Thurs, 4:30-5:30pm
 - Indoor Pool, Record board End. (M/W Lane 5 T/Th Lane 1)

- **Junior White:**

- Mon-Thurs, 6:00-7:15pm
- Indoor Pool. Record Board End 1-4
- Core: 5:40-5:55pm. Yoga room. on your select Days M/W or T/TH
- Friday, 4:30-5:45pm **[Only for those swimmers who have conflicts on other days]**
Record Board End Lanes 1 & 2
- Saturday, 9:00-10:15am Record Board End Lane 5-8

- **Junior Black:**

- Mon-Thurs, 4:15-5:50pm
- Indoor Pool. Record Board End: M/W Lanes 1-4 T/TH Lanes 2-4
- Core: 4:00-4:10pm. Yoga room.
- Friday, No Practice.
- Saturday, 9:00-11:00am Record Board End Lane 1-4

- **Senior Prep:**

- Mon-Thurs 6:00-7:15pm
- Indoor Pool. Record Board End Lanes 5-7 [Lane 8 after Dec. 12]
- Core: 7:15-7:30pm Yoga room. on your select Days M/W or T/TH
- Friday, 4:00-5:30pm **[with Sr. Red]** *will rotate Indoor Scoreboard Pool / Outdoor Pool with Senior White*
- Saturday, 10:00-11:15am Scoreboard End Lane 1-3

- **Senior Red:**

- Mon-Thurs, 6:00-7:30pm Outdoor Pool
- Dryland/Core: Tue/Thur 7:00-7:30
- Friday, 4:00-6:00pm *will rotate Indoor Scoreboard Pool / Outdoor Pool with Senior White*
- Saturday, 10:30-12:00pm Record Board End Lanes 5-8

- **Senior White:**

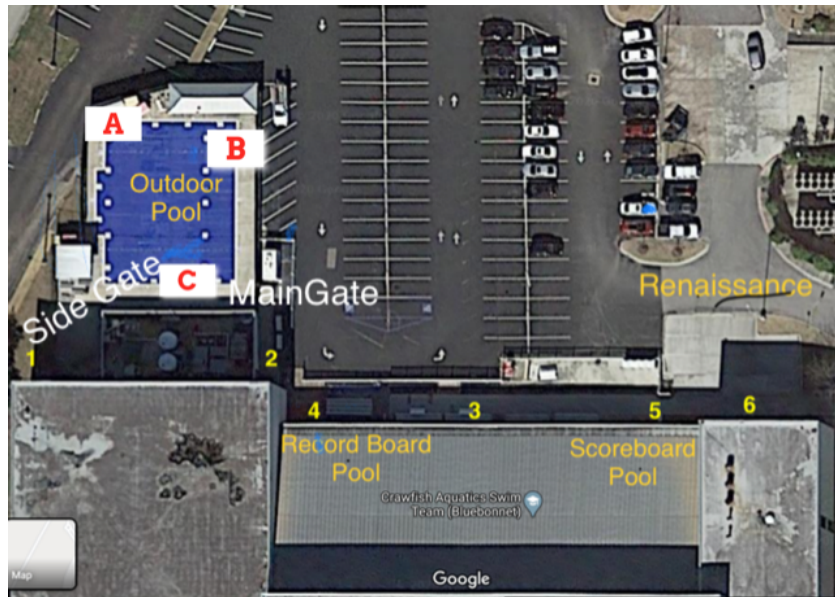
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- Strength T/TH 3:45 or 5:30 and Core M/W 3:45
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- Saturday, 8:00-9:50am Record Board End until 8:45, then Scoreboard end.

- **Senior Black**

- Mon/Fri, 5:00-6:30am (Monday- Record Board End / Friday- Scoreboard End)
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