



## **Spring 2024 Practice Schedule for Novice Division (5-10yrs)**

*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:** January 29-May 9, 2024

*\*or March 4-May 9 for swimmers in 3:40pm, 4:30pm that selected this enrollment option*

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

### **Practice Times / Pool Assignments by day & time**

- *Practices will be in the indoor pool through February and move to the outdoor pool in March.*
- 3:40-4:20pm (5-8yrs) Mon/Wed & Tues/Thurs, Scoreboard Pool
- 4:30-5:10pm (5-8yrs) Mon/Wed & Tues/Thurs, Scoreboard Pool
- 5:20-6:10pm (9-10yr) Mon/Wed & Tues/Thurs, Recordboard Pool (lanes 7-8 MW, lanes 1-2 T/Th)  
*\*5:20pm group notice- when the groups move to the outdoor pool, the time for the 5:20pm group will change to 5:15-6:05pm. Tentative date to move outside is the week of March 4.*

### **Important Dates**

- No practice February 12-13.
- No practice March 29-April 7.
- Seasonal practice break: May 13- 30, 2024 (Summer practices begin June 3).

### **Season Dues Payments**

Enrollment for Novice is Season based. Dues will post to your saved payment method as follows:

- \$280 season dues.  
\$100 dues paid with online enrollment. \$90 dues invoices will post on March 1, April 1 to your saved payment method for remaining season dues.
- *Enrollees in the March-May session: debits of \$90 on March 1, April 1 will auto post for your season dues obligation.*
- 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>

### **Meet & Events Schedule**

*Additional meet details will be published to the Meet Info page*

<http://www.crawfishaquatics.com/swim-meets/swim-meets/>

### **Next Gen Meet dates for Spring 2024:**

- Friday, March 15; Friday, May 10.
- CA Next Gen meets are fun, easy, "first meet experiences" for athletes and parents.
- No USA Swimming membership required for these meets.

### **Saturday, May 4:** 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.



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## **What to Wear**

- **Practice:** Goggles and any one piece suits for the girls and jammers or briefs for the boys (rather than traditional swim trunks- supports better movement in the water).
  - Please tie long hair back and/or wear a swim cap.
  - Swimmers should bring their towel with them so they can bundle up once they are out of the pool!
- **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!
  - 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.
  - Training Gear- there is no required training gear.
- **CA apparel-** We sell goggles and swim caps along with CA shirts and car decals. Email [helen@crawfishaquatics.com](mailto:helen@crawfishaquatics.com) to order a t-shirt.

## **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.

## **Communication & Resources**

### ***E-news***

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.

### **Connect with Crawfish Aquatics online**

- Facebook: [www.facebook.com/crawfishaquaticsbatonrouge](http://www.facebook.com/crawfishaquaticsbatonrouge)
- Instagram: <https://www.instagram.com/crawfishaquatics.br/>
- Website: <http://www.crawfishaquatics.com/swim-team/>