



## **Spring 2026 Practice Schedule for Novice Division (5-11yrs)**

*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 26-May 7, 2026

*\*or March 9-May 7 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 (5-9yrs) Mon/Wed & Tues/Thurs, Scoreboard Pool
- 4:30-5:10pm (5-9yrs) Mon/Wed & Tues/Thurs, Scoreboard Pool
- 5:20-6:10pm (9-11yr) 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. The tentative date to move outside is the week of March 9.*

### **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)

## **Season Dues Payments**

- \$280 season dues for Jan 26-May 7. \$180 season dues for March 9-May 7..  
Jan 26 group- \$100 dues paid with online enrollment. \$90 dues invoices will post on March 1 and 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 2025:**

- *Next Gen Meets: Friday, March 13; Friday, March 27; Friday, May 8.*
- CA Next Gen meets are fun, easy, "first meet experiences" for athletes and parents.
- No USA Swimming membership required for these meets.

### **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.



## **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](http://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!

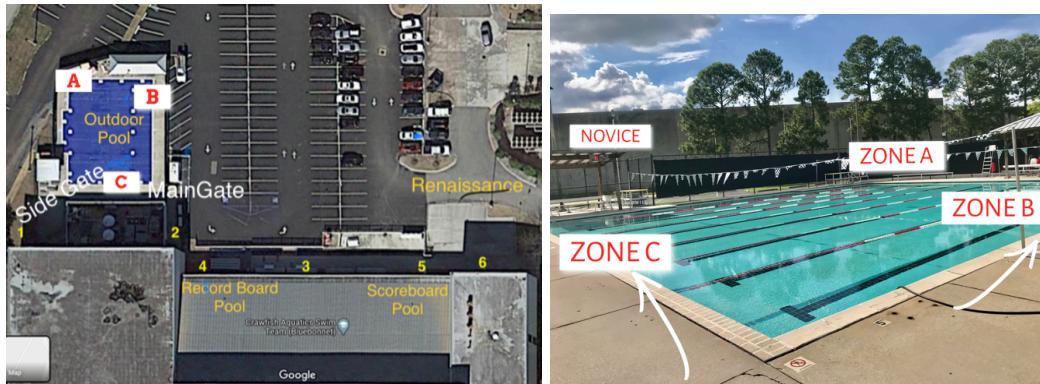
You can walk your swimmer in through the back hallway. The back hallway is open for seating and waiting but the indoor pool deck is still closed for swimmers and coaches only once practices begin.

***\*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.*



## **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**

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



## **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/lI8RaHrB](https://groupme.com/join_group/109335945/lI8RaHrB)
- **9 & Under:** [https://groupme.com/join\\_group/109335827/BXasA4NI](https://groupme.com/join_group/109335827/BXasA4NI)
- **Age Group:** [https://groupme.com/join\\_group/109335924/52OqcjBD](https://groupme.com/join_group/109335924/52OqcjBD)
- **High School Group:** [https://groupme.com/join\\_group/109336086/xb9Rvk0F](https://groupme.com/join_group/109336086/xb9Rvk0F)
- **Middle School Training Group (6:45pm, September–November 2025):**  
[https://groupme.com/join\\_group/109336160/K4ZdsahR](https://groupme.com/join_group/109336160/K4ZdsahR)
- **6:45pm AG/MS Group (November 2025–May 2026):**  
[https://groupme.com/join\\_group/109336225/PT69qtYr](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.