



Age Group Spring 2026

Practice Schedules for 5:30pm AG and 6:45pm AG

- Mon/Wed/Fri or Tues/Thurs/Sat (5:30pm roster groups)
 - Mon-Thurs practices: 5:30-6:40pm
 - Friday practices: 4:45-6:00pm
 - Saturday practices: 10:00-11:15am
 - Swimmers must attend according to their registered days/class time for M-Th practices.
You can change out Friday & Saturday practices as needed (no notice required).
- 6:45pm AG/MS Group (alternate schedule/time offered in the Spring)
 - Practices are Mon, Tues, Thurs 6:45-8:00pm.
- Review the [Inclement Weather & Cancellation policy](#) and sign up for text alerts for your group
- Full list of Fridays/Saturdays for the 5:30pm roster group (cancellations, changes): [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
- No practices May 15-30 (May is a prorated dues month)
- Return to practices at Summer Schedule: June 1-July 23.
Swimmers will remain active on the roster until a drop form is submitted, even through season transitions.

Meet & Events Schedule

- *Next Gen* Meets: Friday, March 13; Friday, March 27; Friday, May 8.
- *Next Gen* meets are broken up into smaller age groups per session and run at a pace suitable for swimmers and parents new to swim meets.
- Meet information and schedules are posted on each specific meet page on the [Meet Info section of our website](#) along with sign up links. Swimmers placed in AG2, AG3 will have additional USA Swimming sanctioned meets and will receive that notice & information separately.

Monthly Dues

Dues are invoiced on the 1st of each month and charged to your saved payment method. If you participate in a meet or make a team store purchase, these items will also be placed on your upcoming invoice. Your swimmer will remain active on the roster until an online withdrawal form is submitted. Age Group and 6:45pm AG/MS-\$105 per month. You can log in to your Team Unify account to view your upcoming invoice or payment history at any time: <https://www.teamunify.com/team/laca/page/home>.

Inclement Weather- text alerts & what to expect

- Please review our Inclement Weather & Cancellation policy on the [Team News page \(Resources\)](#) and at the end of this newsletter.
- Sign up for text alerts for your swimmers' applicable groups to receive "practice time" notifications related to closing the outdoor pool due to weather.

- *We will ONLY use the text alerts for inclement weather and when practice groups are canceled or moved inside. All other team news, event sign ups, etc. will continue to be sent by email.*

What to Wear

- **Practice:** Goggles and any one piece suits for the girls and jammers or briefs for the boys (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!
 - 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.
- **CA apparel-** We sell goggles and swim caps along with CA shirts, car decals at the Info Booth on the indoor pool deck. Order Apparel by emailing helen@crawfishaquatics.com or complete an order form in the Team Store binder at the Info Booth. We will also sell swim caps at the meet warm up.

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).

- *As a reminder, Age Group swimmers can attend the Friday or Saturday practice regardless of their Mon-Thur roster (change up the Fri/Sat practice as needed/when needed!)*

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.

Practice Group Placement

Each division is divided into practice group levels with curriculum goals set for each level and age range (AG1, AG2, AG3 with AG1, AG2 is also broken up more by age 9-11, 11-14 and experience).

This allows everyone to be placed in a group that is an appropriate skill level and age for each swimmer.

At the start of the season, we will be referring to each practice group by the names of the coaches working with that group and we will also add in the group level designations as group placements are solidified during the first couple of weeks.

Connect with Crawfish Aquatics online

- Facebook: www.facebook.com/crawfishaquaticsbatonrouge
- Instagram: <https://www.instagram.com/crawfishaquatics.br/>
- Review us on Google! <https://tinyurl.com/3be2xvad>

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!

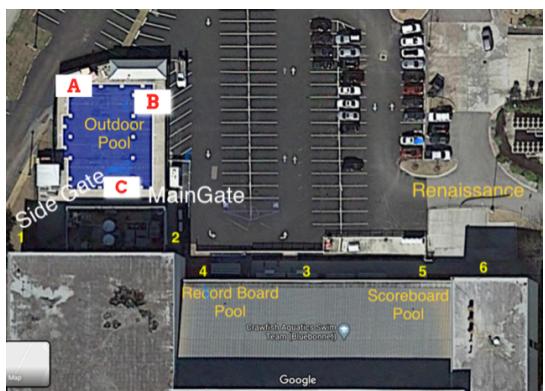
You can walk your swimmer in through the back hallway. The back hallway is open for seating and waiting but the indoor pool deck is still closed for swimmers and coaches only once practices begin.

***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

**some groups will move outside in March; TBD*

- 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.



Inclement Weather Plan & Text Alerts

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
- **9 & Under:** https://groupme.com/join_group/109335827/BXasA4Nl
- **Age Group:** https://groupme.com/join_group/109335924/520qcjBD
- **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:
 - **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.