



Age Group Summer 2021 Practice Schedule (June 7-July 29)

Swimmers must attend according to their registered days/class time due to coach/swimmer ratios.

Practice Schedules

Age Group:

- Enrollment is M/W/F or T/Th/S. Fri/Sat can be swapped as desired (no notice needed).
- AM group:
-9:20-10:30am. Mon/Wed and Tues/Thurs.
-Friday practice is 4:45-6:00pm. Saturday is 9:15-10:30am. Outdoor pool.
Age Group 1, 2 & 3 + HS Group.
- PM group: 5:00-6:10pm. Mon/Wed and Tues/Thurs
-Friday practice is 4:45-6:00pm. Saturday is 9:15-10:30am. Outdoor pool.
Age Group 1 & 2.
- Practices for swimmers in Age Group 3 in the afternoon are 6:20-7:30pm Mon-Thurs and 4:45-6:00pm Friday, 9:15-10:30am Saturday.

There are no practices on the following dates:

- **No practices on these Fridays:** July 2, July 23 (swim meet)
- **No practices on these Saturdays:** June 19 (swim meet), June 26 (Swim-A-Thon), or July 3.
Attend any additional Fridays.

Meet & Events Schedule

Registration links & more details will be sent by email mid-June.

- **June 26:** Crawfish Aquatics Swim-A-Thon (9:00-11:00am)
More Info & Sign up: <http://www.crawfishaquatics.com/swim-team/swim-a-thon>
- **July 23:** CA 11 & Older Meet at Crawfish (Friday, 5:00pm)
More info & Sign up: <http://www.crawfishaquatics.com/calendar/ca-11-older-meet-ca-br>
- **July 24:** CA 10 & Under Olympic Championship (Saturday, multiple times depending on age group)
More info & sign up:
<http://www.crawfishaquatics.com/calendar/10-u-summer-championship-at-ca-br>

Communication & Resources

Missing Practices

We understand and anticipate that swimmers will miss practices especially during the Summer season. If you plan to be out for more than 2 consecutive practices, please email the office or you can let the coach know; 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.

Information Booth

Open Mon & Tues, 9:00-11:00am, Mon & Thurs, 3:30-6:15pm.

The Information Booth is located on the indoor pool deck and where you can purchase apparel, make inquiry about events, or leave a message for a CA staff member or coach during practice.

Practice Group Placement (division levels for 8 & U and AG Division)

Each division is divided into practice group levels with curriculum goals set for each level and age range (AG1, AG2, AG3). There is a bit more fluidity in the summer season and for communications purposes, information will be sent out by division and not practice group/level.

Connect with Crawfish Aquatics online

- **Facebook:** www.facebook.com/crawfishaquaticsbatonrouge
- **Instagram:** <https://www.instagram.com/crawfishaquatics.br/>

Age Group Swimmer Drop Off/Pick Up

-Swimmers may enter the pool deck 5 minutes prior to their practice time.

-There are outdoor bleachers lining the indoor pool deck available for watching practices or conditioned space in the back hallway. There is no spectator seating on the indoor pool deck.

-Morning group: Meet coaches under the Scoreboard. After practice swimmers will exit through zone 5 or 6 for pick up at the Renaissance end of the parking lot.

-Afternoon group: Meet coaches under the Record Board. Swimmers will enter through "Zone 4" of the indoor facility and meet the coaches under the Record Board. *This is at the outdoor pool end of the facility.* Following practice, coaches will walk swimmers outside to be picked up inside the white fencing area at that same end of the pool. Please plan to park and walk up to pick up your swimmer; there will be lessons and other programs taking place at the same time.

- **Age Group Pool Assignments**

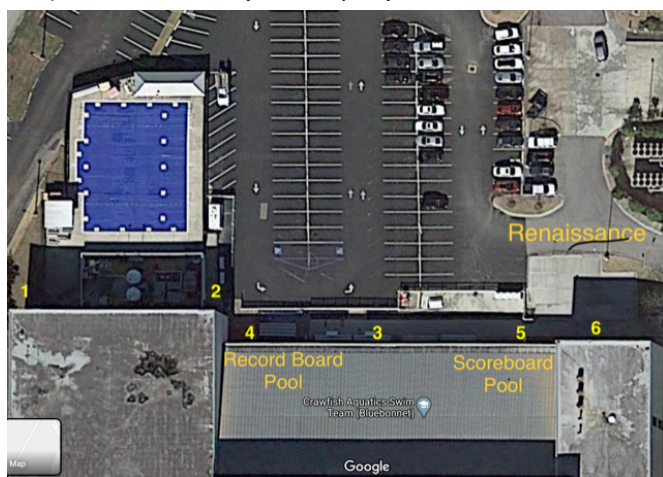
-Mon-Thurs, 9:20-10:30am (Indoor- Scoreboard End Pool- enter at zone 5 or 6)

-Mon-Thurs, 5:00-6:10pm (Indoor- Record Board End Pool- enter at zone 4 or 6)

-Mon-Thurs, 6:20-7:30pm (Indoor- Record Board End Pool- enter at zone 4 or 6)

-Fri, 4:45-6:00pm (outdoor pool)

-Sat, 9:15-10:30am (outdoor pool)



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). Please tie long hair back and/or 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 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, car decals at the Info Booth on the indoor pool deck. Additionally, there are some limited edition items currently being sold through our [Swim-A-Thon product site!](#)