



## 2024 SAS LIONS Swim Team Info Packet

- **Swim Team Contact Information**

- Emily Mayo, Head Coach ([emilymayo@cox.net](mailto:emilymayo@cox.net) or 225-235-5835)
- Melanie Lemoine, Team Manager ([mlemoine70808@gmail.com](mailto:mlemoine70808@gmail.com) or 504-236-8670)
- Eric Burton, SAS Athletic Director ([athletics@aloysius.org](mailto:athletics@aloysius.org) )

- **Official Registration — Forms & Fees**

- Registration for SAS swim fees must be completed through FACTS
- All swimmers must have an updated health form on file.
- All non-club swimmers (Crawfish, TAQ) will **ALSO** complete the Crawfish Registration and pay fees directly to Crawfish. Fees will cover pool facilities and assistant coaches. **The registration/payment link for Crawfish will be sent out after the swim evals.**

- **Swim Team Participation & Evaluation**

- The St. Aloysius Swim team is open to 5th through 8th grade students who have the swimming skills needed for practice and competition. Due to limited lane space at the facility, and to ensure practice sessions are safe and effective, the following swimming skills are ***required***:
  - *Swim a minimum of 75 yards of freestyle & backstroke competently, and without assistance*
  - *Use of aquatic breathing and a working knowledge of breathing to the side*
  - *Previous swim team experience is beneficial*

*Swimmers who do not meet the minimum skill requirements will be referred to a novice program for practice but may remain on the team and compete in meets.*

- All **new** swimmers to our team (5th - 8th grade) **must participate in a swim evaluation**. Evaluations will be held **August 19th from 3:45pm - 4:15pm at Crawfish Aquatics**.

- **Swim Practice**

- Practices will be held at **3:30pm-4:30pm on Monday - Thursday** afternoons at [Crawfish Aquatics](#) starting **Tuesday, September 3rd**.



# ST. ALOYSIUS CATHOLIC SCHOOL

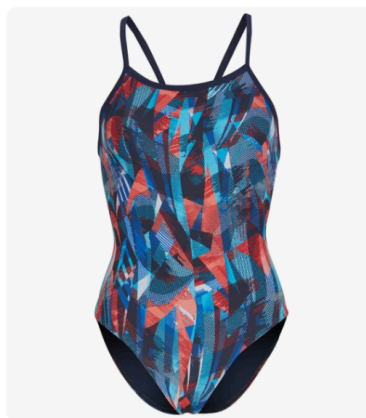
- o Swimmers, who **do not** regularly practice with Crawfish or Tiger Aquatics, must attend at least **two SAS middle school practices a week**.
- o Due to space limitations, swimmers who **do** regularly practice with Crawfish or Tiger Aquatics, must maintain their current practice schedule with that team.
- o Swimmers must wear goggles and a racing suit to practice, and swimmers must arrive to practice already wearing their swimsuit. There will be no changing on the pool deck.

## ● Swim Meets

- o The meet schedule is posted on the [BR Middle School League](#) page.
- o **Swimmers are expected to attend all four meets.**
- o It is the swimmer's responsibility to let Coach Emily know **4 days prior** to the meet if he/she will not be attending a meet.

## ● Swim Equipment

- o SAS Swim Cap (one is included in SAS fee)
- o All swimmers must wear a racing suit (girls) or jammer (boys) for practice and meets.
- o Goggles are highly encouraged
- o All team racing gear can be purchased through our [SAS Swim Outlet Store](#)
  - If purchasing the multi-colored suit, please select the **red/white/blue** option
  - If purchasing the solid colored suit, please select the **navy** option



## ● Parent Communication & Volunteers

- o Please join the team's Remind app for important updates, reminders, or cancellations using the following code: @sasswim20