



FAQs

Ages 5-18 must be able to swim the length of the pool **unassisted**.

Who can join?

Anyone from beginners to advanced as long as they can swim at least one pool length by themselves. This is a recreational swim team and a great place for kids to get started. We aim to help them learn how to be on a swim team, improve their technical skills, and swimming strokes.

How often do y'all practice?

We start with only evening practice times during the last month of school, then after school ends morning and evening options will be available, see below.

PRICES		
CG Member	CG Non Member	Hurricanes Swim Team Member
\$250	\$300	\$100
\$10 sibling discount per additional kid		

How To Get Started:

- Register On CG App starting April 19th, 2025
- In Person At Military Rd: April 19th 12 Noon - 2pm

Gators Swim Team 2024 Calendar



Practice Times:

We have two different practice times based on age:

YOUNGER SWIMMERS: 10 and Under | OLDER SWIMMERS: 11 and Older

Some swimmers in “the middle” ages (8-11) may be asked to attend one practice or the other based on numbers and ages of swimmers that register.

Week 1: Staggered Start Week

Tuesday May 6th *Younger Swimmers ONLY* 5:30 - 7pm*

Wednesday May 7th *Older Swimmer ONLY* 5:30 - 7pm*

Thursday Younger Swimmers 5:30-6:30pm, Older Swimmers 6:30 - 7:30pm

We may not use the entire hour and a half block

Week 2 - Week 4 May 12th-22rd: Regular School Schedule:

Mon - Thurs Younger Swimmers 5:30-6:30pm, Older Swimmers 6:30 - 7:30pm

Week 5 - Week 11: May 26nd - July 12th Regular SUMMER Schedule Starts:

Mon - Thurs

Mornings: 7:00am - 8:00am **Older** | 8:00am– 9:00am **Younger**

Evenings: 5:30pm – 6:30pm **Younger** | 6:30pm- 7:30pm **Older**

** no swim practices on meet days**

Events and Meetings:

Monday, April 26th	Mandatory Parent Meeting 6pm @ Cross Gates
Thursday, May 7th	Practices Begin this week (staggered start, see above)
Monday, May 26th	Morning & Evening Practices Start
Friday, May 23rd	Fun Meet at Military (4pm warm-up, 5pm meet)
Saturday, May 31st	Dual Meet w/ Picayune @ Crossgates
Saturday, June 7th	Dual Meet @ Lakeside (times TBA)
Monday, June 16th	Dual Meet @ Pinewood (times TBA)
Saturday, June 21st	B Championship Meet @ Lakeside
Saturday, June 28th	A Championship Meet @ Picayune
Saturday, July 6th	Dual Fun Meet @ Lakeside *may or may not happen*
Friday, July 11th	City Championship Meet @ Cross Gates - 11 & Up
Saturday, July 12th	City Championship Meet @ Cross Gates - 10 & Under
Sunday, July 13th	Gators Awards Party @ Cross Gates

These dates still need to be confirmed by home teams and the league, but will be released via email

****Team and Individual Pictures-** TBA



CROSS GATES
GATORS

2025

HANDBOOK

2025 Gators Swim Team

Team Coordinators

If you have any questions, please email Maddie Rodriguez at maddie@crossgatesclub.com and I will get back to you as soon as possible. For up-to-date team information, such as weather cancellations or practice changes, please see check emails from [Team Unify](#) or our Facebook page – [Cross Gates Swim Team](#) & Instagram page - [cross_gates_gators](#)

Coaches

Head Coach

Maddie Rodriguez

Age group Coaches

Mia Barnes- 6 and Unders

Maddie Rodriguez - 7-8

Grace Manion- 9-10

Drea- 9-10

Leo Naffa- 10 & up

Sam Naffa- 10 & up

Assistant Coaches

Arturo Medina

Grace Nguyen

Practice Schedule and Meet Dates

Please see the calendar (attached) for meet dates and practice schedule. Please put these dates on your calendar as soon as possible to prevent conflicts for your swimmers. If a swimmer misses too many meets they will not be eligible to swim in the City Championship. Each **meet-signup deadline will be announced in an email**, at the practices leading up to the meet, and in a last call email the day of the deadline. It is **critical** that parents sign their swimmers up for each meet.

As Gators Swim Team members, we will follow all posted pool rules and regulations of Cross Gates Family Fitness. Gators Swim Team members who are **not** CGFF members are allowed in the pool **only** at officially designated swim team practice times and in the designated pool areas. If you or family members would like to join the club please contact Cross Gates Family Fitness at 985-643-3500.

Costs

Team fees vary and are found on the Cross Gates website under Swim team and on the registration forms. Registration fees must be paid in full at the time of registration and are non-refundable after a certain date (as stated on the registration form). Any refunds are at the discretion of the Aquatics Manager and do not include the St. Tammany Parish Swim League dues.

Team Suits and Gear

Team suits (and other swim gear) can be ordered from www.swimoutlet.com/crossgatesgators throughout the season.

Uniform and Gear: Please show up to each practice with the following

- Gators Swim Suit
- Goggles and swim cap

Recommended but optional gear :

- Kick Board
- Fins
- Paddles
- Buoy

Team Pictures

Team and individual photos will be scheduled towards the middle of the season. Fees for pictures will be paid directly to the photographer.

Team Communication

Team information is sent via email through our team website ([Team Unify](#)) and through our Facebook/Instagram page ([Cross Gates Gators Swim Team](#) & [cross_gates_gators](#)). Each family is expected to check their email regularly during the season and check the team website for updated information. Cross Gates Family Fitness staff will not have team information. If you do not have access to an email account, please see a Gators Swim Team Board member for an alternate point of contact.

Please note that practices are not canceled due to cloudy weather or predicted rain. A weather-related cancellation happens rarely and is only for active lightning in the area. All other schedule changes will be sent via email and/or the previously mentioned social media.

You will be **required to sign your swimmer up for each** meet. This information will be sent via the team website and you will have to go to the site to sign-up your swimmer and sign up for your mandatory volunteer shift. Please make sure your login works prior to the first meet. If you do not sign-in by the deadline, your swimmer will **not** be entered in the meet. Coaches and meet officials will be **unable** to add your child into the meet if they are not signed in by the deadline.

Volunteering At Meets

For each meet that your child swims in, you are responsible to fill one shift!

Swim meets are organized and run solely by volunteer help. Do you realize that it takes more than **40** volunteers to run a home meet? We also must provide volunteers at away meets (although not as many). Volunteering is a good way to meet some great parents and kids. If you have small children, please share childcare with other parents and work rotating shifts. Working together, we will have a great season and the meets will run smoothly. Without your help, the meet **cannot** run! Meets are divided into two shifts so that no one has to work the entire meet. Most positions offer on-the-job training by experienced people. **ALL PARENTS ARE REQUIRED TO HELP.**

Meet Volunteer Positions:

- **Clerk of Course:** Announces and gathers swimmers by age group to give them their “cards” for their events. For each event, swimmers are grouped by heat and lane.
- **Timers:** Three people per lane are needed to time each swimmer. This is done by using a stopwatch provided by the team. All times are written on the swimmer’s card. This is a nice way to see all of the events up close—you have the best seats on the pool deck! Don’t hesitate to sign up for timer as our head timer will provide instructions during the warm-up hour before each meet.
- **Deck Parent:** Two people per shift who will help get the swimmers seated in the correct heat and lane. This is an important job and helps ensure the meet runs smoothly.

- **Starter:** This person is in charge of running the meet by calling and starting each event. This job requires some extra training and is vital to the meet running smoothly.
- **Stroke Judges:** This position requires formal training. A stroke judge must attend a mandatory certification class annually. This is a great way to learn about stroke technique and disqualifications for every stroke.
- **Parents in Charge of Relay Teams:** Our ten and under swimmers need help organizing themselves for relay events. You will help gather the relay team together and help them get in position for their event.
- **Set up and Clean up:** These people are needed about an hour before the meet to help move equipment and set up for the swimmers and then after the meet to get the pool deck back in order for the pool to open.

Meets

There is no swim team practice on the day of a meet. Meets are held during the week (usually on Mondays, Fridays, or Saturdays) in the late afternoon or early morning, and can last up to four hours. Swimmers are required to remain there for the entire meet (relay teams swim in the final events). Consider bringing chairs, sunscreen, insect repellent, canopies, snacks, drinks, toys, games, books, etc. to ensure comfort. Team members should remain in the team area during the meet.

Championship meets (B, A, City) are all-day events normally held on Fridays and/or Saturdays. The A and B meets are divided by age group; 10 and under compete in the morning and 11 and up compete in the afternoon. The City Meet occurs over two days with the 11 and up swimming on Friday and the 10 and under group swimming on Saturday. A swimmer is eligible to swim at the City Meet provided that she/he has swam two events at any league run event during the season.

Don't leave a meet early without checking the relay events with your coach. Your child may be on a relay team and it will cost the team points if they are not there to swim the event.

What is a Heat Sheet?

The host team provides "heat sheets" at meets for a nominal fee. It lists the events and heats that the swimmers swim in. You will want to purchase one of these.

Ribbons and Scoring

There are three official timers on each lane. The swimmer's middle time is used as the officially posted time. Heat winner ribbons are given by the timer as a swimmer leaves the pool. These are handed out at the next practice or will be placed in the family folder in the awards box. If your child is missing a ribbon, please email a board member. We will help to rectify the problem.

Championship meets award medals for 1st, 2nd and 3rd place, and ribbons for 4th through 12th place. Medals are only given for individual events and relays. For individual and relay events finishing up to 12th place, points are awarded to teams. Meet high-point scorers and runners-up are given trophies for each age group.

Remember, when we host meets and championships, we are to be good stewards of the Cross Gates property and facilities. We rely on the help of all team members and their families to pick-up the area, store equipment and return the pool deck to its recreational set-up.

Social Events

Our swimmers begin the season with a "Fun Meet". The purpose of this meet is to introduce inexperienced swimmers to what a meet is like and to provide a little on-the-job training for our new

volunteers. We will also be having a number of fun Team Building events this year. The Awards Party is held to honor swimmers at the end of the season. Trophies will be given for participation, high point winners and most improved. This event is for swimmers and their families and is a great ending to the season.

Gators Swim Team Registration 2025

PARENT/GUARDIAN'S NAME _____

PHONE _____ E-MAIL _____

IMPORTANT MEDICAL INFO _____

Swimmer can swim unassisted at least one length of the pool: Y _____ N _____

****Swimmer must be able to swim one length of the pool unassisted****

Swimmer Name	Date of Birth	Age as of 5/31/25	M/F	CG Member	Non Member	HSC Swimmer
				\$250	\$300	\$100
				\$240	\$290	\$90
				\$230	\$280	\$80
				\$220	\$270	\$70
				\$210	\$260	\$60

TOTAL: _____

No refunds after May 26th. Refunds before May 26th will be for 80% of the registration fee. The St. Tammany Swim League Fee of \$15.00 included in the registration fee is non-refundable.

Agreement: I hereby agree that all members of my family will adhere to the rules, regulations, and by laws covering the operation of the Cross Gates Gators Swim Team.

Signature of Parent/Guardian: _____ Date: _____

**Cross Gates Family Fitness
ST. Tammany Swim League Release Form
EMERGENCY MEDICAL INFORMATION**

I, parent or guardian of _____ hereby give approval to his/her participation in any and all activities during the current season. I assume all risks and hazards incidental to such participation including transportation to and from the activities, and do hereby waive, absolve, indemnify and agree to hold harmless, Cross Gates Gators Swim Team, Inc, St. Tammany Parish Swim League, Cross Gates Family Fitness, Inc., the organizers, sponsors, supervisors, participants and persons transporting the children to and from activities, from any claim arising out of an injury to the child.

I also grant permission for managing personnel or other league representatives to authorize and obtain medical care from any licensed physician, hospital or medical clinic, should the child become ill or injured while participating in league activities away from home, or at other times when neither parent nor guardian is available to grant permission for emergency treatment.

I will be completely responsible for any expenses incurred as a result of any emergency medical action.

EMERGENCY CONTACTS:

Name: _____

Phone Number: _____

Name: _____

Phone Number: _____

List any pertinent information or medical information we should know:

Signature of Parent/Guardian_____ **Date**_____

Volunteer Agreement

Volunteer Requirements:

A PARENT OR FAMILY MEMBER MUST VOLUNTEER AT LEAST 3 TIMES during the course of the season. Numerous opportunities will be provided during the swim meets. If this obligation is not met, then a swimmer may not be eligible to return the following season.

Meet Volunteer Positions:

Meets are divided into two shifts so that no one has to work the entire meet. Most positions offer on-the-job training by experienced people. The positions with the stars require special training. Please speak with your team coordinator if you are interested in getting the training for these positions. We would appreciate all parents volunteering.

Volunteer positions include the following:

****Clerk of Course**
****Stroke Judges**
Timers
Runners

Awards
Computer
Set up
Clean up

Please see the team handbook to get a description of each of the above positions.

All Volunteer positions will be posted on our team website. Please remember that there is an obligation for a parent or family member to volunteer at least 3 times.

My signature below indicates that I have read and understand the policy regarding volunteering at meets. I understand that I am responsible for volunteering for one shift at each meet my child is entered in to swim.

Printed name: _____

Signature: _____

Date: _____

Concussion Dangers Acknowledgement Form

Concussion Danger Signs

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

Why Should an Athlete Report Their Symptoms?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

What Should You Do if You Think Your Athlete has a Concussion?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a healthcare professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

It's better to miss one game than the whole season. For more information on concussions, visit:
www.cdc.gov/Concussion

I hereby state that I have read and acknowledge the above Concussion Dangers Acknowledgement Form

Signature of Parent/Guardian: _____ Date: _____

Swim Meet Schedule and Themes

DATE	WHEN/WHERE	THEME
Saturday, May 31st	Dual Meet w/ Picayune @ Crossgates	<u>Gators Go Hunting</u> Wear Camo or any hunting accessories
Saturday, June 7th	Dual Meet @ Lakeside (times TBA)	<u>GREEN-OUT</u> Wear anything nd everything green!
Monday, June 16th	Dual Meet @ Pinewood (times TBA)	<u>Glow Gators</u> Wear anything neon
Saturday, June 21st	B Championship Meet @ Lakeside	<u>Splash of Luck</u> Wear anything Irish, green, or something with clovers on it to bring some extra luck to these swimmers!
Saturday, June 28th	A Championship Meet @ Picayune	<u>Poolside Paradise</u> Wear anything tropical and beachy
Friday, July 11th	City Championship Meet @ Cross Gates - 11 & Up	<u>Gators Go for Gold</u> Wear gold accessories
Saturday, July 12th	City Championship Meet @ Cross Gates - 10 & Under	<u>Gators Go for Gold</u> Wear gold accessories

