

COLA Summer Policies and Procedures:

All of these policies and procedures will be discussed in more detail at the parent meeting in May.

Practice Cancellations- If practice is cancelled you will be notified via email and phone. Also, practice cancellations will be posted on the website. All summer practice Cancellations are in the Summer 2008 Calendar.

Practice Cancellation due to weather- In the event of thunder and lightning at the Susan Street Pool location we will have to cancel or sit out of practice. Our ultimate concern is safety of the swimmers, so in any kind of severe weather we may have to make practice cancelations or have swimmer sit out for a period of time. At the Earl J. Chris Pool we will not have these problems, as it is an indoor pool.

Talking to the Coach during practice- We ask that you so not approach our coaches while they are on deck coaching. If you need to speak to one of them or have a question you may do it after practice when all swimmers have cleared the deck area or you may call us at 298-7707 or email at colaswim@yahoo.com.

Talking to the Swimmer during Practice:

We also ask that you do not talk to your swimmer during practice. Let the coach deal with the swimmer during practice. You have to show your trust of the coach to help instill trust in the swimmer for the coach. If the coach needs you to intervene they will get you. During practice please sit in the bleachers away from the pool. At the Susan Street Pool- we ask that parents do not enter the gated area around the pool.

Meets- The meet schedule is included in the packet and posted on the web both on the summer swimming page and on meet info and calendar pages. Meet Sign-up Deadlines are also listed. You can sign your swimmer up via email or by highlighting your swimmers name on the clipboards at the pool. Once a swimmer is signed up they are responsible for their meet fees, which are \$15 dollars for all non championship meets (Opelousas, Miles for Miles, Jennings). You can pay meet fees in the meet fees box at the pool. We ask that meet fees are paid before the meet.

Swim-a-Thon- Swim-a-Thon is COLA's annual summer fundraiser. It is a day of COLA family fun!!! We have pizza, snowballs, a DJ, face painting and a ton of fun! Swimmers get people to sponsor pledges per length or flat pledges for their participation. This is a MANDATORY COLA EVENT. All swimmers are expected to participate!

Website- There is a lot of helpful info about practices, meets, events, and our summer, on our website at www.colaswim.org

Any Questions- Always know that we are here and want to keep the lines of communication open with our swimmers and parents. Please feel free to contact us vial phone, or email if you have any questions or concerns. You can also make an appointment to speak with a coach if need be.

