

# City Of Lafayette Aquatics

## February 2008 Newsletter

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## Coaches' Corner

We would like to thank each and every one of you for coming out to the parents meeting and supporting our spaghetti dinner. It was a huge success! We hope that we can all work together to make the February dinner another great success!

There are still volunteer positions available for those of you who are interested in becoming involved. Please let us know- Also, the lists of needed positions on posted on the

parent page of the web site,

The championship season is approaching so make sure to pay close attention to the meet schedule! We encourage you to participate in the upcoming meets!

## Upcoming Events

- ◆ February 8<sup>th</sup>- Sign Up Deadline for Sulphur Meet
- ◆ February 15<sup>th</sup> to the 17<sup>th</sup> Swim LA Spring Invitational in Sulphur No Practice due to the Meet
- ◆ February 20<sup>th</sup>- COLA Spaghetti Dinner / Sign-Up Deadline for 8 and Under Meet
- ◆ February 21<sup>st</sup>- Embroidery drop off
- ◆ February 27<sup>th</sup>-March 1<sup>st</sup>- Sectional Swim Meet
- ◆ February 27<sup>th</sup> - Sign-Up Deadline for District Meet
- ◆ March 1<sup>st</sup> and 2<sup>nd</sup> - 8 and Under Regional Meet and Under Regional Meet

## Parent's Corner

### February Parent tip from USA Swimming- Keeping Things Balanced

*“Some children become so involved in athletics that they neglect studies, families and social responsibilities. Both you and your child need to remember that swimming is only part of life. Sometimes children overemphasize sport because their parents do. Ask yourself if you’re giving unbalanced attention to your child’s “swimming career.” If so, slack off and show interest in other areas of your child’s life. Otherwise you risk giving your child the impression that swimming is the most important thing in life. If you are overly involved in the team or overly concerned with the outcome of your child’s races you are not modeling the balance that your child needs to learn. Other signs that things are out of balance:*

- *You spend a lot of time talking with the coach about practices, meets, and your child’s development*
- *Your child asks you not to come to meets or practices*
- *You require your child to take extra practice or private lessons*
- *You are the indispensable “swim team parent”.*”

For more tips and info go to [Usaswimming.org](http://Usaswimming.org) and click on the parents section! You can also check out the new Parent Education and Info Page on our website!



City of Lafayette  
Aquatics

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We're on the Web!  
[www.colaswim.org](http://www.colaswim.org)

### COLA Mission Statement

*Our mission is to provide Lafayette and the surrounding areas with a competitive and recreational swim program that encompasses swimmers of all ages and abilities. Our goal is to develop life skills and confidence through the sport of swimming...Swimming is and individualized sport, unlike other choices athletes have today, that teaches the value of delayed gratification, personal improvement and long-term goal setting. COLA strives to provide a healthy, fun, and positive environment to reach these goals.*

## Meets

Our Championship Season is approaching in March and we have several very important meets coming up!!! On February 15th, 16th, 17th we have the Swim Louisiana Spring Invitational in Sulphur. The sign-up deadlines February 8th.

In March we start the Championship Season off with the Sectional Meet, which will be held at College Station Texas From February 28th through March 2nd. The Sectional meet is for qualifiers only. Then 8 and under Regional Meet will be on March 1st and

2nd in Baton Rouge, This meet is for all 8 and under swimmers and we encourage all to attend. We then have our District Meet on March 8th and 9th also in Baton Rouge. This meet is for all swimmers who do not have State Qualifying Times. Our state meet follows on March 13th through the 17th at the LSU Natatorium in Baton Rouge. This meet is for all State Qualifiers and some swimmers will come up to swim relays on the Saturday and Sunday. We will wrap up the Championship Season with the Spring Junior National Meet in Orlando March 20th through the 23rd.

## Fundraising News

We again thank you all for your support of the January Spaghetti Dinner we were able to raise \$1000 for COLA!!!

Our February dinner will be on Wednesday February 20th and our goal is once again that each family sell at least 5 dinners. Also, don't forget that we will deliver the dinners to your office on Thursday the 21st if you can get an order there!

Please email or let Coach Sarah know at the pool your total for dinners by Saturday, February 16th. Let's work together to make this dinner another HUGE success!

## And That's Not All

**Billing-** Just reminders that all bill payments are due by the 25th of the month.

**Practice Cancellations:** No practice Friday February 15th or Saturday February 16th due to the Sulphur Meet. Also no practice Saturday March 1st due to 8 and under regional meet.

**Middle School League-** Our Middle School Championships finished up in January with a championship won by the Ascension Day School Boys and The Home school Girls !Congratulations to all swimmers who participated!

## Embroidery with COLA LOGO

We have worked out a deal with Wonka Embroidery and they will be able to embroider polo shirts and hats with the COLA Logo for parents or family members at \$5 a each- you supply the shirt and towels or swim bags can be embroidered with the COLA logo for \$10 each. The way it will work is you can drop your shirts, hats, towels, etc off at the pool labeled with a sticky note or we can label it for you when you drop it, also you will need to drop off cash for your items or checks made out to cash and then when the items are ready you will be notified by email and we will have the items for you to pick back up at the pool. This is a great way to show off your COLA spirit at a meet so send your items in to get the COLA logo. We have our first item pick-up on the Thursday February 21st. Drop your items off on our before the 21st to get embroidered!!!