

# APRIL

## COLA NEWS

City of Lafayette Aquatics  
Monthly Newsletter  
April 2026



### 1st Long Course Meet

We are excited about our first Long Course Meet of the Season in Shreveport April 24<sup>th</sup>-26<sup>th</sup>. This is a great 1<sup>st</sup> Long Course Meet and a great meet to kick off our Long Course Season. Call the office if you have questions on days to attend.

Friday- 11 and Over 400 free/12 and Under 200 IM/ Open 400 IM

Saturday Morning- 13 and Over Session Warm-ups 7:00am Meet Starts 8:00am

Saturday Afternoon- 12 and Under Session- Warm-ups 12:00 Meet Starts 1:00

Sunday Am- 13 and Over Session- Warm-ups 7:00am Meet Starts 8:00am

Sunday afternoon- 12 and Under Session- Warm-ups 12:00 Meet Starts 1:00

Meet Fees will be \$35 for one day, \$60 for two days and \$70 to go all three.

Sign Up Deadline is Monday the 17th of April.

Click [here](#) to sign up.

### Full Meet Schedule

You can find our full meet and event schedule through July by clicking [here](#). This includes sign ups. This can all also be found on our meet page [here](#). Please mark your calendar to attend meets, and let us know if you have any questions about what meets your swimmers can attend. There are meets for EVERY swimmer on our team, and we hope to see you all signing up for them!

### Lifeguard Classes

COLA will offer a lifeguard class on May 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup>. This is for new lifeguards. If you need to recertify, we will offer a class on April 19<sup>th</sup>.

Lifeguards have to recertify every two years. Click [here](#) for more information and to sign up for classes.

### Summer Swimming

This summer, we will offer COLA Summer Swimming for people who are just interested in joining for the summer. This is a great way for a friend or sibling to learn more about what COLA is all about. Year round swimmers continue with COLA as normal. This is just for new swimmers and those who want to check it for summer only. Click [here](#) for more information. Help us Spread the Word about COLA Summer Swimming!

### Important Dates

- April 10<sup>th</sup> and 11<sup>th</sup>- Louisiana Swimming Coaches Clinic- New Orleans, La
- April 15<sup>th</sup> Middle School Meet- This is a Wednesday- No Practice for any group at the indoor pool due to the meet.
- April 18<sup>th</sup>- Middle School Meet- This is a Saturday and we will have regular practice before the meet.
- April 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup>- 1<sup>st</sup> Long Course Meet in Shreveport- Sign up by April 17<sup>th</sup>.
- April 29<sup>th</sup> Middle School Meet- This is a Wednesday- No Practice for any group at the indoor pool due to the meet.



#### Looking Ahead:

- May 4<sup>th</sup>- Parent Meetings- All Groups- More info TBA- Summer Schedules and Information
- May 6<sup>th</sup>- Middle School Championships- No Practice for any group due to the Championships
- May 15<sup>th</sup>- Water Safety Splash and Dash
- May 16<sup>th</sup>- Water Safety Day

### Monthly Article

This about not comparing yourself as a swimmer to other swimmers. Click [here](#) to access it.



## Swim Lessons

Registration is now open for COLA Spring and Summer Lessons. Registration information can be found by clicking [here](#). COLA offers group, private, and adult lessons. Help us spread the word about COLA lessons and let us know if you have any questions!

## Help Us Spread the Word

You as current COLA Families are our greatest advertisement tool! You spreading the word about COLA to friends and families is one of the best ways to get the word out there about our team, programs, and lessons. If you have a place whether it is a school or business, or center that you think we can distribute fliers, we have them digitally and hard copies we can get to you. Call the office for more info.

## COLA Team Store

The online store is open at all times and orders are ongoing for most items. There are lots of cool Team Shirt Designs for swimmers and parents! We will sometimes post deadlines in order to get items on time for certain events or meets. Click [here](#) to access the store. Orders are delivered to the pool for pick up. Let us know if you have any questions! This is a great resource for our team and we are so grateful to have Sports Girlie to outfit our team!

## COLA QUOTE OF THE MONTH:

**“Other people hold no real power over you unless you give it to them.”**  
-Mel Robbins



## Water Safety Awareness

Mark your calendars for COLA's Water Safety Awareness Day which will be held on Saturday, May 16<sup>th</sup> this year. There is no practice this day, and this is a great way for our COLA Team to connect with the community and for us to Spread the Word about Water Safety. Please mark your calendar to attend and volunteer if you can. We also go into schools and do a short 10-minute Water Safety Talk geared towards Pre-K through 3<sup>rd</sup> grade students. We do them at schools and daycares in the classroom or assembly setting. If you can help us set up at your school or class, please let us know. Contact the office for more information.

## Congratulations In Order.....

We are proud to announce that COLA Swimmer Spencer Croft has been named a National Merit Finalist, one of the highest academic honors for high school students in the United States.

The National Merit Scholarship Program begins with more than 1.5 million students who take the PSAT/NMSQT each year. From this group, about 16,000 students are named Semifinalists based on their exceptional scores. Students who advance to Finalist standing must submit a detailed application that includes their academic record, leadership activities, a personal essay, and a school recommendation. Approximately 15,000 students nationwide are ultimately named National Merit Finalists and become eligible to compete for National Merit Scholarships. This recognition reflects Spencer's dedication, hard work, and commitment to academic excellence. Congratulations to Spencer on this outstanding achievement!

