

City of Lafayette Aquatics Handbook



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Mission:

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 an individualized sport, unlike other choices athletes/children 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 those goals. Swimming is for everyone--of all ages and abilities!

COLA Swim Gear: Gear Shop:

~~In our office, we have a COLA GEAR SHOP where COLA caps, shirts, goggles, etc. can be purchased. The shop will be located through the blue double doors and will be the first door on the left. Swim Suits can be ordered or bought at our Swim Suit Outfitting Day in August. You can also call D and J Sports and order the COLA Suit at 1-800-460-7946 or~~

If you are in the Pre-Junior, Junior, or Pre-Senior Groups there is required equipment. We have kick boards and pull buoys, but it is a good idea to have your own set of fins, snorkel, and paddles. Please see Coach Sarah if you need help sizing. It is important to have the proper size for your swimmer to avoid injury. Age Group/Middle School/High School/Varsity/groups do not have any equipment requirements.

COLA partners with a few stores throughout the year to purchase COLA gear. GrafX Plus is open a few times a year and offers an online apparel store. GrafX Plus will send your items directly to COLA for you to pick up. We will send out a link to COLA families when the store is open.

Chlorine Deckware is another online store that carries apparel. This store is open year round. You order online and they ship directly to your house.

Once a year, we partner with D & J Sports if you would like to purchase a team suit or equipment. You can still purchase a team suit even if it is not required for the group you swim in. We will pass an order form out when the store is open. All order forms must be turned in with payment by the deadline. No orders will be submitted without payment. The forms & deadlines will be given out when the store is open.

COLA swim caps can be purchased in the COLA office, and you can bring in a Navy Speedo Suit and we will have it embroidered for you at any time.

The above info comes directly from the email sent out last September.

COLA Policies and Procedures:

Practice Cancellations: If a practice is canceled you will be notified via email and ~~the Remind App~~ the Group Me App.

Holiday Practice:

During holidays or anytime swimmers are out of school, holiday practice schedules will be posted at the pool, on the web, in the Group Me App, and emailed out one week prior to the scheduled holiday.

Talking to the Coach during practice:

We ask that you do not approach our coaches while they are on deck coaching. If you need to speak to a coach or have a question you may do it after practice when all swimmers have cleared the deck area or you may call us at 989-1800 or email at colaswim@yahoo.com. We also ask that you try to keep younger siblings away from coaches during practices to avoid distractions.

Talking to the Swimmer during Practice:

We ask that you do not talk to your swimmer during practice. Please allow coaches to work with swimmers during practice. It is important to show your trust of the coach to help instill trust in the swimmer of the coach. If the coach needs you to intervene they will ask you. ~~For some younger swimmers it may be best to leave during practice. During practice please sit in the bleachers away from the~~

~~pool. The picnic tables and area behind the pool is reserved for swimmers and coaches only.~~ Parents are asked to wait outside during swim practice at both the Robicheaux Center & Outdoor Pool.

Billing: *****Jen needs to check this whole section in **BLUE*******

Bills are emailed out monthly at the beginning of each month. We ask that all bills are paid by the 15th of that month. Payments can be dropped at the pool or mailed to the COLA address. If you have any questions about billing please feel free to call or email. There is a mailbox placed on the wall by the coaches office at the indoor pool and on the wall above the marble counter at the outdoor pool if you wish to drop off your payment at the pool.

Billing Questions:

When you have questions about your statement, please remember to email colaswim@yahoo.com and not reply to the billing email, as it is a send out email only. Separate Checks: Please remember when paying meet fees and dues, to make them on separate checks.

Freezing Account:

If you are planning on missing a month of swimming, please go to the website under resources and fill out Freeze Account Form by 5th of the month. If this form is not filled out, you will be billed automatically and will be responsible for dues.

USA Swimming Registration:

USA Swimming Registration takes place each September. An email will be sent out before registration is due with pricing & instructions on how to complete the registration online. ~~and is currently \$80-dollars per swimmer.~~ This gives you your membership to USA swimming and provides insurance for you to be in practices and meets. ALL COLA SWIMMERS MUST BE USA REGISTERED!

Meets:

The meet schedule will be posted at the pool ~~as well as be on the web~~ and emailed to parents at the beginning of each season. Meets are listed and specified by groups so you will know what meets are for your swimmer to attend. **Meet**

sign-up links will be emailed & Meet sign-up deadlines will also be listed. ALL SWIMMERS IN ALL GROUPS will sign up via online sign up. When signing up, please note which days you will be attending the meet, if it is a multi-day meet. Once a swimmer is signed up they are responsible for their meet fees regardless if you show up for the meet.

Parents At Meets:

Parents, we want you to be at meets supporting your swimmers and our team, but we ask that you not be on the pool deck or behind the blocks with your swimmers. The way many pools are designed you will be on the “pool deck” but we ask that you not go behind the blocks with swimmers or be on the side of the pool in the coaches and officials’ space. This will allow space for swimmers, coaches, and officials to move around and will allow swimmers and coaches space for swimmers to receive instruction and feedback. More information on meet expectations can be found on our website colaswim.org under Resources: Parent’s Corner.

Meet Fees:

Meet Fees will be emailed out and we ask that you pay them in advance at the pool for out of town meets- not at the meet. You can pay meet fees at the meet for COLA hosted meets only. Please do not give meet fees to coaches while they are on deck. Meet fees can be placed in the mailbox on the wall by the coaches’ office at the indoor pool. Please add your swimmer’s name and what the payment is for in the check memo.

Team Suits and Caps:

All swimmers in Pre-Junior, Junior, Pre-Senior and Senior will be required to wear the COLA team suit at all competitions unless they have permission from a coach to wear another suit i.e. tech suits. Swimmers in all groups are encouraged to wear the team suit. All girls swimmers are required to wear the team cap at all competitions. When ordering a team suit, please see your coaches to discuss sizing. We need to make sure all swimmers have the correct size and more specifically, that boys have the correct length. If a boys’ suit is too long, they can get a disqualification.

Practice Drop Off and Pick-Up:

Please do not drop off swimmers more than 15 minutes before practice is scheduled to begin. Please be on time to pick up your swimmer from practice. We understand that sometimes things can happen which can cause you to be late to pick them up. Please just let us know. Some of our staff have other jobs that they need to get to or work early in the morning and need to get home.

^This comes directly from the email sent out last september

~~Parents, please do not drop off swimmers more than 15 minutes before practice starts and pick them up at the completion of their practice, unless you have made arrangements with your coach. This is so that we can make sure swimmers are supervised and safe at all times. For every minute you are late after 15 minutes you will be billed \$5.~~

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 via phone, or email if you have any questions or concerns. You can also make an appointment to speak with a coach if ~~need be~~ needed.

City of Lafayette Aquatics Swimmers Code of Conduct

Important thing to keep in mind as a COLA Swimmer

1. Any swimmer who is known to use alcohol, drugs, or tobacco is subject to suspension from the team.
2. Never interfere with the progress of another swimmer, during practice or otherwise.
3. At all club functions, whether practice, meets, or social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on the team.
4. All members of the club, whether parents or swimmers, continue to protect and improve the excellent reputation the club has throughout the state and country.

****Do we want to keep the parents code of conduct in this handbook? If so, lets make sure it's the updated one from online****

City of Lafayette Aquatics Parents Code of Conduct

Important thing to keep in mind as a COLA Parent

1. Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work. Positive reinforcement of all swimmers in all situations team spirit, team loyalty.

2. As a parent, do not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area). It is our policy that you do not coach your children at practice or during meets, that is the coach's job. As parents, it is absolutely essential that we give our coaching staff the respect, authority, and trust they deserve to run our swim

team. If your swimmer sees that you as the parent trust and respects the coach then they in return will do the same. If you are going to stay at a practice, sit off to the side where the swimmer cannot be distracted by you.

3. Please do not approach your swimmers coach during practice while they are coaching. You are welcome to talk to the coach before or after practice, or if a coach is present during practice and designated to talk to parents please approach them for assistance. Also, feel free to email or call with any questions.

4. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices. Abusive language towards coaches, swimmers, parents, officials or your own children will not be tolerated. Any behavior that brings discredit or disruption to our swimmers and our team will not be tolerated.

5. Maintain self control at all times. Know my role.

♣Swimmers – Swim. The swimmer is here to learn and progress in the sport of swimming, to grow more confident in their abilities and in themselves, and to grow as a person and have fun!

♣Coaches – Coach Our coaching staff is here because they love Swimming and they love coaching your children. Let them do their job by allowing them to coach, teach, and support your swimmer.

♣Officials – Officiate At meets let them do their job. Do not talk to officials about your swimmers swim.

♣Parents – Parent and Support their swimmers. Always have a positive encouraging remark for your swimmer! Let the coach share things for improvement.

6. As a parent, understand that criticizing, name calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.

7. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.

8. Get involved in our team as a parent and learn about the sport of swimming.

9. Share encouraging words about our team and positive experiences with those in the community. Share COLA with others. You are the best way for them to find out about us. Don't forget we offer lessons for children, adult swim lessons, Masters Swimming for adults, and swim team for kids.