

SWIM CENLA

Handbook

318-321-7999

www.swimcenla.org

coaches@swimcenla.com

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Mission

Swim CENLA is dedicated to providing Central Louisiana with a competitive swim program which encourages youth of all ages and abilities to experience a culture of fun, fast, competitive swimming and develop to their highest potential both athletically and personally.

SWIM CENLA Policies and Procedures:

Practice Cancellations:

If a practice is canceled you will be notified via SWIM CENLA PARENTS Facebook page , THE GROUP ME APP OR EMAIL.

Talking to the Coach during practice:

We ask that you please refrain from talking with 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 pool area or you may call or text us at (318) 321-7999, email at coaches@swimcenla.org .

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. If you remain at the pool, during practice please sit away from the pool. Many times if the parent is near the pool the swimmer will attempt to talk with the parent to get the parent's attention and miss important information and learning opportunities.

Monthly Fees:

Monthly fees are based on which group the swimmer is currently practicing. After the swimmer signs up and begins swimming the parents are responsible for paying the monthly dues each month. If a swimmer decides to take a break from swimming the parent must complete the ***Freeze account form*** to no longer be responsible for the monthly dues during their break. Monthly fees should be paid no later than the 5th of each month. We are excited to announce that we are moving to a new billing system through the Active Network which is the same company that owns Meet manager and Team Manager which are our team entry system and meet running software systems. We are excited about this because it is going to allow you to register and have a portal, where you can view and pay your account online and it allows us to offer online payments and automatic withdrawal. You will still be able to pay cash/check at the pool or mail it to the office. If a family is routinely late with the payment of their fees they may be required to begin online automatic payment.

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 Registration:

USA Registration takes place year in September. This will also be done online through the previously mentioned swim portal. The fee is set by USA Swimming and Louisiana Swimming, Inc. The fee is currently \$85 dollars per swimmer. This gives you your membership to USA swimming and provides insurance for you to be in practices and meets. ALL SWIM CENLA SWIMMERS MUST BE USA REGISTERED!

Meets:

The meet schedule will be posted at the pool on the website and bulletin board. More information is in the handout “what to expect at my first meet” – also on the website. Each meet has fees for each event and each swimmer. Please remember once a swimmer is signed-up for the meet you are responsible for the meet fees. Even if the swimmer does not attend the meet for any reason.

Parents At Meets:

Parents, we want you to be at swim meets supporting your swimmers and our team, but we ask do not go behind the blocks with your swimmers (if your child is very new in swimming and 8 years old or younger you can walk them back there). 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.

Meet Fees

All swim meets have fees. At a meet each event has a fee, which usually ranges from \$3.50 to \$5.00 per event (championship meet fees are often more). There are also facility surcharges and Louisiana swimming has surcharges. We also add fees to help cover coaches travel expenses. The number of swimmer’s attending the meet equally divides this charge. Typically the cost of a regular meet ranges from \$30 to \$60 depending on the number of days the meet last.

Team Suits:

All swimmers are required to wear the SWIM CENLA team suit at all competitions unless they have permission from a coach to wear another suit i.e. tech suits. Swimmers under 12 years old are not allowed to wear “Tech suits”. All girls are required to wear the team cap at all competitions. If boys choose to wear a cap at a competition they are to wear team caps.

All Team suits can be purchased through D& J Sports at their website www.djsports.com

SWIM CENLA Swim Shop

We will have a SWIM CENLA SWIM SHOP where caps, t-shirts, team custom towels, etc. can be purchased. Just ask any of the coaches. Team caps are Blue with the team logo. They are either latex or silicone. The latex caps are \$10 and the silicon are \$15.00. Swim Suits, Team Towels and all other team equipment can be ordered through DJ Sports. Visit their website and go to our Team page.

Parking, Practice Drop Off and Pick-Up:

Swimmers can be dropped off 15 minutes prior their practice time and need to be picked up 15 minutes after their practice time. Please DO NOT PARK in the LSUA staff and Faculty lot between the fitness center and tennis courts at any time. You can park in Non faculty spots in front of Mulder Hall or in Front of fitness center. The staff of the fitness get very upset when there are no spots in their lot. You can drop your child off or pick them up in the parking lot. Please don't turn your car off and go inside even for just a minute. This is LSUA's biggest complaint with our team.

Volunteering

Parents will be asked to volunteer at swim meets. All meets are run by parent volunteers. Typically each team attending the meet will have at least timing assignments. We also strongly encourage parents to consider becoming Stroke and Turn judges, starters or meet referees. These positions require training and shadowing. If you would like to become an official please feel free to speak with the coaches or one of the parents who is an official.

Care of the pool area and locker rooms:

Please make sure your swimmers pick up their equipment. Pick up ALL trash before you leave the pool. If you are one of the last parents to leave, please restack your chair.

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. You can reach Coach Joie at (318) 321-7999 or Coach T at (318) 308-8819.