**PIRANHAS HANDBOOK**

**Mt. Lebanon Aqua Club (MLAC)**

**2019 Swim Team**

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| --- | --- |
| ***Thursday, June 13*** | *First day of practice (9:45-10:50 am) &* ***mandatory*** *parent meeting (10:00 am) at Mt. Lebanon outdoor pool* |
| **Tuesday June 18th** | ***Picture Day during practice*** |
| ***Thursday, June 20*** | ***DUAL MEET:*** *Piranhas vs Peters Twp (MTL indoor pool)* |
| ***Thursday, June 27*** | ***Dual MEET:*** *at Wahoos (at Upper St. Clair High School Pool)*  |
| ***Tuesday, July 2nd******Thursday, July 11th*** |  ***Relay Meet!*** At Bethel Park *(Bethel Park indoor pool)****DUAL MEET:*** *Piranhas @ Bethel Park AWAY (at Bethel Park HS pool)* |
| ***Monday, July 22*** | ***Last Day of Practice***  |
| ***Tuesday, July 23*** | ***Champs:***  *Everyone is invited top 2 score points (at MT Lebanon HS pool)*  |
|  |  |
|  ***Saturday August 3rd*** | *Piranhas end of the year party 8:00pm at the outdoor pool* |
| **HEAD COACHES** |  **PROGRAM COORDINATORSMLAC VP PROGRAMS**  |

|  |  |  |
| --- | --- | --- |
| Mike Kristufek | **Mike Kristufek** | **Gina Duncan**  |
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## WELCOME LETTER

*Welcome to all the new and returning Piranhas swimmers! We are looking forward to a fun and exciting 2019 summer swim season.*

*The Piranhas are Mt. Lebanon Aqua Club’s summer league swim team. Our goal is to increase stroke proficiency while promoting good sportsmanship and providing all swimmers the opportunity to compete. Our team of coaches will work hard to make daily practices instructional and fun. The program takes place at the Mt. Lebanon outdoor pool and runs from June 13 through July 23 with practices daily from 9:45 until 10:50. In addition, there are five swim meets which take place in the evenings Tuesday or Thursday evenings. Children must swim in at least one of the three dual meets in order to qualify for the season-ending meets (Championship Meet).*

*The Piranhas summer swim team relies upon parents to volunteer their time and energies to make the program successful.* ***A mandatory parent meeting (15-20 minutes) will be held at 10:00 am during the first day of practice, Thursday, June 13th, at the Mt. Lebanon outdoor pool.*** *This will provide parents with information on our new league, how to register their swimmer(s) for meets, volunteer for various opportunities at the meets, and get answers to any questions that you may have about the Piranhas program.*

*For additional information about Piranhas, please visit our website at www.mlacswimming.com, email us at coachmikek@mlacswimming.com.*

*Please read this handbook carefully and keep it handy as the season progresses. Again, we are looking forward to a great summer season! See you at the pool!*

Mike Kristufek

2019 Piranhas Coordinator/Head Coach

## PARENT INFORMATIONAL MEETING

Thursday, June 13th at 10:00 am

Mt. Lebanon outdoor pool

This **mandatory** meeting will introduce parents to Piranhas and information on summer swim team, how to register their swimmer(s) for meets, volunteer for various opportunities at the meets, and get answers to any questions that you may have about the Piranhas program.

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# PIRANHAS CONTACTS

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| --- |
| **Head Coach**  / **Program Coordinators**  |

 Mike Kristufek coachmikek@mlacswimming.com

# MT. LEBANON AQUA CLUB

Mt. Lebanon Aqua Club is a board-run, non-profit competitive swim team which provides instruction and training of competitive swimming skills to the community.



**MLAC General Manager**

Michael Kristufek coachmikek@mlacswimming.com

# PARENT VOLUNTEERING

***All parents are needed to volunteer****.* Swim meets and team supervision are run by parents, coaches, and assistants. Most of the positions are very easy to perform and require minimal training. A few positions require one training session.

Volunteering is fun and allows swim parents to get to know one another and the swimmers. It introduces you to some of the volunteer opportunities that are necessary when running a swim meet. It takes about 30 volunteers to run a summer league swim meet! Please see our team obligations and descriptions for various positions at the end of this handbook.

# LEAGUE

**NEW in 2015** we are participating in a new Summer League: the AMS South Developmental Swim League (ASDSL). This league is made up of summer teams run by competitive swim clubs that share a similar goal to introduce swimming to kids as a competitive sport. Teams in this league are: Mt. Lebanon Piranhas , Bethel Park, Wahoos, and Peter’s Twp.

This league is part of Allegheny Mountain Swimming, a Local Swimming Community (LSC) of USA Swimming that covers counties in Western Pennsylvania and Eastern Ohio. The teams involved in the league will be registered as seasonal teams with USA Swimming. All Piranhas swimmers will become seasonal members of USA Swimming (June through August).

# Active AND COMMUNICATION

***Active***

Active is the Swim Team Management software that we are currently using for Mt. Lebanon

Aqua Club. Upon registration, you have been entered into this program as a member of the Summer 2018 Piranhas Summer Swim Team. You will use the email address and password that you provided upon registration to find out information about Piranhas swim meets and to sign up for meets. After the 2018 Piranhas season is over, your account will be deactivated in the system until registration begins for the following year (unless you are a year-round MLAC member). When you visit our website, click the “Sign In” button at the top of the leftmost menu to sign into the website and view Piranhas-related events.

***COMMUNICATION***

On the MLAC website, you will find meet schedule and practice. Most of the communication that you will receive for Piranhas will be via email and the website. We will provide a weekly “This Week in Piranhas” email which will summarize the events for the following week, usually sent on Sunday. A representative from MLAC (either a coordinator or MLAC board representative) will be available at practice as well in case you have any questions about the program.

# MEET AVAILABILITY PROCEDURES AND VOLUNTEER SIGNUP

All meet availability and volunteer signups will be done online through our parent portal. You will respond whether your child will be attending the meet or not. Meet availability will be open until two (2) days prior to the meet. All volunteer signup will take place online as well.

***PLEASE MAKE SURE TO ONLY COMMIT TO MEETS BEGINNING WITH THE WORD “PIRANHAS” WHEN LOOKING AT EVENTS/MEETS ONLINE.***

# ****To Opt In/Out of a Swim Meet:****

Top of Form

Bottom of Form

Meet invites are sent out from Swim Manager - please follow the directions below to confirm attendance:  (*Meet entry process is* ***only*** *available during Online Meet Entry period)*

1. Parent will receive an email indicating MLAC is accepting entries, as well as a link to the **Parent Portal** <https://swimportal.active.com?a=284287603>
2. Indicate whether you/your swimmer will be attending the meet
3. If you choose "attending" and the coaches allow parents/athletes to pick what event/s to participate in, the eligible event/s will display and can be selected.  Check the box next to **each** event you wish to compete in (pending coaches approval).
4. If not attending, choose "not attending"
5. ​Select **Save ​** (*When Online Meet Entry period has ended, meet status will be changed from "In Progress" to "Closed" in Swim Portal.)*

1.Click on hyperlink to portal and log in

1. Once in portal, select **View Meets**tab
2. Select **Attending** or **Not Attending** Make sure you select save.

The final meet is the **Championship Meet.** Please indicate if your swimmer would be available to swim in these meets. The Championship Meet are “invite” meets based upon your swimmers time and if they have swam in one of the meets.

*If available, each swimmer will be able to swim in* the *Championship Meet.*

**TWO (2) DAYS PRIOR TO EACH MEET, MEET AVAILABILITY WILL CLOSE. If you fail to meet the designated deadline, your swimmer will not be permitted to participate in that meet.**

If your child is **unable to swim in a meet at the last minute due to illness**, please email the coaches at coachmikek@mlacswimming.com

# AGE & MEET ATTENDANCE REQUIREMENTS

1. Swimmers must be ages 14 and younger as of June 1, 2018.

1. Swimmers must be able to swim 25 yards in freestyle and backstroke for ages 10 and under and 50 yards for ages 11 and over.

1. All swimmers are eligible to attend the three (3) regular season meets. Events will be selected by the coaches based on the swimmers’ ability. One (1) Relay meet and Champs meet.

1. In order for a swimmer to qualify to swim in the season-ending Championship Meet, **they must have participated in at least one of the dual meets.**

1. Championship Meet:
	1. Swimmers will participate in individual events in the Championship meet.
	2. The top two fastest swimmers in an event score points in the Championship Meet.
	3. A swimmer may only swim in a maximum of four (4) events in the season-end meets.

# EQUIPMENT

The following equipment is recommended.

1. **Goggles:** Tinted or shaded goggles enhance the swimmer's ability to see, reduce sun glare dramatically, and offer some protection from chlorine. For younger swimmers, parents should help with goggles adjustment before practice and meets.

1. **Cap:** A latex swim cap will keep your child much warmer in the cold water and keep hair out of the eyes. This cap will be provided as part of your registration fee. If your child has a latex allergy, silicone caps are available at local sporting goods stores.

1. **Swimsuit:** A *one-piece* swimsuit is required for practice.

3. **Team Suit:** *Team suits are optional*. If you wish to order a Piranhas team suit, please visit our website and find the Piranhas page under our “Teams” menu to find the link to B & R Swim Shop South who will be handling all suit orders. Please contact Jennifer Michaels, B & R representative, at jen@bandrswimshopsouth.com or 412-561-7665 if you have any questions. Jen will be there for the first day of practice for suit fitting.

# PRACTICE SCHEDULE & ATTENDANCE

1. Practices are held Monday through Friday mornings from 9:45am to 11:00am. Please do not drop off your swimmer before 9:30 am. Swimmers will exit the pool at 10:50am.

1. Practices are held during inclement weather except electrical storms. In the case of an electrical storm occurring during practice, the coaches will move your child to safety. Be prepared to **pick up your swimmer early** in the event of an intense/electrical storm. **Swimmers must exit the pool area and will wait at the recreation center upper entrance.**

1. Practices are held on days of Piranhas swim meets except Champs.
2. If your child is **not feeling well enough** to be in the water, please leave them home.

1. Unless it is an emergency, **parents should refrain from distracting the coaching staff** with questions during practice. If you have a question during practice, please find a Piranhas or MLAC parent volunteer to assist you.

1. There will be either a Piranhas Coordinator or other MLAC Parent representative at all practices. Please use the time that the kids are in the water to ask any questions that you may have.

# SWIM MEETS, “SWIMMAGES”

**Swim Meet Requirements:**

* The team should be sitting together (parents and children) during meets so that coaches and line-up volunteers don’t have to search for your children before an event. Look for the MLAC banner to find our team!

* Arrive 15 minutes early for warm-ups, as this will avoid any uncertainty about your child's attendance at the meet. Relay teams need four swimmers to be present on time or the event will be eliminated before the meet begins.

* For the meet, make sure your swimmer has his/her suit, goggles, team t-shirt, cap, towel(s), extra set of dry clothes, suntan lotion (if needed), and a blanket or chair to use. Most of the host pools **do not** have extra chairs for the swimmer or family members to borrow.

**Competition and Events:** Each swim meet offers a variety of events and distances depending on the age group. Each swimmer can compete in no more than four events in any meet. Coaches will determine the events that each swimmer will swim. Some swimmers may only swim in one or two events. Swimmers will compete against swimmers from other teams of the same age group.

**Dual and Championship “Meets”:** There will be three dual meets, a relay meet, and a championship meet held. A dual meet is where two teams swim against one another. During the Relay Carnival, teams of 4 swimmers compete in relays in various strokes. Championships are held at the end of the summer season. The every swimmer competes in the championship meet, the top two from each team score points for the team. **A swimmer must participate in at least one dual meets to qualify for the season-ending Championship Meet.**

# LEAGUE INFORMATION AND DIRECTIONS TO POOLS

The Piranhas compete in the AMS South Developmental Swim League (ASDSL), which includes the following teams:

|  |  |
| --- | --- |
| **Bethel Park Hawks** Bethel Park High School 309 Church Rd Bethel Park, PA 15102  | **Mt. Lebanon Piranhas** Mt. Lebanon High School155 Cochran RoadPittsburgh, PA 15228 |
| **Peter’s Twp**Peter’s Twp. High School 264 E McMurray Rd,McMurray, PA 15317 | **Wahoos** 1825 McLaughlin Run Rd Pittsburgh, PA 15241  |

|  |  |
| --- | --- |
| ***VOLUNTEER TASK DESCRIPTIONS*** |  |
|  |

**Starter:** Directs the swimmers to "take your mark" and sees that no swimmer is in motion prior to giving the start signal; starts all races (1 at each Home meet).

**Stroke and Turn Judge:** Observes the swimmers while they swim each event. If they see an infraction they must disqualify the swimmer and notify the referee (4 at each meet).

**OTHER VOLUNTEERS**

**Finish Judge:** Closely watches each race finish documenting the order of finish in each lane (2 at each meet).

**Head Timer:** Operates back-up stopwatches (provided) and assists Timers in the event that they miss the start of an event (one at each meet).

**Timer:** Operates stopwatches (provided) and records the time for each swimmer in their lane (two to six at all meets).

**Relief Timer:** Fills in for Head Timer and Timers as they need a break (one at all meets).

**Heat Winner Ribbon Distributor:** Distributes Heat Winner ribbons to the swimmer winning each 10 and under age category race during a Home dual meet (one at Home dual meets).

**National Anthem Singer:** Sings the National Anthem to begin our Home meets (one at home meets).

**Ribbon Distributor:** When requested, applies event stickers to ribbons during swim practice or at their convenience. Distributes ribbons into swimmers’ folder (one after all meets).

**Team Photo Assistant:** Helps the selected photographer with the team and individual pictures that will be taken during practice on the session date and make-up date listed in the calendar (one or two assistants are needed).

**End of Season Party Helpers:** After the swimming season, a pool party will be held on the date listed in the calendar for all swimmers and their families. Everyone is encouraged to attend to celebrate a wonderful swimming season! Awards will be given to the swimmers, and volunteers are needed to make this a fun evening for all who attend (three to five helpers are requested).