**PIRANHAS HANDBOOK**

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

**2021 Swim Team**

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| ***Monday, June 7*** | *First day of practice* |
| **Tuesday** | ***Picture Day TBDduring practice*** |
| ***Thursday, June 24th*** | ***DUAL MEET:*** *Piranhas vs Bethel Park (MTL indoor pool)* |
| ***Thursday, July 1st***  Thursday July 8th | ***Dual MEET:*** *Piranhas vs Peters Twp (MTL indoor pool)*  *Last day of practice* |
| ***Thursday, July 8th***  ***Sunday, July 11th*** | *Piranhas vs Wahoos (MTL indoor pool)*  ***Champs*** *(at Scott Twp Pool)* |
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| **HEAD COACHES** | **PROGRAM COORDINATORS** |

|  |  |  |
| --- | --- | --- |
| Mike Kristufek | **Mike Kristufek** |  |
| [coachmikek@mlacswimming.com](mailto:coachhannah@mlacswimming.com) | **coachmikek@mlacswimming.com** |  |

## WELCOME LETTER

*Welcome to all the new and returning Piranhas swimmers! We are looking forward to a fun and exciting 2021 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 Rec Center outdoor pool and runs from June 7th through July 11th with practices Monday-Thursday from 9:45-10:45am. In addition, there are four swim meets which take place in the evenings Thursday evenings and Champs tentatively Sunday morning July 11th. 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 TBA.*** *This will provide parents with information on our 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

2021 Piranhas Coordinator/Head Coach

## PARENT INFORMATIONAL MEETING

TBA

Via Zoom

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 15 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).

# Teamunify AND COMMUNICATION

***Teamunify***

Teamunify 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 2021 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 2021 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 rightmost logo 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

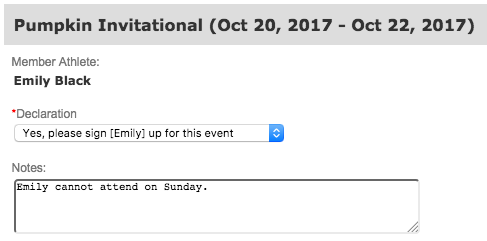
 Sign in to your team's TeamUnify website.

 Go to your Events page.

1. In the side menu click **Events & Competition** > **Team Events**.

 Click your desired event’s **Attend/Decline** (or **Edit Commitment**) button.

 Click the name of your athlete whom you want to attend.

 Click the *Declaration* dropdown and click **Yes, please sign [Name] up for this event** (or **No, thanks, [Name] will NOT attend this event**, enter any *Notes*, and then click **Save Changes**).  


 Enter any *Notes* you want the coach to see.

Click on Save changes

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.*

**The Monday prior to the meet entries 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, 2021.

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.
2. 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 Thursday mornings from 11:15-12:15pm or 6:00-7:00pm. Please do not drop off your swimmer before 11:05 am. Swimmers will exit the pool at 12:15pm day time practices and 7:00pm for evening practices.

1. Practices are not held on days of Piranhas meets.
2. If your child is **not feeling well**, 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 will be together on deck on one side of the pool and in the stands if needed depending upon numbers for social distancing. Meets will be livestreamed and a link will be sent out ahead of time.

* 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:

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| **Bethel Park Hawks**  Bethel Park High School  309 Church Rd  Bethel Park, PA 15102 | **Mt. Lebanon Piranhas**  Mt. Lebanon High School  155 Cochran Road  Pittsburgh, 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*** |  |
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**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).

**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 (one for each lane at home meets).

**Livestream camera person:** Operates the camera so that all swimmers can be seen to the best of their ability during the races.

**Livestream announcer:** Announces names and gives commentary on the races.