



Parent Guide

2011-2012

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1 Welcome to ANSC

We are excited to have you as part of Allegheny North Swim Club (ANSC).

ANSC is a developmental swim club affiliated with USA Swimming. Our mission is to help children and young adults (ages 6 to 18) develop good swimming technique and learn to swim competitively. Our swimmers learn the importance of developing good work habits and maintaining good sportsmanship. We currently have over 150 swimmers from more than 100 families.

ANSC is a member of the Allegheny Mountain Division of USA Swimming (AMS). From September through March (short course season), we practice and swim indoors in 25-yard pools. Our practices are held every evening at North Allegheny High School and other locations as announced. Meets are held at various high school pools around the Pittsburgh Area and at the University of Pittsburgh. During long course season (May through July), we practice and swim meets in 50-meter long course pools. During the summer we practice indoors at North Allegheny High School and outdoors at North Park pool.

ANSC has been awarded Level 3 status by USA Swimming in their Club Recognition Program. Designed by USA Swimming's Club Development Committee, this voluntary program presents four levels of achievement across four component areas deemed critical to long-term club success. The program encourages clubs to establish organizational goals and to benchmark their progress toward those goals. The ultimate objective of the program is to strengthen the club system in USA Swimming by guiding clubs through a development process that ultimately positions the program and its coaches to better serve athletes.

The club is managed by an Executive Board of Directors made up of parent volunteers. Swimming instruction is provided by experienced coaches.

Communication among club members is an important part of this club and a priority of the ANSC Board. We have an email line which will circulate important messages about practices and meets. The website will also carry important information and should be visited on a daily basis. **Check your email and the website often.**

2 ANSC Website

www.anscswim.org

3 Board of Directors

2011-2012

President	<u>Mike Rutan</u>
Vice President	<u>Laura Edwards</u>
Treasurer	<u>Bev Washabaugh</u>
Secretary	<u>Rita Mensch</u>
Meet Entry	<u>David Buerger</u>
AMS Representative	<u>Corey Deible</u>
Officials	<u>Andrea Rousseau</u>
Meet Directors	<u>Rebecca Juneau</u> <u>Lana McCaffrey</u>
Billing	<u>Sherry Koehler</u>
Concessions	<u>Patti Kuhn</u>
Safety	<u>Shelly Sprys</u>
Webmaster	<u>Steve Shi</u>
Alumni	<u>Jill Grater</u>

ANSC Board Members are always anxious to answer questions and familiarize you to ANSC and USA Swimming. Please look for us at practices and meets. We look forward to meeting you!

4 Coaches

2011-2012

Head Coach	Patrick Wenzel - pooldecked@yahoo.com
Age Group	Brittany Jardine
Age Group	Stacie Sloan
Age Group	Shannon Tieppo
Senior Group & High School	Kirk "Corky" Semler

The coaches are very busy during practice every night from 5:00 – 7:00 PM and 5:00 – 8:00PM some nights. If it is necessary to speak with one of the coaches, please arrange to do this before or preferably after practice. The coaches are always happy to discuss any questions or problems that come up during the year.

5 Swimming Groups

5.1 Development 3

This group is for most entry-level swimmers. The group will focus on learning to swim the four competitive strokes legally for competition purposes. Development 3 allows swimmers to gain comfort in using each stroke in practice and learning how to swim further with less stress. The swimmers will do a lot of kicking and drilling to achieve better stroke techniques.

5.2 Development 2

Swimmers are placed in this group when they are ready to take on the challenge of more difficult practices and longer distances. The majority of time is spent perfecting technique on all four strokes and learning major drill series to help gain understanding for the different motions in swimming. A strong emphasis begins to be placed on starts and turns.

5.3 Development 1

At this level, swimmers are perfecting any major flaws in their technique. Swimmers are expected to train at a higher level and are offered longer and more strenuous practices. Practice sets will emphasize the learning of race strategies beyond the simple method of going all out the entire race. Introduction to training paces and a mastery of pace clock work will be emphasized. Starts and turns are a major emphasis as they prepare to compete at higher levels.

5.4 Competitive 2

Swimmers are expected to increase their commitment to the sport of swimming. Practices become longer and more difficult, and attendance becomes mandatory at this level. Technique issues begin to be limited to minor details with hand and head positions, or individual technique issues. This group begins the use of major dry land training as a complement to in-water training. Swimmers should be ready for high intensity training sessions with major drilling and kicking efforts during practice.

5.5 Competitive 1

This is the highest level at Allegheny North before kids are placed in the senior group. Swimmers at this level are perfecting their race strategies through practice sessions. Technique work becomes very individualized with major emphasis on perfecting turns. Swimmers in this group are looked to as the leaders of ANSC during the winter season. Drills should be perfected at this point and the major portion of time spent training hard. Goal setting is a major emphasis to promote dedication and motivation.

5.6 Senior Group

This group of Allegheny North swimmers is our high school swimmers. This group swims before and after school.

6 Registration

All swimmers must register for ANSC via THRIVA, our online registration management system. If your swimmer is new to ANSC, your swimmer will be told by the coach which group he/she will swim with for practice. Upon registration, you will be registering for this group. If your swimmer is a returning swimmer, you will be registering in the group that he/she finished with in the spring or summer.

6.1 Initial Registration Fees

Each swimmer will be charged as follows:

Deposit:	\$100
USA Swimming dues:	\$65
Personalized ANSC caps (optional but recommended):	\$34

Each family will be charged as follows:

1 Time Fundraising Fee:	\$70
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Membership dues vary by group

7 Financial Responsibilities

7.1 Monthly Membership Dues

If you did not pay your membership dues all at once, it must be paid in full at the end of 3 **equal** payments. You will be invoiced November, December, and January for all group fees. If you do not make your required minimum payment by the end of each month you will be assessed a \$20 late fee.

7.2 Meet Entry Fees

Meet entry fees are due in their entirety during the month in which they are incurred. If meet fees are not paid in full each month, you will be assessed a \$20 late fee. The reason these fees are due each month is because the club writes a check for all meet entries upon registration for a meet. As explained later in this document, you are responsible for all meet entries if you did not notify the meet entry person that you will not be attending a meet. Most meets charge \$5 per event. If a swimmer swims 6 individual events in a meet, you will have a \$30 charge for that meet. Relays are more but when split four ways, the fee is less for each individual. Some meets charge more than \$5 per event. The meet announcement explains all fees. These meet announcements can be found on the ANSC meets page or on the AMS site (www.amswim.org).

7.3 Hardships

If there is a hardship, please contact the ANSC Billing Director about making your payments. Unfortunately your swimmer will not be able to swim in meets unless your account is current.

7.4 Penalties

If dues and meet entries are not current by the time the Championship meets come around in February, your swimmer will not be entered in these meets. **Please don't have your swimmer penalized by not paying your dues and meet entries on time.**

8 AMS Short Course Meets 2011-2012

Check the meets page of our website (www.anscswim.org) to see the latest schedule of our meets for the upcoming season.

ANSC does host two meets each short course season. We host First Splash in October and B Champs in February. You will learn more about these meets as the season progresses and about your obligation to volunteer at these meets.

9 AMS Long Course Meets 2012

Check the meets page of our website (www.anscswim.org) in the spring to see the latest schedule of our long course meets.

10 Signing Up for a Swim Meet

10.1 Meet Entry Invitation

The meet entry invitations are posted on our ANSC website and they are posted on the AMS website (www.amswim.org). Read the invitations carefully. The meet entry invitation lists the following:

- Meet entry due date
- Dates and time of meet
- Warm-up times
- Events and event numbers
- Qualifying times (if not an Open Meet)
- Limit of Individual events per day (usually 3 or 4)
- Directions to meet

10.2 Qualifying Times

Some meets (A, BB, B meets) will have qualifying times for entry. Keep track of your fastest official times and use them for determining eligibility for these meets. The A meets will allow entry in an event if your time is faster than the qualifying time in that event. The B meets will allow entry if your times are slower than the qualifying times. The BB meets list a range of times which must include your time to be eligible to swim in that event.

If your swimmer's official times do not qualify for a specific event, they cannot enter that event.

10.3 US Swimming ID #

Every swimmer in US swimming has a unique identification number. This number is used for meet entry and other specific purposes. It is important to know this number. This number is determined in the following way: the 6 digit date of birth, followed by the first 3 letters of the first name, followed by a middle initial, followed by the first 4 letters of the last name.

Example: Elizabeth A. Smith, birth November 5, 1989, ID = 110589ELIASMIT

10.4 Meet Entry

The head coach will enter your children in swim meets during the year based on the entry criteria. The head coach has certain goals for each swimmer and swimming in these meets is important for their development. If you have any specific requests about which meets you want to attend or about which events your child is swimming, these should be discussed with the head coach as soon as the meet invitations are posted. In most cases the coach tends to know better than the parents and will enter the child in the best events for each swimmer. The coach will more than likely NOT enter a swimmer in an event/stroke that the child cannot do legally. The head coach will turn the entries into the Meet Entry Director prior to the due date.

10.5 Checking Entries

At least 3 days before the due date, a complete listing of all ANSC entries for a meet will be sent via email and posted on the website. **Please check all your swimmers' entries and times.** If you are unable to attend the meet or swim in any of these events, you must contact the Meet Entry Director and the head coach immediately. If you find a mistake in the entries, contact the Meet Entry Director. The entries will then be submitted to the host meet on the deadline date and cannot be changed after submission. Submission is usually 12:01AM on the due date. **You are responsible for all meet entry fees after the posted deadline.** At this point they are posted as final on the website.

10.6 Relays

The kids really enjoy swimming in the relays. The head coach will put together relays based on the kids that are present at the meet. **Have your swimmer check with the coach about relays before leaving the meet. If you depart before your relay, the entire relay will be disqualified and you will be assessed the entire relay fee. For some of the faster meets there will be some swimmers that only swim relays so be sure to check the meet entries for all swim meets.**

Remember to check the preliminary and final meet entries of every meet so there are no surprises as to which meets and what events your swimmers are swimming in.

11 Pack Your Bag

11.1 Swimmer's Necessities for a Swim Meet

ANSC Team swimsuit and a spare swimsuit – they do tear.

ANSC swim cap and a spare cap

Goggles – At least 2 pair available for all meets (test them at practice!)

Deck sandals – Avoid plantar warts and athlete's foot. Wear at all times!

Towels – You may need 2 if it is going to be a long day.

Something Warm – Keep swimmer's muscles warm in between events with a sweat suit, parka, sweat shirt, etc.

Water or Sports Drink

Healthy Snacks – fruit, Power Bar, etc.

Black marker or pen – Mark the event, heat and lane for each race on your hand.

Example:

	E	H	L
	22	4	3
	28	3	5
	32	2	2

Things to pass the Time - Good book, CD player, Cards, Homework (blah!).

You may be at meets for several hours and the time will go faster if there is something to do.

11.2 Parent's Necessities for a Swim Meet

Highlighter – Highlight your swimmer's events in the heat sheet.

Pen – Be sure to write down your swimmer's official times when they are posted. Keep a permanent record of these times for future reference.

Inhaler – If your child is asthmatic, be sure to carry this to all meets. Pool environments can trigger an attack.

Sunscreen – It gets very hot during the long course meets in the summer.

Poncho/Umbrella – A long course meet in the rain is miserable enough without some protection.

Lawn Chair – Between events there is always a place to stick your chair and read a good book. You may also want to bring a big blanket or comforter for the kids to lay on in the gym or cafeteria.

Things to pass the Time: Good book, cards, office work (double blah!!)

12 On The Deck

12.1 Swimmer

Before the Meet

Have a healthy breakfast. Nutrition is very important for a long meet. Wear your ANSC swimsuit to the meet. Take directions to the meet with you.

Arrival (Short Course Meets)

Swimmers should be on deck at the meet 15 minutes before warm up starts. Check in with the coach so they know you are there. The coaches alternate so be familiar with all the coaches. Find your teammates and find a good place to put your swimming bag. Advise your swimmers to keep all clothing in their bag while swimming. Be ready to swim at the start of the warm up. The coaches will tell the swimmers how to warm up.

Parents are not permitted on the deck.

Arrival (Long Course Meets)

Swimmers should be on deck at the meet 15 minutes before warm up starts. Check in with the coach so they know you are there. The coaches alternate so be familiar with all the coaches. Find your teammates and find a good place to put your swimming bag. Most long course meets have positive check-in for each event. This means there is a sign-in sheet at the entrance and each swimmer must circle the events they are to swim. If you do not circle in before warm up you will most likely miss the opportunity to swim the events. If you circle in an event but do not swim the event you could miss your next event and/or be fined. The coaches will help you get adjusted to the long course procedures. Be ready to swim at the start of the warm up. The coaches will tell the swimmers how to warm up. **Parents are not permitted on the deck.**

After Warm Up

Visit your parents and look over the heat sheet. Mark your events, heats and lanes on the back of a hand as mentioned before. Pay attention to the current event and be back on deck in plenty of time for your swim. Stay warm in between events.

After Your Event

All swimmers must report to the coach after every event so they can congratulate them and explain how to improve. The main goal and most important accomplishment in every meet is to beat your own times. Awards are nice to receive, but what a great feeling to get your best time! Always congratulate the other swimmers and be a good sportsman.

Waiting For Your Next Event

Visit your parents if there is a break between events. Parents should praise each swimmer for a good effort. Leave the coaching to the coaches and never get down on a swimmer for a bad swim. Have a drink or a snack. Cheer for your teammates! Pay attention to the events so you don't miss your next swim.

13 In The Stands

13.1 Parents

Clothing

All meets are usually hot and humid, especially the short course meets. Unless you are trying to sweat off 50 pounds, wear light clothing. You will be there for several hours.

Arrival

Swimmers should be on deck at the meet 15 minutes before warm up starts. Parents must sit in the bleachers (or on the lawn for long course.) **Parents are not permitted on deck.**

Prime Real Estate

Stake your claim to a piece of real estate. Some meets get very crowded so get there early. Sit with other ANSC parents and get to know each other. We're a happy and friendly bunch, and will include you and your Aunt Martha in our conversations!

Heat Sheet

Purchase a heat sheet and highlight your swimmer's events. Be sure your swimmers have their events written correctly on their hand.

During the Event

Cheer! Cheer! Cheer!

After the Event

Praise, congratulate, or console your swimmer, but never coach or criticize. After all, they have practiced for many hours and are trying their best. When your swimmer's times are official, they will be posted on the results board – usually a wall outside the pool. Write down the new official times achieved at the meet.

14 Time Standards

US Swimming establishes National Time Standards for each age group to be used as Motivational Times. As a swimmer progresses, he may meet these Standards and qualify to enter more competitive meets. A swimmer will move up the ranks from B times to AAAA times. You can find the National Age Group Time Standards for short course (25 yards) on our website on the results page and the US swimming website (<http://www.usaswimming.org>).

15 Let's Talk Swimming

Block – The platform on which the swimmer stands and pushes off to start each race.

Break – In a relay when one swimmer leaves the wall or block before the other swimmer in the water has touched the wall.

Cap – A latex or silicone swim cap used during a race or practice to protect a swimmer's hair from the effects of chlorine in the water as well as help cut down water resistance from the swimmer's hair.

Circle Seed – At championship meets, the top heats of an event are circle seeded, putting each of the top three swimmers in different heats.

DQ – Acronym for Disqualification. A disqualification indicates the swimmer involved has committed some infraction of the rules of the start, turn, or stroke of the event being swum. No time is recorded.

Dual meet – A meet between two teams. In a 6-lane pool, each team gets 3 lanes only for each race.

Deck entered – Some meets limit the amount of entries in an event. This is particularly true in a long distance event. Swimmers must check in by a stated time and those swimmers are placed into assigned lanes before the event.

Drag suit – A second loose-fitting swimsuit worn by swimmers in practice and warm up to add a certain amount of weight and resistance to the flow of the water around the swimmer.

Event – An event is a race that includes the stroke and the distance (i.e., Boys 11-12 100 yard butterfly.)

False start – Occurs when a swimmer leaves the starting block, or is moving on the block, before the starter officially starts the race. In USA swimming, one false start will result in an automatic disqualification from the race.

Final – The championship final of an event in which the fastest swimmers from the morning preliminaries compete.

Gutter – The area at the edges of the pool in which water overflows during a race and is recirculated into the pool. Deep gutters catch surface waves and don't allow them to wash back into the pool and affect the race.

Heat sheet – This is a published schedule of the day's events and is available to all spectators. They are displayed on a wall at every meet. You may purchase your own heat sheet if you desire. A heat sheet tells what event, heat, and lane each swimmer will compete. Heat sheets are a fundraising event for the host club. Let's support the other clubs like we want them to support ours at our meets.

Heats – At most events there is generally more than enough swimmers to fill each lane. When this happens, the swimmers are placed with others in heats, depending on times.

Individual Medley (IM) – An event in which swimmers use all four competitive strokes in the following order: butterfly, backstroke, breaststroke and freestyle.

Lanes – The lanes are divided sections of the pool designated 1 through 6 or 8 in which the swimmer swims practice or races in the meet.

Lane ropes – The dividers used to delineate the individual lanes. These are made of individual finned disks strung on a cable that rotate on the cable when hit by a wave. The rotating disks dissipate surface tension waves in a competitive pool.

Long Course – A pool configured for swimming with a 50-meter racing course.

The main USA swimming long course season runs from May – July. The Olympic Games and most international competitions are conducted long course.

Mini Meets – This is a meet designed for our youngest swimmers ages 8 and under. This meet has mostly 25 yard events along with other distances geared for this age group. Bring a stop watch if you want immediate satisfaction knowing your child's times because many of these pools do not have touch pads at the finish of the 25 yard events.

Negative split – A race strategy in the distance events in which a swimmer covers the second half of the race faster than the first half.

Official – A judge on the deck of the pool. Various judges watch the swimmer's strokes, turns, and finishes or are timers.

Open water swimming – Swimming in an open body of water (such as a lake, ocean, or bay, as opposed to a swimming pool).

Pacing – On all long events, a swimmer must realize that the finish is as important as the start. Pacing is knowing how much to give up at the beginning so as not to burn up all energy before the finish. Pacing is not used for sprint events.

Preliminary – Those races in which swimmers qualify for the championship and consolation finals in the events.

Relay exchange – The exchange between the swimmer in the water and the next swimmer on the relay team. A perfect exchange will simultaneously have the finishing swimmer's hand on the touch pad and the starting swimmer's feet just touching the starting block with the rest of the starting swimmer's body extended over the water.

Roll – To move on the starting blocks prior to the starting signal. A roll is usually caught by the starter and called a false start, but swimmers will often try to guess the starter's cadence and get a good start. This is similar to illegal procedure in football.

Seed – When a swimmer enters a meet, the times are entered into a computer which sorts the times fastest to slowest and puts swimmers into the appropriate heats, allowing swimmers to compete with other swimmers with similar times.

Short Course – A pool configured in 25-yard lengths. Short course season occurs from October – April.

Split – A swimmer's intermediate time in a race. Splits are registered every 25 yards (or 50 meters) and are used to determine if a swimmer is on record pace.

Sprint – A sprint is a high energy burst of speed for a short distance.

Strokes – The four competitive strokes are butterfly, backstroke, breaststroke and freestyle.

Take Your Mark – A command that the starter gives the swimmer at the start of each race signaling the swimmer to take his starting position.

Taper – The resting process in training for swimming competition. During the middle of the swimming season a swimmer may endure intense daily workouts. As major competition draws near, the swimmers will taper off the distances swum each day. A

perfectly designed taper will enable the swimmer to compete at their peak capability and is one of the most difficult aspects of swim coaching.

Touch pad – The area at the end of each lane in the pool where a swimmer's time is registered and sent electronically to the timing system, then the scoreboard.

Turnover – The number of times a swimmer's arms turn over (cycle) in a given distance or time during a race.

Unattached – When a swimmer moves and chooses to change from one swim club to another, they must compete as unattached rather than under the new club's name for a stated length of time.

Warm down – Used by the swimmer to rid the body of excess lactic acid generated during a race or practice.

Warm up – A pre-meet swim used by the swimmer before the race to get the muscles loose and ready to race.