



Newsletter

Fall 2009

ANSC Billing

ANSC bills will be emailed to you on a monthly basis starting in November.

Your dues balance is reduced by your initial \$100 registration deposit and the remaining dues amount may be paid in 5 monthly installments through March.

All entry fees and other monthly charges are payable in the month they are incurred.

Payments can be made online through THRIVA - there is a link on the ANSC Webpage or can be paid by check and mailed to my address at the top of the bill.

Timely payment of balances is greatly appreciated.

Please contact me at Lsmreid@comcast.net with any questions.

Lauren Reid
Billing Director

Please send any ideas, corrections or clarifications to Patti Kuhn, at pkuhn005@comcast.net

Just a reminder from your friendly ANSC meet director:

We are a parent run organization and because of this we **need** parents to run the events !

You are required to work **2** sessions per home meet. We have 2 meets at home, therefore you need to work **4** sessions a year. A session is defined as the AM or PM sessions on Saturday & Sunday. You need to work 2 of these per family per meet.

Please remember to sign up since that is the best way to ensure you have your choice of jobs. Otherwise, we will assign responsibilities to you.

Please call with questions.

Thank you for your time and cooperation -

Megan Caputo

412-635-4616

Become an Official

Allegheny North Swim Club is always looking for new officials. Becoming an official is easy and provides a great way to be a larger part of the sport that your child is participating in.

As a club we need to have a good base of officials so that we can host meets and provide officiating help for away meets. If you become an official and maintain the certification during the year you will receive a \$100.00 discount from your yearly dues.

If you have any questions regarding becoming an official you can contact Bill Graham at Wgramfam@aol.com

Do you have a great idea, an article you would like to share with other club members, or maybe a recipe that a swimmer would love?

Please send it to pkuhn005@comcast.net and I will make sure it gets posted on the ANSC website Newsletter.



A letter from our President....

Welcome everyone, to the 2009 - 2010 Allegheny North Swim Club season. We should all be looking forward to an exciting year in and around the pool.

For this new season, we will have more swimmers participating in ANSC than at any time ever before. And while the coaching staff is committed to ensuring that, each swimmer receives the attention they deserve, the increase in members means that we all have to manage through a new situation -- having some groups swimming all or some of the time at a different facility (Woodlands). With all of the excitement about the growth of ANSC, it could be easy to forget the purpose of club -- that is, to first introduce and next develop children and young adults in the sport of competitive swimming. The success of your club over the past several seasons has provided a steady stream of talented and competitive swimmers to the North Allegheny high school program -- and the results have been remarkable. This year is no exception, with the depth of talent beginning with ANSC and continuing up through the high school level being as good as it has ever been.

We believe that we have the best group of swimmers, coaches, parents, and supporting staff of any swim club in all of AMS. And we will continue to need everyone's support and effort going forward -- now more than ever. So parents -- keep a positive attitude with your swimmer and be supportive of them at all times. Swimmers -- keep the positive attitude that comes from hard work and consistent effort. Will every race be a swimmer's best time? No, but every race can be a good shot at a swimmer's best time, and that should excite everyone.

So here's to a year full of accomplishments. And since we are larger in numbers than we've ever been, why not be the most successful we've ever been. Let's cheer for our ANSC swimmers while always showing good sportsmanship. After all -- the ultimate goal for everyone should be to do their best, and enjoy doing it.

Mike Rutan

Do you have used equipment to sell, or are you looking for an item? Just place an ad on our ANSC bulletin board in the bleacher area of the North Allegheny swimming pool.



Don't forget

**to order team suits and other supplies on
Monday September 21, 2009**

**Knabes will be at North Allegheny Senior High School
during practice times. Order your items before or after your practice.**

**ANSC Swimsuits and other swim items
are available from Knabes.**

Go to the ANSC page: <http://ansc.knabes.com>



Recipes

(that swimmers and parents would love !)

Oatmeal Chocolate Chip Cookies

(made with Olive Oil)

Recipe from : the Mihm Family

Ingredients:

1 cup sugar

1 cup brown sugar

7/8 cup light olive oil

2 eggs

Dash salt

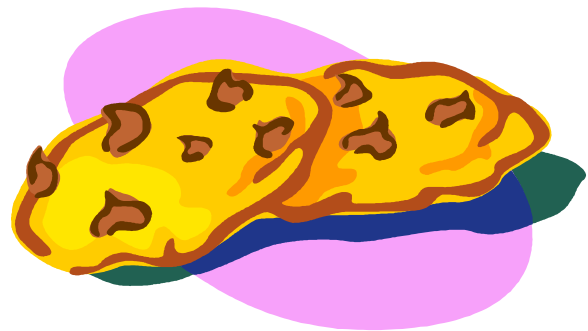
1 teaspoon baking soda

1 tablespoon vanilla

2 1/4 cup flour

2 cups whole oats

About 1 1/2 cups chocolate chips, M&M's, cranberries, raisins, or nuts.



Directions:

Preheat oven to 350 degrees

Blend sugar and oil and mix in eggs and vanilla

Combine dry ingredients and add to batter

Hand stir in oats and then chips...etc.

Form into palm size patties

Place onto greased cookie sheets and bake for approximately 12 min.

