



2016 - 2017

NEW PARENT MEETING

September 12, 2016

WELCOME

- ANSC is a 501(c)(3), not for profit corporation, and is a USA Swimming affiliated Club
 - www.usaswimming.org
- Part of Allegheny Mountain Swimming
 - www.amswim.org
- ANSC website
 - www.anscswim.org
- All swimmers are residents of the NASD
- History of success and results!

EXCELLENT COACHING

- Head Coach—Patrick Wenzel
- Assistant Head Coach - Shannon Tieppo
- Assistant Coaches—Brittany Glass, Stacie Sloan, Stephanie Graham, Rachel Craig
- Corky Semler—former NA Varsity Coach
- Bios on ANSC website
- Stability and longevity, NA roots

BENEFITS OF ANSC

- Wholesome environment to learn the skills & technique of competitive swimming
- Hard work
- Respect for teammates & coaches
- Time management skills
- Team-building
- Individual improvement

PRACTICE IS IMPORTANT!

- In swimming, practice is key
- 50% Rule
- Swimmers can let coaches know about absences—no need to email

EXPECTATIONS

- Read e-mail messages and respond if required
- Check the web site
- Familiarize yourself with ANSC practices and policies
 - “Resources” tab of website
- Volunteer
- Be supportive and positive!

2016-2017 HOME MEETS

- First Splash -- October 8-9, 2016
 - All Swimmers (Senior Group & Age Groups)
- AMS “Bronze Champs” Meet -- February 18-19, 2017
 - 14 Years & Under Swimmers
- AMS “Silver Champs” LC Meet --
 - All Swimmers with BB times

MEET STRUCTURE

Each Meet has Two Sessions per day:

- AM Session from 7:00 am to Noon*
- PM Session from Noon to 5:00 pm *

*** General times; may vary based on timelines and on job assignments**

KEYS TO A SUCCESSFUL MEET

- Participation by ALL families
- Promptness (reporting on time) for specified jobs
- Remembering that we are here for our kids
- Pleasant outlook and attitude

VOLUNTEERING AT HOME MEETS

1. Volunteer for **TWO sessions** each meet
 - Total of four sessions per family for year (usually)
 - Substitutes may be hired by families – see Meet Director
 - \$200.00 fee per session charged for non-compliance of assigned jobs
 - Sessions worked whether your child is swimming or not
1. Allocated **Concession Fee**
 - For EACH meet, each family will be charged \$20.00

BE AN OFFICIAL

Stroke & Turn Official Training

ANSC INCENTIVE / REWARD

- Become certified and work a total of 12 sessions (6 training plus 6 additional) by June 30 to receive the \$100 credit to your ANSC account. Receive the \$100 credit each year you remain certified and work the minimum number of sessions.
- We hope you commit to working at least 2 sessions per ANSC hosted meets.

HELPFUL TOOLS

- “Rained Out” text alerts
- “Meet Mobile” App
- Resources Page of the website
- Calendar subscription (on ANSC website)
- Board members
- Experienced parents



**ENJOY THE SEASON
GO SHARKS!**