



## Allegheny North Swim Club (ANSC)

Allegheny North Swim Club (“ANSC”) is a private, non-profit club open to swimmers generally ranging in age from 6 – 18 years. ANSC draws swimmers from all of the communities comprising the North Allegheny School District. ANSC focuses on coaching each swimmer to deliver their maximum potential in the pool by teaching proper technique and how to swim competitively. This is a comprehensive swim program with swimmers ranging from beginners to Olympic hopefuls.

### Our Mission

The mission of ANSC is to use the sport of swimming as a vehicle to teach the following values to all of its members:

- Fairness
- Honesty
- Human Dignity
- Respect
- Community Service
- Excellence
- Potential
- Growth

Along with teaching these values, ANSC and the coaching staff will provide a wholesome environment for swimmers to learn the skills and training techniques of competitive swimming. The club prides itself in hard work, respect for teammates and coaches, time management, team building, and individual improvement to maximize each swimmers potential. ANSC coaches are certified by the American Swimming Coaches Association and have First Aid, CPR, and Swimming Coaches Safety Training.

### Getting Started with ANSC

Those who wish to join the club can participate in a one-week assessment period which takes place at the beginning of each swim year (September). During this week, ANSC coaches will observe and coach swimmers, covering the freestyle, backstroke, breaststroke, and butterfly strokes. After the assessment, the swimmer may be invited to join the team and a specific group.

If selected for the team, the following requirements must be met and maintained to obtain membership in the ANSC program:

- Members and parents/guardians (if under 18 years of age) must sign and return the **Financial Responsibility and Code of Conduct Form** before the athlete can participate in practices.
- All members must be registered for the current year with USA Swimming. Members transferring from a club within Allegheny Mountain Swimming must pay a club registration transfer fee. This will be handled by ANSC and the appropriate fees will be collected at the time of transfer.

- Members must meet minimum swimming requirements established by the ANSC coaching staff.
- Members must maintain current balances on their accounts for all training and entry fees. Swimmers will not be allowed in the pool unless all past and present fees are paid or prior arrangements have been made with ANSC. If a member becomes over 30 days delinquent, ANSC has the right to revoke his/her membership.
- All members/families have volunteer commitments that must be met.
- Members must abide by all rules and regulations of the North Allegheny School District and USA Swimming.
- When a swimmer enters the practice facility for swimming, he/she is there for the purpose of practicing. The coaching staff does everything it can to provide an appropriate workout for their respective group by structuring the workout toward the ability levels of the swimmers. In the event that a parent's swimmer does not abide by the rules, he/she may be asked to observe practice rather than participate.
- A swimmer may be dropped off 15 minutes before the scheduled practice start and must be picked up 15 minutes after its scheduled completion.

## **ANSC Swim Levels**

### **Learn to Swim**

For swimmers that currently are unable to comfortably swim a length of the pool, there is a Tiny Tigers Swim program available in the North Allegheny School District. For more information about the program, visit the [North Allegheny Aquatic Program](#) page.

### **Developmental Groups**

The majority of the workouts will include drills, technique, and games. The goals for these groups are to swim one pool length legally of each stroke, learn basic workout terminology, attempt flip and stroke turns, and work on competitive starts.

- 2 - 4 practice times scheduled each week
- 40 – 50 minute pool sessions
- 10 minutes of stretching and dry land exercises
- Recommended minimum attendance is 2-4 times per week
- Meets are encouraged when the coaches and swimmer agrees that he/she is ready to compete

### **Age Groups**

This is a group of more experienced swimmers ages 9-14 whose main focus is swimming in meets and developing the proper attitude toward competition, personal improvements, and bettering their competitive skills. How to be successful with a busy schedule of school, swimming and other social activities is learned by swimmers in these groups. Being able to compete for 100 yards in each of the four competitive strokes and doing a legal 200 IM are requirements for this group. Invitation by the coaching staff is required to join these groups.

- Up to 5 practice times scheduled each week
- Up to 75 minute pool sessions
- 20 minutes of stretching and dry land exercises
- Recommended attendance is 3-5 times per week
- Meets are encouraged at this level

## **Senior Group**

This group's main focus is "train to attain." The goal of the Senior Group is to compete and move up the scale of local, regional, national, and international competition. The Senior Group is comprised entirely of swimmers in 9<sup>th</sup> grade and up.

- Up to 6 practice times scheduled each week
- 60-120 minute pool sessions
- 15 – 30 minutes of stretching and dry land exercises, calisthenics, cords, and pull-ups
- Recommended attendance is 5-6 times per week

## **Registration and Fees**

### **Registration and Participation Agreement**

The Allegheny North Swim Club (ANSC) agrees to provide the services outlined in this copy of Rules and Regulations and in the Parent Guide. In exchange for this service, the participant or the participant's guardian agrees to pay their dues and entry fees as outlined in the Parent Guide and the Financial Agreement and to abide by the Parent and Swimmer Code of Conduct. Failure to make payments, without prior written explanation, can result in the immediate removal of the swimmer from practices or participation from swim team activities. Payments will be adjusted in the case of a medical emergency provided that a written notice is sent to ANSC prior to the due date for the affected bill(s). Our mailing address is:

Allegheny North Swim Club  
P.O. Box 952  
Wexford, PA 15090

## **Additional Fees**

### **USA Swimming Registration**

Before a swimmer can participate in any team activities, he/she must be registered with USA Swimming. This membership offers insurance coverage in case of an accident for the swimmer and protects ANSC as well. It is important to know that an athlete cannot participate in any practices or competition without being registered with USA Swimming. This membership is renewed annually. Cost is \$65.

### **Meet Entry Fees**

In order for a swimmer to compete in a swim meet, he/she must first be entered in the meet. Swimmers, in consultation with the coaches, will generally be entered into meets for which they qualify, unless they request to not be entered. The meet entry fees, for those who are entered, will be billed during the next appropriate billing cycle.

## **ANSC Rules**

### **Rules for ANSC use of North Allegheny Senior High Swimming Pool:**

- Parents and other visitors must use the assigned seating areas (bleachers) for viewing practices.
- Use designated locker rooms. Use a personal lock if you want to secure belongings. Remove all items from the locker room after each practice.
- Use kickboards, pull buoys, and all other equipment with care and return after each use.

- No running or horseplay on the pool deck.
- No smoking in the building.
- Swimmers should arrive no earlier than 15 minutes prior to the start of their practice. Pick up should be no later than 15 minutes after practice.
- Park in designated parking lots. Cars parked illegally, in fire lanes, or other prohibited locations can be ticketed and/or towed.
- Parents: Do not engage coaches in conversation during practice times. Your swimmer's development will be maximized if our coaches can give them their undivided attention. If you have questions, contact the coaches for an appointment, or the coaches are generally available 15 minutes prior to and after practice times.
- When swimmers are at practice, parents can do a number of things:
  - Read a good book.
  - Get to know other parents and strike up a conversation with them. This is also a great way to learn and understand the sport of swimming.
  - Be a good role model and get some other form of exercise.
- ***Remember, you are a guest of the North Allegheny School District. Please help ANSC and North Allegheny take care of the pool and the building.***

### **North Allegheny Senior High School Pool Rules:**

- A Coach or Lifeguard must be present before entering pool -- do not swim alone.
- All patrons must be able to swim.
- Shower before entering the water.
- No swimming underneath the diving boards.
- No running.
- No food or beverages allowed in the pool area.
- No smoking anywhere in the building.

### **ANSC Practice Rules**

- Be on time for water entry! For example, if practice starts at 6:00pm, be ready to enter the pool at 6:00pm sharp! Report to practice at the assigned time. The athlete suffers if he/she is unable to arrive in time to properly stretch and get in the right frame of mind for practice.
- Practice is THE most important part of your swimming day. Come in with the attitude, "I am going to make the most of each workout that I take part in."
- Listen to the coaching staff and perform to the best of your ability each practice session.
- Try to have at least two goals you want to accomplish each practice.
- Follow all rules and regulations of the NASH Pool and the ANSC coaching staff.
- Have Fun!