



2023 - 2024

Team Families Presentation

September 2023



WELCOME TO OUR TEAM

- Allegheny North Swim Club (ANSC) is a 501(c)(3), a not for profit corporation
 - www.anscswim.org
- We are a USA Swimming affiliated club, part of the Allegheny Mountain Swimming (AMS) division
- All swimmers must be residents of the North Allegheny School District
- Our team has a history of great success and results!
 - Wholesome environment to learn the skills and technique of competitive swimming
 - Swimmers achieve an understanding of the benefits of hard work
 - Development of respect for teammates and coaches
 - Time management skills are established
 - Team-building
 - Individual improvement



EXCELLENCE IN COACHING

- Head Coach: Patrick Wenzel (pooldecked@yahoo.com, 412-848-7886)
- Assistant Head Coach: Shannon Tieppo (shannontieppo@yahoo.com, 412-335-8091)
- Assistant Coaches: Brittany Glass, Stacie Sloan, Beth Mock, Celeste Gaber, Allie Hluhan, Casey Melzer, Mark Stepanian, Stacy Finkelstein, Alex Mathews, and Nikhil Singh.
- Biographies can be found on the ANSC website
- The tenure of the coaches provides for the stability and success of the team



PRACTICE IS VERY IMPORTANT!

- The only way to improve is to go to practice
- The 50% Rule – swimmers must attend 50% of the scheduled practices during the school year to keep from needing to tryout the following year
- In the case of an absence, there is no need to email the coach; if the swimmer knows they will miss a practice ahead of time, they can just let the coach know when they see them



ANSC EXECUTIVE BOARD

- President: Tony Masztak (president@anscswim.org)
- Vice President: Kristin Bowman (vice-president-gold@anscswim.org)
- Compliance / Safe Sport: Gene Natali (safesport-compliance@anscswim.org)
- Treasurer: Anne Dudro (treasurer@anscswim.org)
- Secretary: Lyndley Maddox (secretary@anscswim.org)



Committee Directors

- AMS Director: Shawn Sunderlin
- Fundraising Director: Brianne Constable
- Immediate Past President: Nate and Rachel Tengowski
- Meet Directors: Audra & Gene Zilinski, Ang Morgan, Shaun Fenlon
- Meet Entry Director: Brittany Glass (meetentry@anscswim.org)
- New Family Liaison Directors: Melissa Browning and Becky Sunderlin
- Officials Director: Tom Crane
- Technology Director: Mike Ross
- Newsletter Committee: Megan Masztak, Kathy Prigg, Karen Kozora
- Social Media Committee: Brandon Neiman, Shilpa Kartheek, Kathy Prigg



COMMUNICATIONS

- ANSC Families emails
- Team Website: www.anscswim.org
- AMS Website: www.amswim.org
- USA Swimming Website: www.usaswimming.org
- REMIND App for urgent messages (i.e., weather cancellations/delays)
 - **Text @ansc2023 to 81010**
 - Please, if at all possible, only one person per family sign up. We are limited to the numbers of individuals in the group. Thank you!
 - **SENIOR GROUP ONLY: text @g9da3k to 81010**



HOW ARE DUES/FEEES APPLIED?

- Coaching, training, and practice fees
- USA Swimming/AMS registration fees (paid separately)
- Team t-shirts and swim caps
- Use of equipment
- Coaches certifications, licensing, and education
- Insurance: General Liability and Excess Accident Coverage through USA Swimming, Workers' Compensation, Directors and Officers Coverage
- Pool rental, maintenance, usage and permit fees



DUES AND FEES PAYMENTS

- Dues and fees are as follows:
 - Upon registration, a non-refundable payment of \$200;
 - AMS and USA Swimming fees will be an additional charge of \$90 by registering your athletes in the SWIMS database. [How to Register for USA Swimming in SWIMS 3.0](#)
 - Around September 20th a non-refundable \$75 family fundraising fee will be charged
 - The balance of the dues will be divided through the months of September through January
 - A \$20 concession fee will be charged for each home meet when we provide concessions
- Questions or concerns regarding payments? Contact our Treasurer, Anne Dudro, at treasurer@anscswim.org
- **Please regularly check credit card expiration dates to ensure payments can be timely processed; failure to pay balances may affect your swimmer's ability to swim in future meets**



MEET ENTRY PROCESS

- Swim meets are not mandatory, but are a lot of fun for our swimmers
- Most meets are two days (Saturday and Sunday), but you have the option to attend only one day if that fits with your schedule
- Coaches determine swimmers' events
- We have a new entry process with Commit Swimming this year:
 - Families will need to commit their athlete to the meet before events are chosen.
 - Once the events are selected by the coaching staff, your athlete will show as registered in the meet sign-up section of your Commit account.
 - You will still be able to request changes once the events are chosen.



MEET ENTRY PROCESS cont'd

- Example of Preliminary Meet Entries

Meets / ANSC First Splash 2023

ANSC First Splash 2023

Information Register Athletes Fees

Search for a swimmer...

Callie Glass - 10		
#5 F 10 & UNDER 200 Free	2:29.52Y	2:29.52Y
#11 F 10 & UNDER 50 Fly	37.15Y	37.15Y
#14 F 10 & UNDER 50 Free	30.98Y	30.98Y
#55 F 10 & UNDER 50 Back	37.78Y	37.78Y
#58 F 10 & UNDER 100 IM	1:25.73Y	1:25.73Y
#61 F 10 & UNDER 100 Free	1:08.16Y	1:08.16Y

[Edit](#)

CALLIE GLASS 6 EVENTS

CURRENT ENTRIES:

+ #5 F 10 & UNDER 200 Free	2:29.52Y	d1/s1
+ #11 F 10 & UNDER 50 Fly	37.15Y	d1/s1
+ #14 F 10 & UNDER 50 Free	30.98Y	d1/s1
+ #55 F 10 & UNDER 50 Back	37.78Y	d2/s5
+ #58 F 10 & UNDER 100 IM	1:25.73Y	d2/s5
+ #61 F 10 & UNDER 100 Free	1:08.16Y	d2/s5



MEET ENTRY PROCESS cont'd

- Preliminary entries are also posted to ANSC website

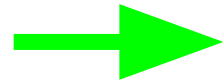


- **THE MEET ENTRY DIRECTOR WILL PROVIDE A DEADLINE TO SUBMIT CHANGES TO ENTRIES**
- **EMAIL MEETENTRY@ANSCSWIM.ORG WITH CHANGES/DECLINATION BY THE DEADLINE**
 - Late declarations unfortunately cannot be accepted- our final entries are due to the meet hosts, and our entry fee to the host club is determined by the final entry report
- There is no need to send an email if you are not changing anything about your swimmer's entries



MEET ENTRY PROCESS cont'd

- Final entries are sent to the host meet representative
 - Depending on the meet, a per event fee of \$5 - \$15 is charged for each swimmer; there may be occasions where there is a flat rate charged per meet/session; details will be outlined in the meet invitation



- **WE CANNOT CHANGE FINAL ENTRIES. NO REFUNDS CAN BE ISSUED ONCE WE HAVE SUBMITTED THE FINAL ENTRIES TO THE HOST TEAM**

QUESTIONS: [The Meet Entry Process with Commit Swimming](#)



HOME MEET STRUCTURE

- Each meet has two sessions per day
 - AM Session: 7:00 AM – Noon*
 - PM Session: Noon – 5:00 PM*
- *These are general times and may vary based on timelines and job assignments**
- Each age group will be assigned to a session and may vary between morning and afternoon



VOLUNTEERING REQUIREMENTS AT HOME MEETS

- Each family **MUST** volunteer for **TWO** sessions **per meet**
 - Senior Group only families must volunteer for **ONE** session **per season**
- If you cannot volunteer, a fee of \$75 per session will be assessed.
- There is a penalty of \$200 per session for failing to show up at your assigned time or failing to complete your entire volunteer session.
- **Sessions must be worked whether your child is swimming or not**
 - Even if your child is not eligible to swim due to age group limitation or becomes sick, all families are still required to volunteer to run a successful meet



BECOME AN OFFICIAL

- A Stroke & Turn Official and an Administrative Official counts as a volunteer job for ANSC home meets
- Requirements: 6 apprentice sessions, passing an online test, obtaining clearances, and passing a background check
- after that, 6 more sessions are required to earn a \$200 dues refund (12 sessions per season)
 - Sessions must be completed by the end of Long Course Season
 - Credit will be received each year you remain certified and work the minimum number of sessions (12 sessions per season)
- We hope to have officials commit to working at least 2 sessions per ANSC hosted meet
- Great way to learn about the sport and be on deck



PARENT EXPECTATIONS

- Read all email messages and respond promptly if required
- Check the website for updates
 - Meet invitations
 - Declaring your swimmers
 - Meet Entries
 - Meet warm-up times
- Familiarize yourself with ANSC practice times and policies provided on the website
- VOLUNTEER – fulfill volunteer sessions at ANSC-hosted home meets and sign up for volunteer roles or board positions
- BE SUPPORTIVE AND POSITIVE TO YOUR SWIMMERS!



UPCOMING IMPORTANT DATES

- **Tuesday September 19: Officials Training**
- **Sunday, October 1: ANSC/USA Swimming Pirate Game- 3:05pm**
- **Saturday, October 7 - Sunday, October 8: First Splash Meet**
 - NASH pool
 - Times and details coming soon



RESOURCES, TIPS & TOOLS

- ANSC website: Resigned website coming soon. This presentation will be posted there as well and can be referred to all season for contact information
- If you have specific questions, please email the appropriate board member or coach. We are here to help!
- Get to know other families and get involved! Encourage all our swimmers! A family directory will be available to those families that opt in.
- Download helpful apps
 - MEET MOBILE – provides swimmer statistics for most meets



RESOURCES, TIPS & TOOLS (continued)

- Please don't coach from the stands
- Remember we all represent ANSC and the North Allegheny community, so please use appropriate behavior and language at all times
- Do not approach officials or meet marshals at meets; address any concerns/questions/issues with our coaches after the meet
- No photography or video is allowed behind the starting blocks



USA Safe Sport



ABUSE PREVENTION PROGRAM

USA Swimming is committed to providing a healthy and positive environment free from abuse for all its members. USA Swimming's Safe Sport program, a comprehensive abuse prevention program, consists of a multi-layered approach to keep kids safe, including: required policies and best practice guidelines; mandatory screening, including criminal background checks and employment screening; training and education; monitoring, supervision and mandatory reporting. These measures are informed by experts in the field of child safety and are among the strongest safeguards found in youth-serving organizations.

safesport-compliance@anscswim.org



USA Swimming Safe Sport

RESOURCES

CLUB TOOLKIT

Resources to help your club implement Safe Sport policies, guidelines and practices.

[MORE](#)

DEAL WITH A SAFE SPORT CONCERN

Information on how to report Safe Sport issues and concerns.

[MORE](#)

COMPLETE A BACKGROUND CHECK

For information on USA Swimming required background checks including how to get started and FAQs.

[MORE](#)

SAFE SPORT CLUB RECOGNITION

Find out how your club can demonstrate its commitment to providing a healthy and positive environment free from abuse.

[MORE](#)

MINOR ATHLETE ABUSE PREVENTION POLICY

For background on MAAPP including tools and resources.

[MORE](#)

ATHLETE PROTECTION TRAINING

Information and links to courses required for USA Swimming adult athlete and non-athlete members.

[MORE](#)

INDIVIDUALS SUSPENDED OR INELIGIBLE

Complete listing of all individuals who are currently suspended or permanently banned from USA Swimming membership.

[MORE](#)

ORDER SAFE SPORT MATERIALS

Show your team or LSC commitment to Safe Sport by purchasing materials here!

[MORE](#)



ENJOY THE SEASON!

GO TIGER SHARKS!