

# **Allegheny North Swim Club**

## **Frequently Asked Questions**

### **I. TRYOUTS**

#### **A. When are tryouts for ANSC?**

Tryouts are held at the beginning of each swim season, which is typically in August of every year.

#### **B. Can anyone try out for ANSC?**

Swimmers must reside in the North Allegheny School District and be entering Kindergarten through 8th Grade. A basic knowledge of the four competitive strokes is helpful as well as being comfortable swimming 25 yards at a time.

#### **C. How many swimmers are selected each year?**

The number of swimmers selected each year is determined by, but not limited to, the number of spots available in each practice group at the time of tryouts. It will vary year to year. At the conclusion of the program the head coach will announce the swimmers that are selected for the team.

### **II. SWIMMING COMMITMENT**

#### **A. What is my swimmer committing to by joining the team?**

By joining ANSC, your swimmer will be participating in two seasons: Short Course and Long Course. The Short Course season will run from September until March. There will be a few weeks off and training for the Long Course season will start in April and will run through July. Practices for the Short Course season will be held in the pool at North Allegheny High School and, when available, an outdoor community pool during the month of September. Training will continue at the high school until school lets out. At that point, training will begin at North Park and other outdoor community pools. Short Course meets are typically held in indoor 25 yard pools and Long Course meets can be held in both indoor and outdoor 50 meter pools.

#### **B. Is practice mandatory?**

Practice is the only way swimmers will develop and improve their strokes. We understand that families and swimmers will have conflicts from time to time. We ask that swimmers attend as many practices as they can throughout the week. If a swimmer does not attend at least 50% of the practices held during the school year, they will be asked to try out again if they wish to remain on the team for the following year.

#### **C. Are meets mandatory?**

Meets are not mandatory but highly encouraged as they are the only way to gauge time improvement plus the competitive atmosphere is lots of fun!

### **III. REGISTRATION**

#### **A. Do I need to register my swimmer every swim season?**

Yes.

#### **B. Can I register my swimmer from the Active Parent Portal or the Active website?**

No. Please use the registration link that is provided in the email that is sent out prior to the start of each new season.

### **IV. FINANCIAL COMMITMENT**

#### **A. What type of payments/fees are required to be part of ANSC?**

- Membership Dues
- LSC Fee
- USA Swimming Fee
- Family Fundraising Fee
- Concession Fee (if home meets are held)
- Meet entry fees (if your swimmer attends swim meets)
- Replacement Fee if you are unable to fulfill your volunteer commitment for home meets
- Penalty Fee if you do not show up for your assigned volunteer position at a home meet

#### **B. Over what period are membership dues paid?**

Membership dues are collected from the point of registration (August/September) through January of the following year.

### **V. COMMUNICATION**

#### **A. How will I be notified of team updates?**

Most everything that needs to be communicated to our families will be sent out via email by a coach or board member. In times when an urgent communication needs to go out, like a cancellation due to weather, we will use the Remind App.

#### **B. Can I add or remove an address to the team email distribution list upon registration?**

Yes. Please email [secretary@anscswim.org](mailto:secretary@anscswim.org) with the address to add or remove.

### **VI. PRACTICE GROUPS**

#### **A. Where can I find the practice schedule for each group?**

<https://anscswim.org/practice-schedule/>

## **B. How do swimmers move between practice groups?**

After a swimmer is selected for the team, they will be placed into a practice group appropriate to their skill level (Development 1, 2, 3A or 3B). At various times throughout the year, coaches will assess if swimmers are ready to move up a level. Once a swimmer reaches Development 1, they will test into the next group, Competitive 2, by completing a series of test sets. Swimmers in Competitive 2 will have an opportunity to test into Competitive 1. Test sets are held throughout the year and if a swimmer completes them in the time allotted, they will move up immediately.

## **VII. MEETS**

### **A. Does my swimmer need to attend a minimum number of meets throughout the year?**

No. Meets are voluntary, but our coaches encourage our swimmers to attend as many as possible in order to obtain times in various events and track progress of swimmers.

### **B. If my swimmer cannot attend a meet or a portion of a meet, what do I do?**

Notify our Meet Entry Director at [meetentry@anscswim.org](mailto:meetentry@anscswim.org) once the entries are sent out. There is a deadline to meet so as long as the notice is made before the deadline, you will not incur the meet fees. If notice is made after the deadline, you will be responsible for the fees.

### **C. What is the typical process that occurs when a meet is announced?**

Our Meet Entry Director will send an email listing the preliminary entries for each swimmer. A deadline will be indicated to make changes or withdraw from the meet. It is very important to note the deadline. Sometimes it is a very quick turnaround out of our control. Prior to the meet, final entries will be sent out. Both the preliminary and final entries will be posted to our website for reference, along with warm up times when then become available (<https://anscswim.org/meets/>)

## **VIII. COACHES**

### **A. Will my swimmer always have the same coach?**

No. Practice groups will routinely see different coaches so swimmers and coaches can get to know each other. Swimmers will also get to experience different coaching styles.

## **IX. PARENT/GUARDIAN INVOLVEMENT**

### **A. What are the requirements of parents/guardians?**

Families are required to volunteer for TWO sessions at EACH our home meets. We typically host a meet at the beginning and end of the short course season. Volunteer jobs are sent out and families will sign up based on seniority with the team. We cannot run a successful meet without the help of all of our families. Therefore, ***whether you have a swimmer in***

***the meet or not***, volunteering is mandatory. If you know ahead of time that you will not be able to fill a volunteer role and cannot find a replacement volunteer for your sessions, a volunteer fee will be imposed. If a family member signs up for a position and does not fulfill the job, a penalty will be imposed. Fees and Penalties that are not paid may prevent swimmers from participating in future meets.

**B. How can I become involved with the team?**

Volunteer! Requests to fill various positions are announced at the parent meeting at the start of each season and throughout the year. By becoming involved with the team you will get to learn more about the sport and meet some pretty great people. Reach out to a board member to learn more!

**C. How do I become an official?**

Becoming an official is an excellent way to really learn more about swimming and to be on deck. It also fulfills the volunteer requirements for our team. We ask anyone interested in becoming an official to join us for time trials at the beginning of the season. However, if you decide later in the season that you'd like to learn more about it, please reach out to a board member as we can take officials anytime throughout the year. Prior to becoming an official clearances and a background check will need to be obtained. An online test and Athlete Protection Training will need to be completed as well. Once twelve sessions are completed in a season (6 of which are apprentice training sessions for new officials), you will receive \$100.

**X. BOARD OF DIRECTORS**

**A. How do I get in touch with members of the board?**

President: [president@anscswim.org](mailto:president@anscswim.org)

Treasurer: [treasurer@anscswim.org](mailto:treasurer@anscswim.org)

Secretary: [secretary@anscswim.org](mailto:secretary@anscswim.org)

**B. When are the board meetings?**

Board meetings are currently held on the last Wednesday of each month at 7 PM (subject to change each new season based on availability of board members); at this time they are being held via Zoom

**C. May I attend a board meeting?**

Yes. Please request the Zoom link from a board member.

**XI. RESOURCES/HELPFUL INFORMATION**

**A. What is an LSC and what one does ANSC belong to?**

An LSC is a Local Swim Committee. ANSC belongs to the Allegheny Mountain Swimming (AMS) LSC:

<https://www.teamunify.com/Home.jsp?team=ezamslsc>. AMS is part of the Eastern Zone of USA Swimming.

### **B. What are Motivational Time Standards?**

Motivational Time Standards are used to encourage swimmers to keep pushing themselves in the water. Times are established by age groups and can be used to qualify to certain types of meets. They are updated every 4 years. Please visit the following link for current standards:

<https://www.usaswimming.org/docs/default-source/timesdocuments/records/age-groups-2024-agmts.pdf>

### **C. Where can I find my swimmer's times?**

There are two mobile apps that are great resources: MeetMobile and Deck Pass Plus. You can find them in the app store of your mobile phone.

MeetMobile is used by several clubs during meets and can be used to find events, swimmers, and results. Deck Pass Plus is through USA Swimming and it is where you can search for your swimmer's times based on a variety of filters. Times are usually posted within 24-48 hours after a meet.

You can also search the USA Swimming website:

<https://www.usaswimming.org/times/individual-times-search>

## **XII. DAY OF SWIM MEETS**

### **A. What items should I send my swimmer to a meet with?**

- **Bathing Suit:** This does not have to be a team suit if you do not want to purchase one. Team suits can be purchased during suit try-on in September. Team colors are yellow and black.
- **Goggles and Swim Cap:** It is recommended to have an extra of each in case they break or get misplaced. Please encourage kids to put back into their swim bags.
- **Sharpies:** These are for writing events on their hand so the kids know when their events are and what heats and lanes they are in when the coaches call the event numbers.
- **Water bottle and Snacks:** Concessions vary depending on location and food also does vary. It is good to have some light snacks on hand just in case as well as water.
- **Towels:** Recommend at least 2 for drying off and an extra towel or blanket to sit on.

- **Extra Clothes:** Sweatpants/sweatshirt and/or parka are good, especially when the weather is chillier and during earlier morning summer long course swim meets.
- **Activities:** Books, cards, activity books or games to do in between events with friends.

**B. How do I know what events my swimmer is swimming?**

Final entries will be posted on the ANSC site under “meets” (<https://anscswim.org/meets/>). This information will contain the event name and event number that your swimmer will be swimming in. This information may also be sent in an email attachment. If the heats and lanes are known prior to the meet and sent (called a “heat sheet”) it is strongly encouraged that you write them on their hands prior to arrival (as this is one less step the coaches have to assist with upon swimmers’ arrival). Here is an example of what that could look like on their hands:

	H	L
<b>Example: # 27 50 free</b>	<b>3</b>	<b>2</b>
<b># 55 50 back</b>	<b>5</b>	<b>3</b>

If you do not receive the heat sheet prior to the meet, they will be available at the meet (usually for an additional nominal fee) or will be posted around the facility (where you could screenshot this/take a picture with your phone). If you can assist your child with writing events on hand prior to the start of the meet, that is greatly appreciated.

The Meet Mobile app also contains this information (heat and lanes). This app will post the results and times of each swimmer. There is an annual subscription fee for Meet Mobile. Most meets, but not all, utilize Meet Mobile. You are able to find each meet by searching the name of the meet (found at the top of the events sheet that your child is swimming).

**C. What should my swimmer do when he/she gets to the meet?**

Swimmers should locate their coach and team on or near the pool deck. This is where your swimmer will sit throughout the meet. If needed, swimmers can meet up with parents quickly after warm-ups or in-between events, if time allows. It is important that your swimmer remains with the team, as coaches will be announcing events and lining swimmers up.

It is encouraged to decide on a place to meet and/or letting your swimmer know where you'll be at each meet to make things smoother. (i.e. "Meet me by the top of the steps after warm ups or at the end of the meet.")

#### **D. What should parents/spectators bring to a meet?**

It is encouraged to dress in layers, as the pool stands can be very warm during the short course season.

During the long course season (when it is outside), layers are also good as it may be chillier during the morning sessions and get hotter as the day progresses. It is always good to have sunscreen during these long course outside meets in the summer months.

Folding chairs and stadium seats/cushions are not always necessary, but a good item to have in the car just in case. These are not always necessary or possible to use (as each swimming pool has different seating arrangements and stands/separate seats). Tents are sometimes allowed outside in long course summer meets. It is encouraged to read the meet information that is sent or found under the "meet section" (<https://anscswim.org/meets/>). Click on the invitation (envelope emblem) in regards to the rules and regulations that each pool and facility have.

Concessions are often available at meets (but not at all meets). It is recommended to bring a water bottle and light snacks.

#### **E. Do I have to stay the whole time during a swim meet?**

Your swimmer can leave the meet after his/her last event.