


Mount Lebanon Aqua Club

Parent Orientation
2007/2008 Season

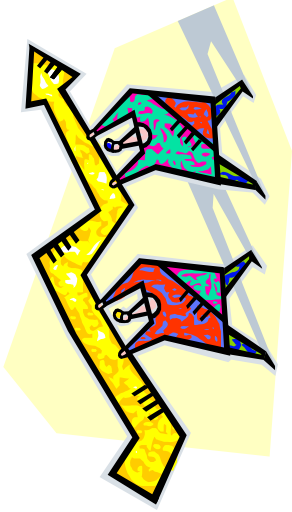




History and Mission

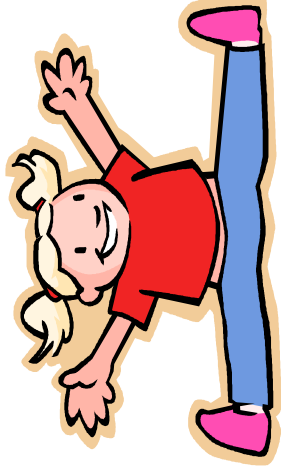
 The Club just celebrated its 53rd anniversary. We compete within USA Swimming and are local members of Allegheny Mountain Swimming. We hold first place in the "virtual" league championships and are in the top 6% of the almost 3,000 teams across the country.

Staying Power Brings Results

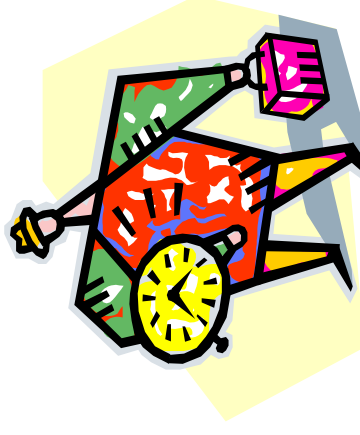


- This last Spring, 6 senior high school swimmers graduated and 5 went on to pursue college swimming careers. Of the 6, all have received financial assistance.
- Since 2000, 56 swimmers have graduated and 43 have gone on to swim in college.

Parents of Young Athletes

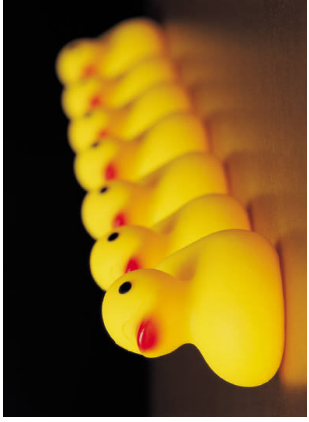


- Swimmers ages 6, 7, and 8 typically enter the program as a Stingray. These swimmers will practice 2 to 4 times a week roughly 10 months of the year (breaking in April and August) with an opportunity to compete in “Mini Meets” for children specifically 8 years and under. These meets are most often scheduled on Sat. and/or Sun. early in the morning allowing completion by noon or 1:00 pm.



Anatomy of a Mini-Meet

- 6 year olds can compete among other 6 year olds, doing just 25's
- 7 year olds can compete among other 7 year olds, doing just 25's
- 8 year olds the same
- Then there are 8 and under events which exist for 6,7, and 8 year olds to compete as a group in any of ten events (25's and 50's of each, 100 free and 100 IM).



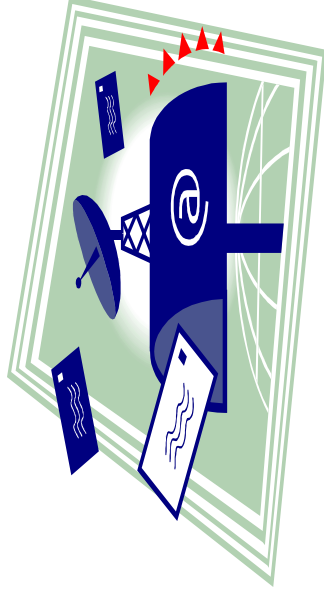
Your Role As Parent

- Look at the website carefully and often, transferring important dates and times to your personal calendar.
- Have your swimmer ready (that means they've just gone to the bathroom) and on the pool deck for the start of practice with appropriately-fitted gear.
- Enjoy your child's achievements and be a good listener, sharing tips with the coaching staff when helpful. Then make the hand off!



Checklist for Regular Website and E-mail Review

- Practice schedule and pool location
- Announcements
- Upcoming meet dates with entry deadlines
- Directions on the AMS link to the away meets (also use mapquest and add 15 minutes in driving time)
- Check your email for personal coach communications



Proper Meet Prep Protocol

- Attendance expected; otherwise notify coach no matter the hour
- Arrive 30 minutes ahead of warm-up allowing 15 minutes getting settled and 15 minutes “on deck” stretching with teammates
- Wear proper uniform and “sign” in
- Stay on deck and plan to stay to the end for **last event relays**
- Label each item that goes on the deck and keep dry clothes with you.

Components of the Stingray and Dolphin Programs

👉 **Body awareness**

👉 **Cardiovascular endurance**

👉 **Enhanced muscular strength**

👉 **Caloric expenditure**

👉 **Listening skills**

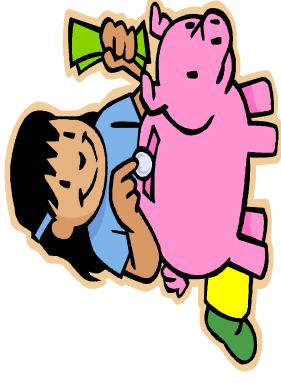
👉 **Personal discipline and confidence**

👉 **Competitive swimming skills**

👉 **Flexibility**

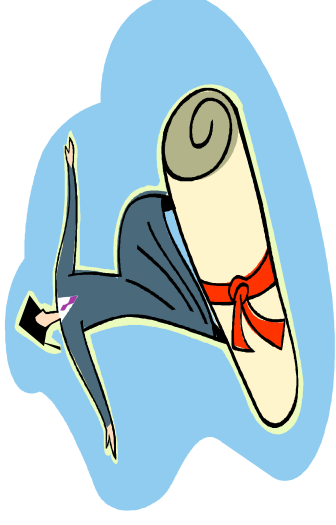


Fees and Dues



- See Registration Section of MLAC Website (www.mlacswimming.com) for fees and dues.

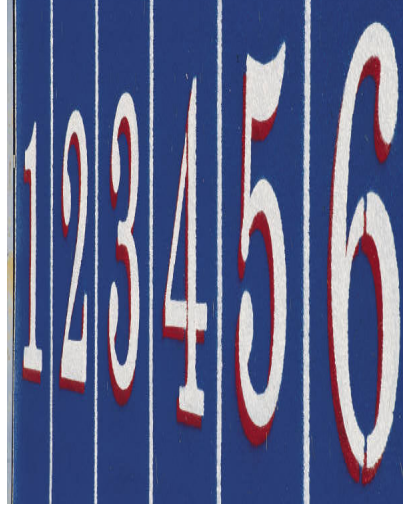
What is there to learn?



- It takes about ten years to teach a competitive swimmer all there is to know about performing in their sport.
- More than half of these skills will be introduced to your child in the first year of swimming and will be perfected very slowly over time as their body and mind matures, strengthens and lengthens.

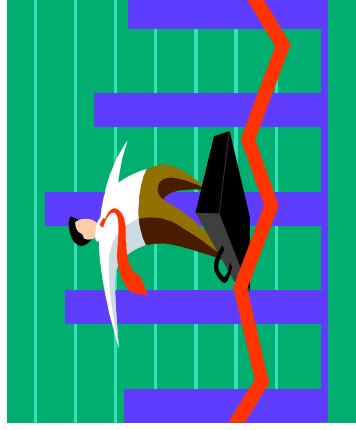
Some of those skills. . .

- Body position/streamlining/joint angles
- Breath control and proper exhalation under water
- Yoga type flexibility and coordination that crosses the midline
- Core strength, limb quickness, shoulder strength
- Pacing, reading the clock, interval cues and vocabulary



Continued skills. . .

- Starts (3), breakouts (4), turns (7), “underwaters”
- Four competitive strokes and their respective drills
- Rules and strategies of competition
- Proper preparation for mind and body





Added value

- ✓ Unsurpassed youth fitness
- ✓ Discipline and personal fortitude
- ✓ Good friends with good choices
- ✓ Time with family
- ✓ A large support network for youth and adults
- ✓ Lifetime skills