



**Mt Lebanon Piranhas  
Swim Team**

**Summer 2008  
Family Handbook**

**Parent Information Meetings:**

**Monday, June 16<sup>th</sup> 10 a.m.  
At Outdoor Pool**

***Dear Parents and Swimmers,***

*Welcome to all the new and returning Piranhas swimmers! We're all looking forward to a fun and exciting 2008 season!*

*The Piranhas are Mt. Lebanon Aqua Club's recreational summer swim team. We are one of five teams in the South Hills Summer Swim Conference (SHSSC). Piranhas provide an opportunity for children age 6 through 18 to participate in competitive swimming. The program runs from June 16 through July 27 and includes weekday practices and seven swim meets. Children must swim in at least two of the dual meets as a precondition to qualify for the championship meets (All Stars and Champs).*

*The goal of the Piranhas Swim team is to increase stroke proficiency while promoting good sportsmanship and providing all swimmers the opportunity to compete. Returning Head Coach, Val Franks, will head our team of talented coaches. They will work hard to make daily practices instructive and fun.*

*Piranhas relies upon parents to volunteer their time and energies to make the program successful. Please take the time to consider the many ways we need you to help out in the Parent Volunteering portion of this handbook. Training will be provided by the SHSSC for stroke and turn judges in mid June so that you can volunteer as an official at any of the meets.*

*Please read this handbook carefully and keep it handy as the season progresses. Again, we are all looking forward to a great summer season! See you at the pool!*

*2008 Piranhas Coordinators*

**Parent Information Meetings\***

Monday, June 16<sup>th</sup> 10 a.m.  
at Outdoor Pool

\*This meeting will be an opportunity for parents to sign their swimmers up for meets, volunteer for meets, and get answers to any questions you may have about Piranhas.

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## **Piranhas Contacts**

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Program  
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For additional information about Piranhas and Mt. Lebanon Aqua Club,  
please visit our website at: [www.mlacswimming.com](http://www.mlacswimming.com) or call our message  
line at (412)344-7070.

## Parent Volunteering

**All parents are needed to volunteer.** Swim team management and swim meets are run by parents and coaches. Most of the positions are very easy to perform and require minimal training. A few positions require a training session. Volunteering is fun and allows swim parents to get to know one another. It puts you where the action is and makes the swim meet go more quickly. It takes about 40 volunteers to run a swim meet! (At the end of the description for each of the positions listed below is shown what obligation our team has to fill that position.)

### Officials (requires training)

**Referee** - Has overall authority of the competition, ensuring that all of the guidelines are followed, instructs all officials, and decides all questions relating to the conduct of the meet and any cancellations.

**Starter** - Directs the swimmers to "take your mark" and sees that no swimmer is in motion prior to giving the start signal, starts all races.

**Stroke/Turn Judge** - Observes the swimmers while they swim each event. If they see an infraction they must disqualify the swimmer and notify the referee.

### Other Volunteers

**Finish Judge** - Closely watches each finish documenting the order of finish in each lane. (All Meets)

**Head Timer** - Operates back-up stopwatches (provided) and assists timers in the event that they miss the start of an event. (Home Meets)

**Timers** - Operate stopwatches (provided) and record the time for each swimmer in their lane. (Six at All Meets)

**Scorekeeper** - Tallies scores.

**Ribbon Writer** - Records swimmers' times and events on their ribbons.

**Runner** - Collects the swimmers' cards after each event and takes them to the scorekeepers. (Two at Home Meets)

**Line-up Captain** – Supervises and organizes the distribution of cards to swimmers prior to their events in the seeding area, and direct swimmers from seeding area to the pool deck for their events. (All Meets)

**Beach Patrol Mom or Dad** -- Observes and manages general behavior to ensure the safety of all swimmers. Helps Line-up Captain direct swimmers. (All Meets)

**Pictures** - Team and individual pictures will be taken during practice on the date listed in the calendar.

**End of season party** – After the season, on Sunday, July 27, a pool party will be held for all swimmers and their families. Awards will be given to the swimmers and all are encouraged to attend.

### **Meet Availability Procedures:**

There is a Meet Availability book for each age group. Parents are asked to check off (yes or no) as to whether your swimmer will be available to swim each meet for the season. Only those swimmers denoted with a “yes” check mark will be able to participate in a meet.

Deadline for meet availability is approximately two days before the meet. If you fail to meet the designated deadline, your swimmer will not be permitted to participate in that meet.

The book will be available at the parent’s meeting and everyday during practice. Calendars will also be available during those times.

We ask that only parents and coaches use the Meet Availability book. Please do not ask your swimmer to complete their meet availability.

The last pages in the Meet Availability book pertain to the All-Stars and Championship meets. Please indicate if your swimmer would be available, if invited, to swim in these meets. Denoting yes does not mean that your swimmer will swim that particular meet. The deadline for both meets will be sometime in mid-July. Your individual assistant coach will contact you closer to those meet dates as to whether your swimmer is qualified to swim.

### **Please make an effort to use the Availability Book.**

If your child is **unable to swim in a meet at the last minute due to illness**, please call the Head Coach directly at

### **Age and Meet Attendance Requirements**

1. Swimmers must be ages 6 through 18 (and not have started college) as of June 1.
2. Swimmers must be able to swim 25 yards for ages 10 and under and 50 yards for ages 11 and over.
3. In order for a swimmer to qualify to swim in the year-end Championship or All Star Meets, **they must have participated in at least 2 of the 4 dual meets.**

### **Equipment**

*(None of the following is required, but recommended.)*

1. *Goggles* – Tinted or shaded goggles enhance the swimmer's ability to see, reduce sun glare dramatically, and offer some protection from chlorine. For younger swimmers, parents should help with goggles adjustment before practice and meets.
2. *Cap* - A latex swim cap will keep your child much warmer in the cold water and keep hair out of the eyes
3. *Team Suit* – Suits are available at registration and through our Equipment Coordinator. An acceptable alternative would be a solid navy blue Speedo or Finals swimsuit.

### **Practice Schedule and Attendance**

1. Practices are held Monday through Friday mornings from 9:45 to 11:00 (except on meet days when there will be no practice). Please do not bring your children before 9:30 a.m.
2. Practices are held during inclement weather except electrical storms. In the case of an electrical storm occurring during practice the coaches will move your child to safety.
3. Be prepared to **pick up your swimmer early** in the event of an intense storm.
4. If your child is **not feeling well enough** to be in the water please leave them home.
5. Unless it is an emergency, **parents should refrain from distracting the coaching staff** with questions until after practice is complete.

### **Swim Meets**

**Swim Meet Requirements –**

- Team should be sitting together (parents and children) during meets so that coaches and line-up volunteers don't have to search for your children before an event.
- Arrive early for warm-ups, as this will avoid any uncertainty about your child's attendance at the meet. Relay teams need 4 swimmers to be present on time or the event can be scratched before the meet begins.
- Make sure your swimmer has their suit, goggles, team t-shirt, cap, towels, and a blanket or chairs to sit on at the meets. Most of the host pools do not have extra chairs.

**Competition and Events** - Each swim meet offers a variety of events and distances, depending on the age group. Each swimmer can compete in up to 3 events in any meet. Coaches will determine the events the swimmers swim. Some swimmers may only swim in one of two events. This will be determined by their ability to swim each stroke "legally" and by the numbers of swimmers in the age group.

**Dual Meets** – There will be four dual meets held. A dual meet is where two teams swim against one another. A swimmer must participate in at least 2 dual meets to qualify for the year-end Champs or All Stars Meets.

**Relay Carnival** - This is a fun and unique meet consisting entirely of relays. It is designed to encourage camaraderie among relay team members. Please note that our team is so large that some of our swimmers may only swim one or two events in this meet. Be sure to mark your swimmer's availability in the Meet Availability book before the special deadline for this Carnival.

**All Star Meet** - This is a meet for all except the top two available swimmers in each event. All teams will be competing against one another and all swimmers are in contention for placing. This is the final meet for these swimmers.

**Championship Meet** – This meet is open only to the top two fastest available swimmers in each event from each team competing against one another.

## **Directions to Pools**

**Crafton** - Outdoor pool. Take I-79 north to Crafton Exit (Route 60) which is also Steubenville Pike, travel east on Route 60 into Crafton. The pool is located in Crafton Park, which is on the right two blocks after you cross the Thornburg

Bridge. If you go past the Tasty Freeze you have gone too far.

**Greentree** - Directions to Greentree pool: From Cochran Road turn right onto Greentree Road (little Giant Eagle is on left) you will travel 2.2 miles before you will turn left onto West Manilla (Boston Market on this corner). At the Second stop sign turn Right on Poplar. Proceed through the first stop sign on Poplar. Turn left into the parking lot beside the firehall. If you travel under the Parkway you went too far.

**South Fayette** - Indoor pool. From Mt. Lebanon take Cochran Road and stay straight onto Greentree Road toward Route 50. Left on Rt. 50 (Washington Pike). Turn right on Thoms Run Road and stay on for about 3.5 miles. Turn slight left onto Battle Ridge Road and continue for 1.2 miles. Turn left on Old Oakdale Road. Pool is behind the Middle School. Park in the first or second lots.

**Scott** - Outdoor pool. Travel west on Greentree Road past Scott Towne Center shopping area. Continue on Greentree Road to the second traffic light at Lindsay Road where you turn left. Pool is in the Scott Township park. Turn right. If you go under the large railroad overpass on Greentree Road you have gone too far.

**Mt Lebanon High School** - Indoor pool. The main entrance to the high school parking lot is from Cochran Road just before it intersects with Washington Road. Alternately you can approach from Cedar Blvd. between the tennis courts and the baseball fields by driving past the Recreation Department building and continuing up and around the Football Stadium. The pool is at the “back” of the high school building and you should use entrance C17.

The Piranhas compete in the South Hills Summer Swim Conference, which includes the following teams:

Crafton Crocodiles	Greentree Sharks	Scott Sharks
South Fayette Emerald Tide	Mt. Lebanon Piranhas	