



2023-2024
PARENT MEETING

September, 2023

BPRST Executive Board 2023-2024



President: Taryn Powell	Registrar: Dana Willmer
President Elect: OPEN	Vice-President: Janis Jackovic
Treasurer: Justin Strock	Secretary: Nikki McKiernan
Meet Director: Linda Blocklin	Concessions: Heather Martin
AMS Representatives: Trevor Watkins	Membership: Christina Ratti
Fundraising/Marketing: Amanda Kretchun	Safe Sport: OPEN
DE&I Chair - Julia Werts	Committee Members: Pam Buschek, Doug Stockey, Dana Chilinski

COACHING STAFF - 2023 / 2024

- **Jeff Gavin** - bpcoachjeff@gmail.com
 - Head Coach
 - Bronze/Silver/Gold/Platinum/Senior/Sharks
 - Strength & Conditioning Coach
- **Kathy Stroock** - kjstroock@gmail.com
 - Associate Head Coach
 - Senior/Platinum/Sharks
 - Strength & Conditioning Coach



IF YOU HAVE WET SIDE QUESTIONS, PLEASE CONTACT YOUR CHILD'S COACH FIRST. IF THEY CANNOT ANSWER YOUR QUESTION, THEY WILL BE IN CONTACT WITH THE HEAD COACH.





Coaching Staff 23-24



Emily Waugh - emmyle@verizon.net

Gold / Platinum Group Coach

Jane Brackett - nickjane976@gmail.com

Silver / Bronze Group Coach

Michelle Becker - becker109@verizon.net

Silver / Bronze Group Coach



Communications



- Website: www.bprswim.org
 - On Deck (mobile app on Android and Apple Products)
 - Facebook - Bethel Park Rec Swim Team
 - Instagram - bprswimming
 - Remind - BPRST (Text @bprst to 81010)
 - Or use link <https://www.remind.com/join/bprst>
- USA Swimming website: www.usaswimming.org
- Allegheny Mountain Swimming website: www.amswim.org

Swim Meet Entry Process



- Members receive an email to declare attendance.
- Log into TeamUnify or Ondeck account to choose the desired meet and declare attending or not attending and the sessions your swimmer can swim.
- Coaches determine events for each swimmer. Questions about events for your swimmer... either leave a remark in the notes box or speak to your child's coach.
- Coach Jeff and Coach Kathy compile meet entries and submit the team registration
- Meet entry fees will be billed on the 1st of the following month.

Helpful Tips

- Look for schedules and deadlines (emails and website)
- Review events when posted
- Notify coaches of any problems and /or questions

TEAM UNIFY

bprswim.org

TEAM UNIFY



ALLEGHENY
MOUNTAIN
SWIMMING



- HOME
- NEWS ▾
- ABOUT BPRST ▾
- TEAM INFORMATION ▾
- CALENDAR ▾
- USA SWIMMING ▾
- SAFE SPORT ▾
- TEAM RECORDS ▾
- PARENT RESOURCES ▾
- BPRST PARENTS ASSOCIATION ▾
- OTHER AQUATICS PROGRAMS ▾
- EMPLOYMENT & TRAINING ▾
- CLUB DOCUMENTS

- JOIN OUR COACHING STAFF
- SWIM LESSON INSTRUCTOR
- WATER SAFETY INSTRUCTOR TRAINING
- LIFEGUARD TRAINING CLASSES
- CPR & FIRST AID TRAINING





TEAM UNIFY

TEAM EVENTS

PRACTICES

2022 Sharks Group Registration

Aug 15 2022 - May 31 2023

[Register Online](#)

SVSC First Splash

Oct 01 2022 - Oct 02 2022

Bronze, Coaching Staff, Gold,
Platinum, Senior, Silver

[Edit Commitment](#)

MORE EVENTS



2022 TEAM REGISTRATION



TEAM CALENDAR



TEAM UNIFY



Team Events

My Account:
Powell, Taryn
724-854-1729
[Q Change Account](#) (Admin Only)

Registration Deadline:
09/11/2022

Meet Name:
[SVSC First Splash 2022](#)

Location:
Seneca Valley Aquatic Center, 126 Seneca
School Road, Harmony, PA 16037, USA

Course:
YLS

Meet Type:

Start Date:
10/01/2022

End Date:
10/02/2022

Age Up Date:
10/01/2022

Use Date Since:
01/01/1970

Enforce entry based on [Qualify Times]: **No**

Restrict entry [Best Time] to same [Meet Type]: **Yes**

Event Declaration Setting: **Commit by Session** » [Edit](#)

Maximum Event Entry Limitations » [View](#)

Allow Course Conversion for Relays: **No**

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: **No**

[View/Edit All Meet Events](#)

[Go Back to Event Home Page](#)

Click on Member Name to declare for this Event:

Member Name	Member Commitment	Coach Approved	Last Updated
Caden Powell *Active	✓ Committed		09/11/22 10:17 AM
Trenten Powell *Active	✓ Committed		09/11/22 10:16 AM



TEAM UNIFY

Team Events

Member Athlete:
Caden Powell

*Signup Record

Yes, please sign [Caden] up for this event

Meet Name:
SVSC First Splash 2022

Location:
Seneca Valley Aquatic Center, 126 Seneca School Road, Harmony, PA 16037, USA

Course:
YLS

Meet Type:

Start Date:
10/01/2022

End Date:
10/02/2022

Age Up Date:
10/01/2022

Use Date Since:
01/01/1970

Enforce entry based on [Qualify Times]: No

Restrict entry [Best Time] to same [Meet Type]: Yes

Event Declaration Setting: Commit by Session

Maximum Event Entry Limitations

Allow Course Conversion for Relays: No

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: No

Please select the Days/Sessions that this Athlete would like to attend below:

Day 1/Session 3

Ev#	Best Time	Gen	Event	Qualifying Time
29	<u>2:16.28Y</u>	B	13 & Over 200 Free	
32	<u>1:10.86Y</u>	B	13 & Over 100 Fly	
36	<u>27.22Y</u>	B	13 & Over 50 Free	
39	<u>2:32.43Y</u>	B	13 & Over 200 Breast	



TEAM UNIFY



Team Events

Allow Course Conversion for Relays: **No**

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: **No**

Please select the Days/Sessions that this Athlete would like to attend below:

Day 1/Session 3

Day 1/Session 4

Day 2/Session 7

Ev#	Best Time	Gen	Event	Qualifying Time
75	<u>2:25.59Y</u>	B	13 & Over 200 Medley	
78	<u>1:09.52Y</u>	B	13 & Over 100 Breast	
82	NT	B	13 & Over 200 Fly	
85	<u>59.78Y</u>	B	13 & Over 100 Free	
88	<u>2:41.65Y</u>	B	13 & Over 200 Back	

Day 2/Session 8

Notes:

Please sign Caden up for 50 free, 200 breast, 100 back, 200 Medley, 100 breast, 100 free

Please limit the size of the notes to no more than 256 characters.

Save Changes

Where does the money come from and where does it go?



We have three major categories of cash flow:

- Seasonal Dues
- Athlete Fees
- Fundraising and Member Benefits



BPR Dues



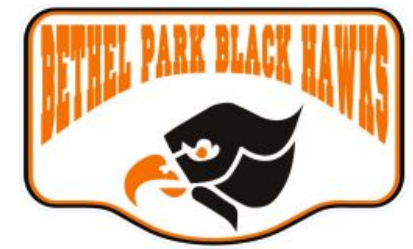
- Collected upon registration via TeamUnify
- Automated invoices for installments



- Paid to BP Municipality to cover Coaching Payroll

Seasonal/Tiered Dues Structure

- **Tier 1 (2 Seasons)**
 - Senior, Platinum, Gold
 - 2-seasons - **Short Course** (Sept to Mar) and **Long Course** (Apr to Aug) seasons
 - 2 payment options - pay full-season at registration OR 3 installments
- **Tier 2 (4 Seasons)**
 - Silver, Bronze, Gold 2
 - 4-seasons - **Fall** (Sept to Nov), **Winter** (Dec to Mar), **Spring** (Apr to May), and **Summer** (June to July)
 - ***Full-season cost due upon registration***
- ***There will be no refunds for those who choose not to complete the season.***



BPR Groups, Seasons, and Dues Structure

2023-2024 Swim Year

<u>Tier 1 Groups</u>					
<u>Season</u>	<u>Start/End Date</u>	<u>Payment Options</u>	<u>Senior</u>	<u>Platinum</u>	<u>Gold</u>
Short Course	September - March	Single payment	\$870	\$840	\$775
	at registration, 10/1, 11/1	3 Installments	\$290	\$280	\$258.33
Long Course	April - July	Single Payment	\$495	\$480	\$445
	At registration, 5/1	2 Installments	\$247.50	\$240	\$222.50
<u>Tier 2 Groups</u>					
<u>Season</u>	<u>Start/End Date</u>	<u>Payment Options</u>	<u>Silver</u>	<u>Bronze</u>	<u>Gold 2</u>
Fall	Sept - Nov	Upon Registration	\$305	\$390	\$305
Winter	Dec - Mar	Upon Registration	\$410	\$385	\$410
Spring	Apr - May	Upon Registration	\$205	\$190	\$205
Summer	June - July	Upon Registration	\$205	\$190	\$205
<u>Tier 3 Group</u>					
Sharks	\$68/month				



Multi-Athlete Discount

Families with more than one swimmer will benefit from a discount of their **total dues** based on the number of swimmers. The discount structure is detailed in the table below.

- *This discount is automatically applied upon payment for multiple swimmers simultaneously.*
- *When swimmers are registered individually, discounts must be manually credited after registration is complete.*
- *Sharks swimmers are not included in the multi-athlete discount.*

Number of Swimmers	Discount
2 Swimmers	5%
3 Swimmers	10%
4 Swimmers	15%
5 Swimmers	20%



Other BPR Fees and Administration

- Direct charges to members via TeamUnify
- Specific fees invoiced monthly as needed



- USA-S registration, team shirt & cap
- meet entries

USA Swimming Registration

T-shirt and Cap Fee

- \$40 fee per swimmer is collected upon registration and covers the cost of team swim caps and a team t-shirt.
- All caps are to be used for meets, please do your best to purchase separate caps for practice use.
- Athletes who register after September 9th will not receive personalized caps.

Meet entry fees

- Fees are charged by the meet host.
- Billed on the 1st of the month following the meet.

Details:

<https://www.gomotionapp.com/team/ambps/page/team-information/team-fees>

USA Swimming



What is the USA Swimming?

- BPR is a member of USA Swimming, our National Governing Body, the same governing body that selects the USA Olympic Swimming Team.
- Allegheny Mountain Swimming (AMS), our Local Swimming Committee (LSC) within USA Swimming, covers western Pennsylvania and governs our operation within USA Swimming.
- All swimmers **must** register with USA Swimming to be able to practice and compete and for liability and insurance through USA Swimming.

USA Swimming Registration

- New swimmers will be provided a registration link for USA Swimming.
- Returning swimmers will be renewed by BPR for 2024 after October 1. You will be billed on Nov 1.
- Registration provides athlete eligibility through December 31, 2024.
- Premium Membership (Senior, Platinum, Gold, Gold 2, Silver, Bronze) - \$90.
- Flex Membership (Sharks) - \$30
 - Should you move into the Bronze Group or above during 2024, your registration will be upgraded at a cost of \$60.

BPRSTPA Fundraising and Member Benefits



Fundraising

- Hosting Swim Meets
- Swim and Dive a Thon
- Community Day
- Other Fundraisers



Benefits/Expenses

- Events - banquet, team activities, end of year swimmer awards/gifts
- Coaching - travel, training, clearances, and registrations
- Pool - equipment and rental (e.g., South Park Wave Pool)
- Competition - championship meet travel reimbursement
- Administration - insurance
- Athlete benefits as funding allows - team suits, team gear, etc.

TYPICAL ANNUAL BUDGET

approx. \$15k to \$30k

**DEPENDS ON SUCCESS OF OUR
FUNDRAISING**

Work Your Hardest. Dream Your Biggest. Be Your Greatest.

TEAM PERFORMANCE EXPECTATIONS

1. MINDSET

- a.** Attend practice with a purpose. How is your child going to make yourself better today?
- b.** No matter what practice sets the coaches do, there is something your child can work on to help make them better.

2. EFFORT

- a.** Your child's effort / commitment drives their success.
- b.** Set a schedule for attendance and commit to it to help them be their best.

3. JOY

- a.** It's swimming. Let them have fun. Let them enjoy it.
- b.** If your child can't enjoy their time here (at any age), they can't expect success.

4. GOALS

- a.** Use 1, 2, & 3 to help your child develop their goals for their swimming experience.

Work Your Hardest. Dream Your Biggest. Be Your Greatest.



Our competitive swimming season starts soon!

10/14-10/15 First Splash at Moon (NQT's, All groups)

10/21-10/22 NHA Mini/Distance

11/4-11/5 Steel City AGO (NQT's, All Groups)

11/11-11/12 MLAC Mini/Distance

11/17-11/19 Mark J. Braun Fall Classic (12&U Faster than BB, 13&O Faster than A)

12/1-12/3 Christmas Qualifier at Bethel Park (Slower than A)

12/7-12/10 Club Mountaineer Speedo Invite

Work Your Hardest. Dream Your Biggest. Be Your Greatest.



January - March



1/13-1/14 SVSC Winter Age Group Open (NQT's, All Groups)

1/20-1/21 NHA Winter Mini/Distance

1/26-1/28 Eastern Zone IMX Games (1800 Points)

2/3-2/4 ANSC Mini Champs/Distance

2/10-2/11 Bronze Champs (Slower than BB)

2/23-2/25 Silver Champs (BB-A)

3/7-3/10 Age Group Champs (Faster than A)

3/23-3/24 Last Splash Bethel Park (NQT's, All Groups)

Work Your Hardest. Dream Your Biggest. Be Your Greatest.

Important Meet Dates

IN SEASON (SCY)

BPR Swim and Dive -a- Thon - October 28th - Bethel Park, PA

Mark J. Braun Invitational - November 17-19 - Geneva, OH

BPR Christmas Qualifier - December 1-3 - Bethel Park, PA

Club Mountaineer Winter Invite - December 7-10 - Morgantown, WV

IMX Games - January 26-28 - Hampton, VA

Last Splash - March 23-24 - Bethel Park, PA

CHAMPIONSHIP SEASON (2024)

AMS Bronze Champs @ CV - February 10-11

AMS Silver Champs @ Moon - February 23-25

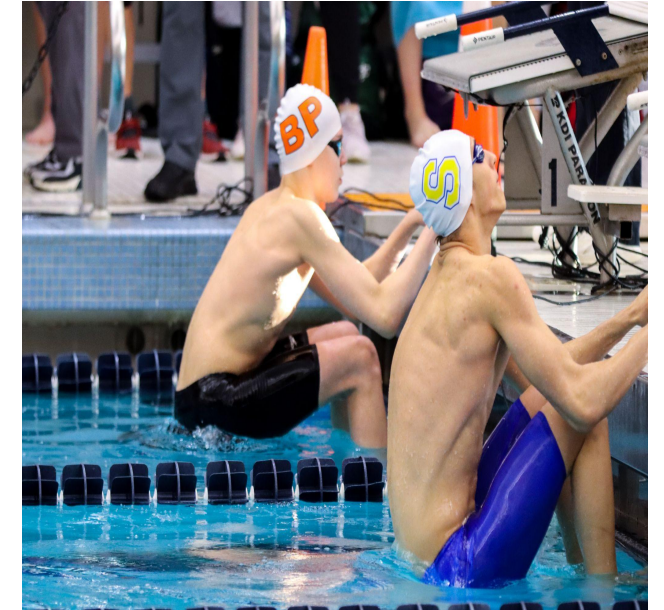
AMS Age Group Champs @ PITT - March 7-10

AMS Age Group Zone Championships @ Webster, NY - March 27-30



Home Meets

- Our swimmers get to swim at home!
- Pride & excitement
- Obligation to local swimming community
- Showcase our community and facilities
- Primary fundraising source



We have a reputation for well-run meets - because of your hard work!



VOLUNTEER REQUIREMENTS

- Seasonal groups must meet the requirement within the current season
- Requirement is per family
- Volunteer requirement does not apply to Sharks swimmers or swimmers that move into bronze during the short course season

Volunteering Requirements for 2023-2024 Swim Year		
Group	Hours Required	Penalty Fee (for failure to meet hours requirement)
Senior, Platinum, Gold, Silver, Bronze	28 hours	\$500

BPR CLEARANCES



Pennsylvania Child Abuse History Clearance (Act 151)

Pennsylvania State Police Criminal Record Check (Act 34)

FBI Federal Criminal History Record (Act 114)

Volunteers who have resided in Pennsylvania for ALL of the past 10 years and have never been convicted of a Disqualifying Offense may request a waiver of the FBI Fingerprint Clearance.

***At least one adult associated with your swim account needs to take one of three actions.**

- 1. Clearances may be expiring or expired and we need to have updated copies e-mailed to us for verification. You can find links to complete new clearances at <https://www.bpsd.org/VolunteerInformation.aspx>.**
- 2. We may be missing a copy of one of the documents and need to obtain one from you.**
- 3. We may need new copies of all three documents.**

Copies of current paperwork should be e-mailed to: bprsafesport@gmail.com.



SAFE SPORT



- Officially recognized as a Safe Sport club with USA Swimming
- Committed to providing a healthy and positive environment for our swimmers that is safe from abuse
- At meets, we coordinate with our volunteers to ensure deck and locker room policies are enforced to ensure the safety of all swimmers
- More information around policies, guidelines, and how to report a concern can be found on our website
- Questions about Safe Sport, please contact Linda Blocklin
lblocklin@gmail.com



SAFE SPORT TRAINING



In order to renew Safe Sport for our club in 2024, we need parents and youth athletes to complete 1 hour of online training. Registration information will be sent out ahead of the training date.

Upcoming Training Sessions:

For Parents:

- Sept. 13 @ 8pm EST
- Nov. 1 @ 8pm EST
- Dec. 6 @ 8pm EST

For Youth Athletes Age 12 and up:

- Sept. 14 @ 8pm EST
- Nov. 2 @ 8pm EST
- Dec. 7 @ 8pm EST



Meet Jobs - Pool

Job Name	Job Description
(Pool) Announcer	Performs all PA Announcements. Responsible for managing warmup procedures. (Standing/Seated)
(Pool) BPR Officials	Officiates meet (or official in training). Certified or in training only.
(Pool) Meet Admin Runner	Supports the needs of the meet admin. (Standing/Moving)
(Pool) Timers	Operate stop watches, record times, verify swimmers. (Standing)
(Pool) Timing System Operator	Operate Daktronics system



Meet Jobs - Cafeteria & Entrance

Job Name	Job Description
(All) Meet Director	Board Position
(Cafeteria) Awards/Ribbons	Work at awards table. Places labels on awards and distributes to eligible swimmers. Scheduled during events, until all awards are completed. (Seated/Table)
(Cafeteria) Concessions Chair	Board Position
(Cafeteria) Concessions Team 1	Provide customer service for concessions. Jobs include cafeteria (5), balcony level (1), and runner (1) between cafeteria, pool deck, and balcony level. Jobs structured to provide overlapping coverage during mid-day. (Seated and/or Standing)
(Cafeteria) Concessions Team 2	Provide customer service for concessions. Jobs include cafeteria (5), balcony level (1), and runner (1) between cafeteria, pool deck, and balcony level. Jobs structured to provide overlapping coverage during mid-day. (Seated and/or Standing)
(Entrance) C&O Sign-in & Heat Sheets	Attends the table at the building entrance and checks in the coaches and officials. (Seated/Table)
(Entrance) Membership Chair	Board Position



Meet Jobs - Safety

Job Name	Job Description
(Safety) Deck Monitor	Monitors the pool deck for safety and ensures that only permitted persons enter the pool area. (Standing)
(Safety) Safe Sport/Operational Risk Chair	Board Position
(Safety) Safety/First Aid	Prefer medical professional.



USA Swimming Officials



Who: Volunteers who wish to contribute to the success of swimmers by completing a multi-step training and certification process listed [here](#).

What: USA Swimming Official Certification allows parents to learn more about their child's sport while being on deck during the meets. There are multiple positions needed to run each meet.

- Referee
- Administrative Official
- Starter
- Chief Judge
- Stroke and Turn

****First Certification will be for Stroke and Turn.***



USA Swimming Officials

(continued)



Where/When: In person training will take place during any sanctioned USA Swimming/AMS meet where training is allowed (most non-championship level meets). The sign-up sheet to participate in training can be found [here](#).

In addition, prior to earning your final certification, you will need to attend a stroke and turn in person clinic.

Please email Taryn Powell @ tlpbprswim@gmail.com or Dana Willmer @ dana.willmer@outlook.com for information about becoming an official.

Email Donna Beyerl @ donnabeyerl@gmail.com for upcoming dates to the Officials Clinics.



USA Swimming Officials

(continued)



Why:

- Be more involved in your child's sport
- Enjoy swim meets from the deck instead of the stands (at all venues)
- Earn volunteer hours toward BPR Club requirement
- Help BPR to host meets staffed by BPR officials
- Without a full staff of officials, swimmers times will not count

Benefits: Parents that train to become officials have the opportunity to also receive a refund at the end of the swim year.

- You must have finished all of the trainings and the clinic by the start of the short course season to receive the end of year refund
- You must work both the short course and long course seasons to be eligible to receive the end of year refund.

Swim Apparel Sale

BETHEL PARK RECREATIONAL SWIM TEAM FALL SALE!!

SUPPORT YOUR TEAM BY PURCHASING TEAM APPAREL - OVER 200 ITEMS TO CHOOSE FROM!

VISIT THE STORE AT

<https://teamlocker.squadlocker.com/#/lockers/bp-swim-store>

APPAREL SALES ARE ONGOING! GET YOUR BACK TO SCHOOL ITEMS TODAY!

QUESTIONS?

REACH OUT TO ajkretchun@gmail.com



CONCESSIONS

- **1 Drink Donation and 1 Food Item Per Meet**
 - Both items should equal under \$40
 - SignUp Genius will be sent out two weeks before a meet for items
- **Sign-Up to be part of the Concessions Committee**
 - Volunteer hours given for assistance
 - Help with food prep for concessions
 - Help with Candy-Grams



Upcoming Team Events.....

Pittsburgh Pirate Game
Saturday, October 1st
3:00 game time



Pittsburgh Penguin Game
Tuesday, March 26th
7:00 game time



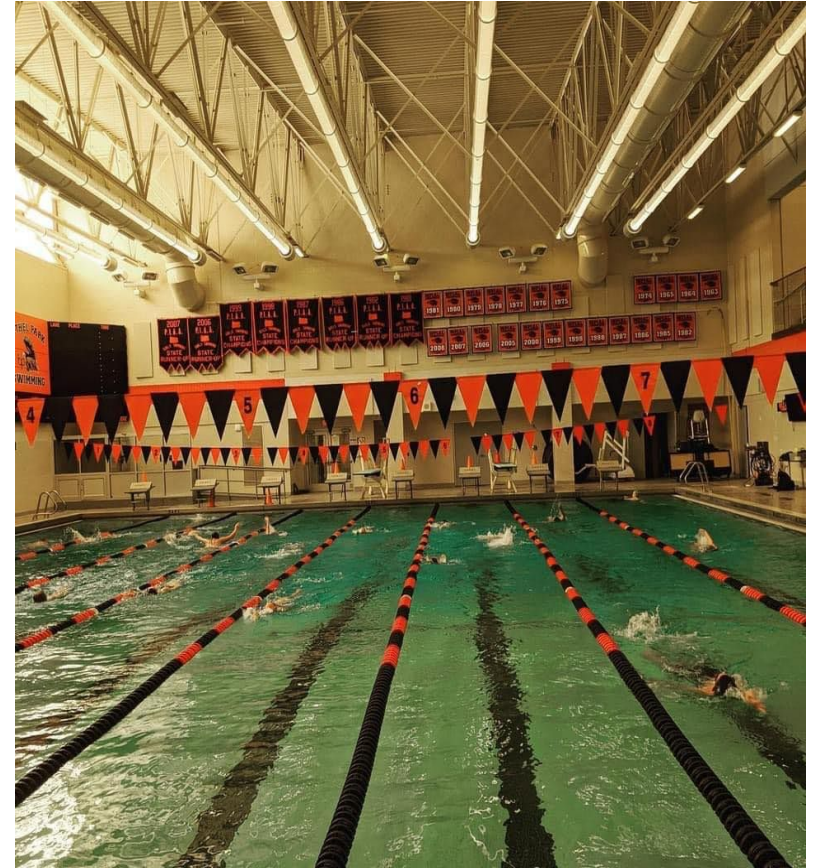
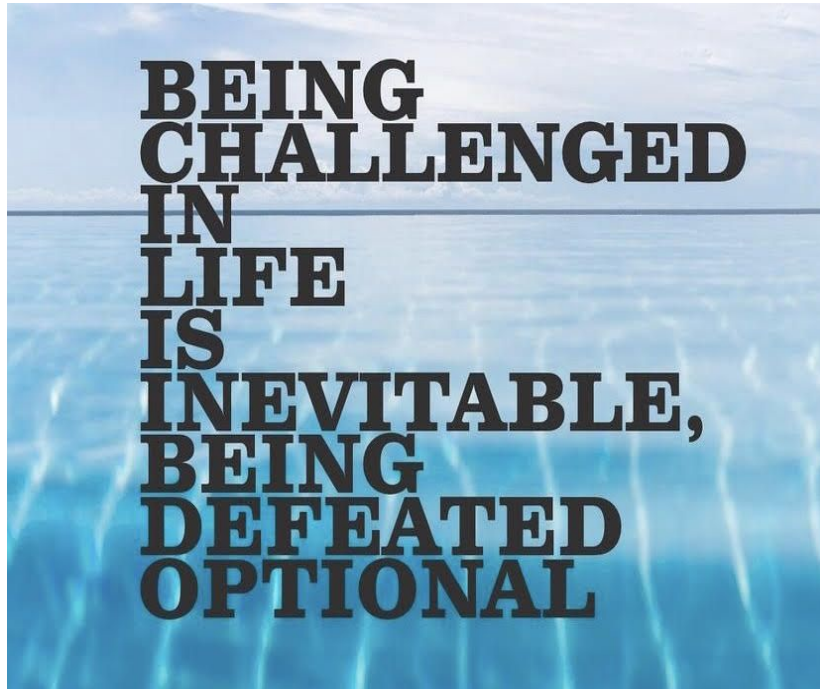
Simmons Farm Bonfire
Saturday, October 21st
Report time 5:30
Bonfire 6:00-8:00
Don't forget to sign up!



Upcoming Team Events.....

Swim and Dive a Thon @ Bethel Park
Saturday, October 28th

Information Coming Soon...





Reminders!

- **Have a GREAT, FUN season!**
- **Help the new families/swimmers!**
- **Get involved, this will only make our program stronger!**
- **Meet a new family!**
- **Encourage all of the swimmers!**
- **Practice Attendance – IMPORTANT!**

