



MLAC Parent Education

September 2022

MLAC Mission: *We inspire our swimmers to be champions in life through perseverance and discipline while building confidence, self-esteem, life-long friendships and fond memories.*





Welcome!

There are two parts to tonight's session

- Jesse and Luke will present 14 slides about the club and meets
- Head Coach Tom Donati will provide his perspective and introduce some of the coaches





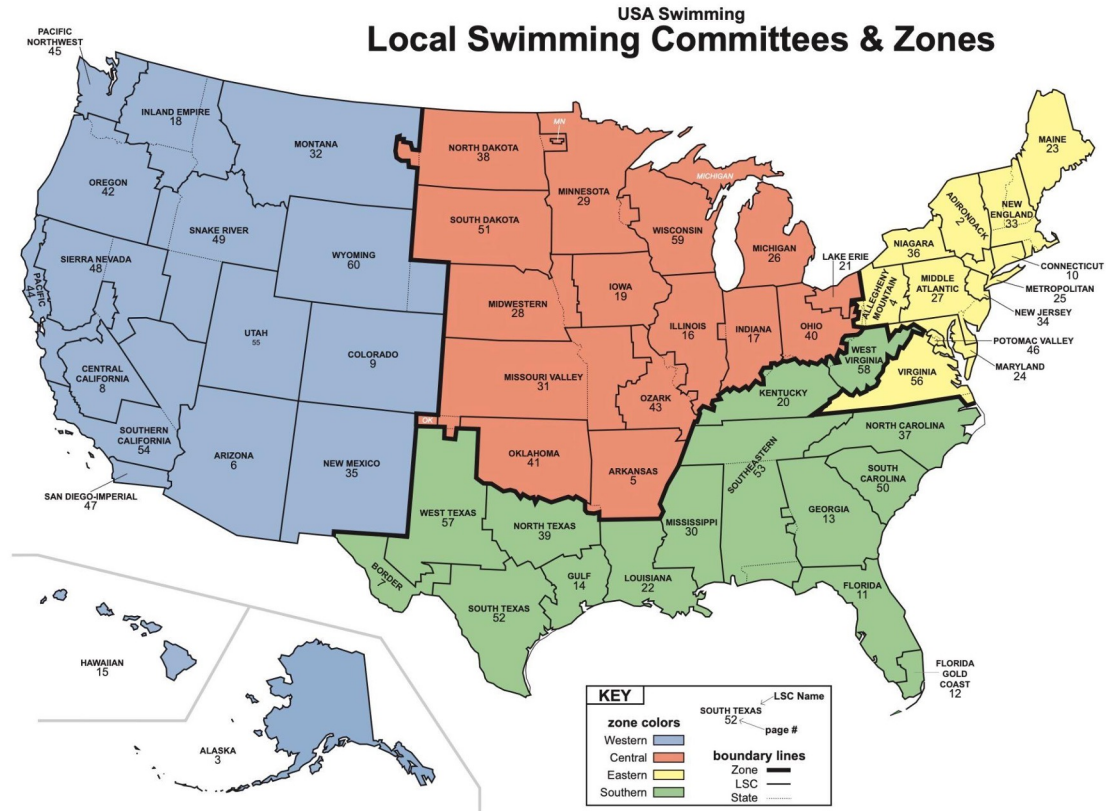
Where We Are Headed

- 2020-2022 was a challenge for MLAC for several reasons
- Because of the work of our coaches, volunteers, athletes, and families we grew
- This education night is part of our efforts to get back to our full business and strive for excellence



MLAC Overview

- MLAC is a member club of and governed by USA Swimming within the Allegheny Mountain Swimming (AMS) LSC
- MLAC is a parent-run 501(c)3 non-profit organization
- By-laws and Standing Rules govern decision making processes
- 11-member volunteer Board of Directors manages the business of the club while Head Coach manages “wet side” of club





Types of Swim Clubs

Institutional

Definition: a swim club owned by an organization with its own facilities

Coaches are employees of the organization.

There may be a parent booster club

National Examples: Universities, YMCA/YWCA, Boys and Girls Clubs, park and recreation departments, country clubs, and schools.

Local Examples: Bethel Park (municipal club), JCC, University teams

For Profit

Definition: a swim club owned by a coach a sole proprietorships or limited liability corporations (LLC). The coach has total responsibility and control of the club.

May have a parent booster organization

National Examples: various coach owned swim clubs

Local Examples: Racer X, Team Pitt

Not For Profit

Definition: a parent owned, 501(c)(3) educational corporation

Type 1: head coach is chief executive with prime responsibility for managing both day-to-day “dry-side” operations and total responsibility for leading the swimming or “wet-side” of the program.

Type 2: volunteer officers manage the day-to-day business (dry side) while the head coach runs the swimming (wet side) of the organization.

Local Examples: PEAQ, Steel City Aquatics (Moon), ANSC (North Allegheny), Killer Whales (Fox Chapel)



MLAC and MTLSD Relationship

- MLAC and the Mt Lebanon Middle School and High School teams are separate (governance and funding)



- Cooperation
 - MLAC uses the school district's pool
 - The school teams use MLAC's equipment
 - **Neither could function without the other**
 - Coordinated schedules
 - Same coaches
- This is great for the kids!



Meet the Lead Coaches



Tom Donati
MLAC Head Coach
Sharks Lead Coach



Dave Becki
Marlins Lead Coach



Janis Batanian
Dolphins Lead Coach



John Morton
Stingrays Lead Coach



Competitive Swim Groups

- **Stingrays:** Swimmers new to competitive swimming. Training involves stroke instruction along with start and turn instruction and development.
- **Dolphins:** Swimmers able to swim all four strokes. The emphasis for this group is on stroke technique, starts, and turns.
- **Marlins:** Skilled in all four strokes and are capable of swimming 100 yard events in all four strokes, as well as some longer distance events such as the 400 Individual Medley and the 500 freestyle. Advanced training methods and continued stroke refinement.
- **Sharks:** Have advanced skills and they have morning and afternoon workouts along with dry-land and weight training



Changing Groups

- Decisions about moving a swimmer to another group are made by the coaching staff. The majority of moves come after the summer season.
- Swimmers are asked to move to a new group based on readiness and maturity. It is important to determine each swimmer's ability to physically and emotionally handle the demands of the next level. Each group has skills and practice levels that need to be achieved in order to be successful in practices.

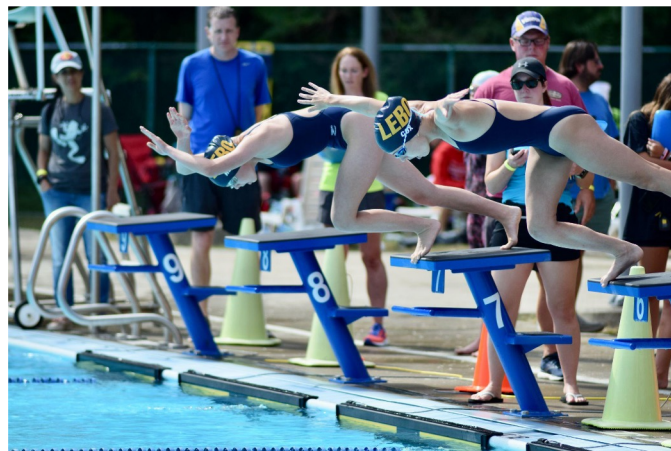


- Practice Schedules are posted on the website. In addition, an email is sent each Sunday night with updates and reminders.



Meets

- **Meet Announcement (MA):** Every sanctioned meet will publish a MA to detail all meet information including contacts, location, entries, qualifying times, payments, order of events, etc. Meet announcements are posted in TeamUnify Events/Meets.
- **Athlete Surcharge:** Flat fee for a swimmer to participate in a meet.
- **Splash Fee:** Fee charged per event at a meet (in addition to surcharge).
- **Short Course (SC or SCY):** Typically indoor and runs fall through spring, 25-yard pools.
- **Long Course (LC or LCM):** Typically outdoor and generally runs spring and summer (except some higher-level meets), 50-meter pools (no 25-meter events).
- **Qualifying Times:** Minimum qualifying times to attend some meets (B, BB, A, AA, AAA, etc.)





Meet Entry Process

Register for Meets in TeamUnify on the Events Tab

1. Click your desired event's **Attend/Decline** (or **Edit Commitment**) button.
2. Click the name of your athlete whom you want to attend.
3. Click the *Declaration* dropdown and click **Yes, please sign [Name] up for this event** (or **No, thanks, [Name] will NOT attend this event**, enter any *Notes*, and then click **Save Changes**).
4. Check the boxes of the events you want your athlete to enter.
5. Red times indicate your athlete is not qualified to enter those events.
6. Events you choose are subject to coach approval.

But how do I know what events to sign up for?

- Talk to a coach or a parent volunteer mentor!
- Most of us learned the sport by having kids in the sport
- It's ok to learn as you go



Scholarship and AMS Outreach

Scholarships

- MLAC offers scholarship opportunities to families needing assistance with club group dues
- Member Handbook has scholarship information on our website
- Contact VP Membership for more information and requirements



AMS Outreach

- AMS offers a splash fee assistance program for qualified families
- Member Handbook has AMS Outreach information on our website
- Contact the Swimming Director coachluke@mlacswimming.com or First VP michael@mlacswimming.com for more information



Service Requirements

- Dolphins, Marlins, Sharks = 4 required credits; Stingrays = 3 required credits
- Families with multiple swimmers complete only the oldest fish group requirements
- Earn credits by working at meets, committees, and/or officiating
 - We need more parents who would like to train to become officials
 - Contact: laura@mlacswimming.com
- Each meet session requires about 50 volunteers!
- Volunteering at swim meets is fun and often the best seat in the house!
- \$500 opt out
 - Making money isn't the goal; we'd prefer to have your help because swimming runs on volunteers



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MT. LEBANON AQUA CLUB



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