

# MOUNT PLEASANT AQUA CLUB

## Handbook

<https://www.gomotionapp.com/team/ammpac/page/home>

Fall 25-Summer 26

### ***What is Mt. Pleasant Aqua Club?***

The Mt. Pleasant Aqua Club (MPAC) is a parent formed non-profit organization designed not only as a feeder program for the Mt. Pleasant Jr. High and High School swim teams, but also as a competitive swim program through which children can develop self-discipline, self-esteem, physical fitness and teamwork. The club welcomes swimmers from surrounding districts. The MPAC is a member of the Chestnut Ridge Swim League and will compete in meets with swim clubs from Belle Vernon, Derry, Elizabeth Forward, Hempfield, Latrobe, Monroeville, Norwin, Penn Trafford, and Somerset.

### ***Registration***

Completed online

*\*Aqua club refunds will only be given during the registration period-WEEK 1.*

### **Volunteer/meet requirement**

Each family is required to

1. Work 2 meets (*\*2 parents working 1 meet does not count as 2 meets*) per family
2. Compete in 2 meets per swimmer

*\*Both must be completed. **(Concession stand food/drink donations do not count toward the requirement.)***

**By joining Mt. Pleasant Aqua Club, you are joining a complete swim team. We are not swim lessons or just workouts times. You would not sign up for soccer, basketball, baseball, etc. and say "We will just do practices and not the games."**

**At the end of the session, accounts not meeting the above requirements will be charged a fee of \$150.00**

## **REGISTRATION PAYMENT, REIMBURSEMENT, AND FUNDRAISING**

MPAC will consist of three sessions per year: fall, winter, and summer. Payment is due upon registration. Online registration must be completed before any practices can be attended. Varsity fees will be reduced during the fall and winter sessions but will pay full registration for the summer session.

**Refunds will be given only if a swimmer withdraws during the registration period-week 1.**

All members are required to participate in the fundraiser. Our swim club registration is considerably lower than other teams in our league. Others in the league are double, if not more.

**Please respect the deadlines set and adhere to them.**

### ***Fundraising***

Fundraising is mandatory for all participants in MPAC. We always have 1 mandatory fundraiser per session. As a registered MPAC swimmer you are assuming the responsibility to meet the requirements for mandatory fundraisers. Our low registration fees do not cover all of the costs for the club.

### ***Website***

The website is used to manage a lot of MPAC events, activities, and other needs. Please familiarize yourself with the website once your login instructions are sent. Login instructions will be sent shortly after registration. Check your junk/spam folder for an email from Team Unify MPAC. Please add this email to your contacts so you are sure to receive important information.

Event sign-ups are on the website under events. You will need to click on edit commitment then select accept or decline. Be sure to click the SAVE button before you leave the page.

**ALL swimmers are required to either accept or decline each event.**

Job sign-ups are right next to the edit commitment link under each event.

### ***Notifications/Communications***

Emails are sent often to keep you updated on changes. Please read them. Emails have read receipt, so we do know when they are opened and not.

We use the Remind app to communicate as well. Please be sure you join the group.

## **SWIMMERS RULES AND RESPONSIBILITIES:**

In order to ensure the safety of all swimmers it is necessary for the club to have rules. We ask that all swimmers read and understand these rules.

- Swimmers shall respect the coaches, volunteer adults, and other swimmers as well as the facilities where they swim. Absolutely no horseplay in the locker rooms or on school property. Cell Phones are not permitted to be used in the locker rooms.
- Swimmers are expected to be polite and courteous. Inappropriate language at any time is unacceptable. While at away meets, we must represent Mt. Pleasant well with good behavior.
- Be on time to practice. Swimmers should arrive at least five minutes before practice, and be in the water at their assigned practice time.
- Swimmers **MUST** put practice equipment back into the storage room before entering the locker rooms to change.
- Follow the workout schedule that the coach has assigned.
- Remember to win with style and lose with grace.
- Any swimmer 9 and under needs to have an adult at practice. They cannot be dropped off.

Any swimmer who does not follow the rules will be asked to leave the water and remain on deck until the assigned practice is over.

The Chestnut Ridge League has dictated that swimmers adhere to several rules at swim meets regardless of it being at home or away.

- All swimmers are to remain on deck for the entire time during a swim meet. If for some reason a swimmer should have to leave the deck, they are to check with their coach for permission.
- There is no running, pushing, shoving, or throwing objects on the deck.
- The pool deck **MUST** be cleaned up at the end of the meet prior to entering the locker rooms to change.
- Keep the noise level down prior to the start of a race; the swimmer needs to hear the starter signal.
- Swimmers are to keep the area around the blocks clear.
- Once the swimmer has completed their race they are to return to their designated area on deck.
- ONLY parent volunteers are permitted on deck. If you are not working during a meet you cannot be on the pool deck, behind the blocks, or at the end of the pool.

### ***SWIMMER/PARENT COMMITMENT:***

Commitment is necessary not only from the swimmer but the parent as well. Practice is essential in order to improve your swimming skills and endurance. This is a "team" sport, not just an individual sport.

PLEASE....

- Don't talk to the coach while practice is in session. Wait until practice is over or before practice begins.
- Don't create rivalries among swimmers by telling your child they must beat someone else.
- Don't criticize the coach in front of your swimmer. Much of an athlete's success is based on their trust in their coach. Talk to the coach in private.
- Don't play coach. Avoid giving instruction to your swimmer from the stands. You will often confuse them or possibly embarrass them.
- Occasionally practice will be cancelled due to inclement weather or pool problems. Check the website or Remind app for cancellations regarding weather. Please remember if school is cancelled there will be no practice.
- Swimmers ages 9 and below need to have a parent on the school campus. If you need to run quickly somewhere, let an officer/coach know. Please do not just drop your swimmer off and leave for the whole practice.
- Finally, be sure to check all deadlines.

### ***PARENT OR GUARDIAN INVOLVEMENT AND RESPONSIBILITIES:***

This program is successful in no small part due to the work of volunteer adults. Parents and guardians are responsible for MPAC's success. The continued success of the program strongly depends on parent participation. It is imperative that parents become involved and learn the jobs that are needed to run a swim meet. Most jobs are easy and can be learned in a matter of minutes.

Communication is important. Information can be found on our team website. Please make sure you have a working email on your registration form. [www.teamunify.com/ammpac](http://www.teamunify.com/ammpac) Parents are urged to keep in mind that swimming is an individual sport as well as a team sport. Children are swimming against their own personal times, not so much a place. Be supportive of your child's improvements.

Parent meetings are held at the start of each session or at such times as the Executive Board shall decide.

## **PARENT/GUARDIAN MEET RESPONSIBILITIES:**

Workers will be required for both home and away meets. Home meets take about 23-25 parents to run. Away meets require about 10-12.

There will be a \$50 volunteer check required from each swim family at the time of registration for each session. Each family is required to work at least 2 meets. Job sign-up is on the website under the event right beside the commitment link.

Some parents prefer to be on deck working for 2 reasons. 1-It's the best place to see your child swim. 2-It makes the time pass much more quickly than sitting in the stands. Many hours are spent organizing meets prior to the meet day-coaches creating the line-up; computer input; printing, cutting, and organizing the cards; communication with the other team; concession organization; and ribbon cutting just to name a few.

### **Workers required for meets**

#### **STARTER (1 home only)**

- Runs the meet

#### **COMPUTER (1 home only)**

- Verifies times at the computer

#### **SCOREBOARD (1 home only)**

- Runs the scoreboard

#### **CARD RUNNER (1 for home only)**

- Carries event cards from times to score table
- Collects DQ slips from stroke judges then notifies the coach and then takes the slip to the scoring table

#### **BACK-UP TIMER (1 for home only)**

- Times each event, available to back-up each timer if start is missed

#### **CONCESSIONS (2-3 home Only)**

- Set up concession stand at home meets, work during the meets, and clean up after
- Maintain inventory of items

#### **50/50 PEDDLER (home only)**

- Sells 50/50 tickets through the first 35 events of home meets

#### **TIMERS (3 for both home & away)**

- Assigned to time a lane

#### **WRITERS (3 for both home & away)**

- Records time on card, and gives to runner

#### **RIBBONS (3 for both home & away)**

- Pass out place ribbons when swimmers exit the pool

#### **8 & UNDER HELPER (1 or 2 for home and away)**

- Helps 8 & under swimmers get to their events
- Holds the cards for the swimmers
- Helps if it is the same person so they know the kids and the kids know them

#### **STROKE JUDGES (2 for both home and away)**

- complete training by watching videos and shadowing at 1 meet

### **CONCESSION STAND**

A list of needs for each home meet will be posted on the website under the events tab. Your donations are greatly appreciated and help make our concession stand a success.