



North Coast Aquatic Team

Inaugural New Parent Meeting 2022

Welcome!

Organizational Structure

Eric Peterson – Executive Director NCAT and Shaker site head coach

David Perchenske – Solon site head coach

Steven Jacobs – head age group coach Shaker site

Chris Marquiss – head age group coach Solon site

NCAT was created to join two strong programs in order to enhance and enrich the lives of young swimmers. Under the Executive Director Eric Peterson's leadership this club will meet swimmers where they are to strengthen their swimming skills as well as help them grow social and emotionally in the sport of swimming. While at multiple sites there is a consistent coaching and training philosophy among all coaches which promotes positive team culture and growth. NCAT prides itself on having a parent run board to help support the swimmers and the coaching staff. On behalf of the board President Tony Kuhel we welcome you and want to help you find your swimming home. We are glad you are here!

Shaker Site Coaches

PreComp	Morgan DeLong	morgan2006kd@gmail.com
PreComp	Madi Moore	mkm.cle24@gmail.com
Dev. 1a & 1b	Brendan Pham	brendan_pham@hotmail.com
Dev. 1a&1b, Masters	Preme Prasannil	preme1736@gmail.com
Dev. 2 & 3	Kelly Dudziak (Fussner)	kellyfussner@gmail.com
Dev. 2 & 3	Brittany Miller	bmiller810@yahoo.com
Age Group 1	Campbell Patterson	campbell.patterson@gmail.com
Age Group 1	Sarah Haley	sarahjoy1633@gmail.com
Age Group 2-3	Steven Jacobs	steven.r.jacobs@gmail.com
Senior 1	Steven Jacobs	steven.r.jacobs@gmail.com
Senior 2&3, Masters	Eric Peterson	eric.peterson@ncatswim.com

Solon Site Coaches

PreComp	Grace Perlberg	graceperlberg23@solonschools.net
Dev. 1a & 1b	Forrest Campbell	touchdownfcc@gmail.com
Dev. 1a & 1b	Grace Perlberg	graceperlberg23@solonschools.net
Dev. 2 & 3	Doug Champior	dchampoir@gmail.com
Dev. 2 & 3	Jonah Venos	jvenos1018@gmail.com
Age Group 1	Chris Marquiss	chris@marquiss.net
Age Group 1	Emily LaVigne	e.mason.lavigne@gmail.com
Age Group 2&3	Chris Marquiss	chris@marquiss.net
Senior 1-3	David Perchenske	daveperchenske@gmail.com

Important Item: Safe Sport

We are one of the few clubs who are safe sport certified in the Lake Erie Region. Our website details the benefits of being safe sport certified. Each athlete, coach, and parent is asked to adhere to a specific criterion of behavior that you signed upon registration.

What does that mean for me as a parent? It means that all coaches working with your child have participated in training for how to interact with young people. This is something we take seriously. We help guide young people in age appropriate ways about how to make safe decisions in actions and on social media too. We ask that all parents respect the Safe Sport policy of no parents in the locker room or on deck.

Important Item: Meet Schedule

Use the meets and events tab to find the meet schedule to see when and where NCAT will be swimming this season. Then you can plan the events that your swimmer wants to participate in (and know if vacation will or will not preclude you from specific meets).

<https://www.gomotionapp.com/team/northcoastat/page/calendar/meet-schedule>

Important Item: What are time standards?

Certain meets have time standards, ex. "NAG BB" meaning that a swimmer can register for this meet if they meet the minimum time standards. Check these standards on the website. Additionally in the next step when you register for a meet, if the event is red the swimmer has not qualified, but an event that is black means the swimmer may compete in this event. (Coach

will choose events for the swimmer.) Be sure to select the tab long course meters for times relevant to the long course season (May thru July) or short course yards for the short course season (September thru March)

https://www.gomotionapp.com/northcoastat/UserFiles/Image/QuickUpload/2021-2024-national-age-group-motivational-times_060560.pdf

Important Item: Register for Meets

As a meet approaches you will be prompted to declare yes/no on whether your swimmer will compete. Please register yes/no by the commit date. If you have a specific question/event/concern you can list it in the box below your declaration. Truthfully, all coaches will help you at any time to figure out how to register for meets.

You can also read the whole meet entry to learn what events will be offered on which days.

Junior Olympics (Commit by 2/28/22) (Mar 10, 2022 (09:00 PM) - Mar 12, 2022 (09:00 PM))

Member Athlete:
Preston Duncan

*Signup Record


--SELECT--

--SELECT--

Yes, please sign [Preston] up for this event

No, thanks, [Preston] will NOT attend this event

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

 Save Changes

Now that you've registered, the coaches will select and approve your swimmer for specific events.

Junior Olympics (Commit by 2/28/22)

Mar 11, 2022 - Mar 13, 2022

My Account:

Duncan, Sam and Stephanie

[Change Account](#) (Admin Only)

Registration Deadline:

02/28/2022

Meet Name:

[2022 Lake Erie SC Winter JO and 8U Champs](#)

Location:

Cleveland State University, , Cleveland, OH 44115, USA

Course:

YLS

Meet Type:

Start Date:

03/11/2022

End Date:

03/13/2022

Age Up Date:

03/11/2022

Use Date S

01/01/1

Enforce entry based on [Qualify Times]: **Yes**

Restrict entry [Best Time] to same [Meet

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
Mackenzie Duncan *Active	✔ Committed	# 3 (d1/s1): G 10 & Under 200 Medley (2:43.13Y Approved) # 17 (d2/s2): G 10 & Under 50 Free (29.15Y Approved) # 39 (d2/s2): G 10 & Under 100 Medley (1:16.49Y Approved) # 45 (d2/s2): G 10 & Under 100 Back (1:14.76Y Approved) # 97 (d3/s5): G 10 & Under 50 Back (34.25Y Approved) # 107 (d3/s5): G 10 & Under 100 Free (1:04.85Y Approved) # 113 (d3/s5): G 10 & Under 50 Fly (33.91Y Approved)
Preston Duncan *Active	⊘ Undeclared	

In this screen you can see the result that 1) I selected for Mackenzie to commit to attend the meet and that 2) the coaches selected for her to participate in the seven events listed approved. If I look further in blue I know that event 3 is on day one session one. Her current time is listed as 2:43.13. Compared to event #97 that is on day three of the meet. It is typical for new swimmers to see NT meaning "no time" recorded.

This screen above is where I should click on Preston's name in yellow and declare him yes/no.

Below is the next option after I committed him to attending. I will explain below the picture.

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

Day 1/Session 1

Day 2/Session 2

Day 3/Session 5

Ev#	Best Time	Gen	Event	Qualifying Time
90	NT	B	13-14 200 Fly	<=2:26.89Y <=2:42.49S <=2:47.99L
94	<u>50.00Y</u>	B	13-14 50 Back	<=20.00Y <=20.00S <=20.00L
100	NT	B	13-14 200 Medley	<=2:28.49Y <=2:44.19S <=2:51.39L
104	<u>1:26.11Y</u>	B	13-14 100 Free	<=1:00.89Y <=1:07.29S <=1:09.89L
110	<u>54.86Y</u>	B	13-14 50 Fly	<=20.00Y <=20.00S <=20.00L
116	NT	B	13-14 200 Back	<=2:25.09Y <=2:41.19S <=2:49.09L
120	NT	B	13-14 100 Breast	<=1:15.49Y <=1:23.49S <=1:28.09L
132B	NT	B	13-14 1000 Free	<=12:23.89Y <=10:51.09S <=11:13.99L

Once I declare yes for Preston, I see that there are three days of the meet. This meet had time standards where he needed certain minimum times in order to be eligible to compete. Let's say I want him to attend day 3. I click on day 3 and see what he can swim. Side note: based on his age, he is not eligible for sessions 3 and 4, that is why they are not shown.

An athlete that has NT for this time would not be able to swim because this was the Junior Olympic Meet and had fast time standards. I see for example that his time for the 100 freestyle is 1:26.11 and the qualifying time has to be faster than 1:00.89. He is not eligible for any of these events because he isn't fast enough. Also, since all his times are in bold red, I know he is ineligible too, his times would show up as bold black to be eligible. *I am just using this as an example. Many, many meets do not have time standards so this will not be a problem.* Of note, the time in pink is what you are looking for over the summer in Long Course Meters, all these times in April through July are reported as "L" or long course meters. In September through March we are in Short Course Yards, listed as "Y" times.

Super Important Item: Volunteer Hours 10 hrs per year

Since this is a parent-run organization, we need you! There are many committees that need volunteers to help. This would be one great way to meet others and give back to the program. (I promise it's not too scary 😊) We need members to serve on committees for meets, social events, apparel, training groups, membership, records, equipment, and registration.

The other way to volunteer is to sign up to help during meets. You will need 10 hours per family for the year.

Mark the following home meets on your calendar now 1) November 12th NCAT Fall Breakout at Solon High School (time standards slower than BB times) and 2) December 2nd thru 4th TYR NCAT Invitational at Cleveland State *all NCAT families expected to volunteer* and 3) February 26th NCAT Regional Meet at Solon High School.

How to sign up: About six to eight weeks before the event on the same screen where you register for meets, you will see a green box on the right that shows that this event needs volunteers to help make it successful for the kids. That's where we need YOU! You will sign up as jobs are posted available. The best way to get these hours is to sign up as soon as they come available. Many hands make light work.

Mar	Junior Olympics (Commit by 2/28/22)	Email Event	Edit Commitment
11	Mar 11, 2022 - Mar 13, 2022		Job Signup
2022			

[View Meet Results](#) [Connect to a Different Meet Results Set](#)

Signup Job for Account: Duncan, Sam and Stephanie [redacted] [Change Account](#)
 Event: Junior Olympics (Commit by 2/28/22) (Mar 11, 2022 - Mar 13, 2022)
 Registration Deadline: 02/28/2022
 Job Signup Deadline (till midnight): 03/10/2022

How to signup Event jobs:

- Step 1:** Find the empty slots shown as "-----".
- Step 2:** Click on the checkbox in front of the empty slot that you want to sign up for.
- Step 3:** Select [Signup] button to signup for the slots that you selected.

Note: If your Account name is printed right after the checkbox, you've signed up for that job. You do NOT have to "Signup" again. You, however, can use the "Remove Signup" button to remove the signup if you no longer want to work on that job.

If someone else's name is printed, that job slot is not available for you to sign up (this is a first-come-first-serve system). You can only sign up for the empty slots shown as "-----".

Job Name/Notes	Time Periods Signup
Admissions Sunday AM	03/13/2022 07:00:00 AM - 03/13/2022 10:00:00 AM(3.00 Hrs.) 1 <u>Libecco, James and Julia</u> 2 <u>Han, Pinhong and Judy Zhang</u>
Admissions Saturday AM	03/12/2022 07:00:00 AM - 03/12/2022 10:00:00 AM(3.00 Hrs.) 1 <input type="checkbox"/> ----- 2 <u>Han, Pinhong and Judy Zhang</u>
Admissions Friday PM Session	03/11/2022 04:15:00 PM - 03/11/2022 07:30:00 PM(3.25 Hrs.) 1 <u>Subramaniam, Hemaprabha (Jay Secondary Mobile: [redacted])</u> 2 <input type="checkbox"/> -----
Lane Marshal Saturday Finals	03/12/2022 03:30:00 PM - 03/12/2022 04:50:00 PM(1.33 Hrs.) 1 <u>Polyakov, Eduard and Olga (Eduard [redacted])</u>

Any questions? You can email Jodi Peleg (NCAT Board co-vice chair) joder5@yahoo.com or Stephanie Duncan (NCAT Board co-vice chair) coachduncan@yahoo.com or reach out to your child's coach directly for water-related questions.