McCANDLESS

MARLINS



WARNING: DANGEROUS WHEN WET

Parent Handbook
Summer 2024

Welcome to the McCandless Marlins Swim Team!

The McCandless Marlins Swim Team participates in the Silver Division of the North Hills Summer Swim League, with seven other swim teams. These teams are Avonworth, Brook Park, community, Franklin Ridge, Hampton, Ingomar and Richland. Our swim team season consists of swimming against each one of these teams in a dual meet where each member of the team is given the opportunity to compete. Selected swimmers are then chosen for the Silver and Individual Championships to be held at the end of the season. Our head coaches are Nick Klein and Sara Gunnett. Our assistant coaches are Anna Blodgett, Emma Dietz, Lainey Frost and Clara You. Our volunteer coaches are Aubrey Constable and Caden Hollenbeck

Please download the Remind App as we use this for the majority of our communications regarding practices and meets.
To join the Marlins 2023 group please text @723dhd9 to 81010

Practices

We will have one evening practice that will occur on Tuesday May 28th .

Group 1 (Ages 11-17) will practice from 5:30-6:30pm
Group 2 (Ages 10 and under) groups will practice from 6:30-7:15pm.

Parent Meeting will also occur on Tuesday May 28th at 6:00pm

There is NO Practice on the last day of school, Friday May 31s

Time trials will take place on Monday June 10th at 10:00 a.m.

Swimmers 9 and older will participate in time trials. Younger children will participate by invitation only. There WILL be practice Monday morning June 10th for those children younger than 9 starting at 11:15am.

Morning practices will begin the week of <u>Monday, June 3rd</u>.

Group 1 (AGES 11-17) will practice from 10:15-11:15am
Group 2 (AGES 10& under) will practice from 11:15-12:00pm.

<u>Meets</u>
A dual meet consists of 42 events, with a mix of individual and relay events. Swimmers are broken down by gender and age, giving everyone a chance to be successful. The coaches develop a list of who swims in what events, also known as a meet line-up. Individual events have up to three swimmers from each team, and relay events have up to three relays from each team.

Meet Sign ups
There will be a sign-up sheet in the clubhouse for each dual meet where the swimmers **MUST mark a yes or no** by their name indicating whether they will be attending the meet. Those signed up to attend are obligated to be at the meet and ready to swim. If a child will be late, the coaches must be notified.

All Meet sign ups are due by Noon the day before the meet.

All dual meets begin at 6:30 p.m. For home meets, swimmers must arrive at the pool at 5:15 p.m. Swimmers are expected to arrive at away meets at 5:30 p.m. for 6:00 p.m. warm-ups.

Swimmer's events will be emailed to the email address on file prior to the meet.

Home meets are a source of fundraising for the host clubs in the dual meet league. When McCandless hosts a home meet, meals and baked goods will be sold. Volunteers are needed to staff the food sales and to provide baked goods. It takes many volunteers to run a swim meet. ALL parents are expected to volunteer throughout the season to help the meets run smoothly. Each family is responsible for 2 volunteer slots. Sign up for volunteer will be on the bulletin board in the clubhouse.

Please note that volunteering at a meet involves more than just donating food to the bake sale.

The following positions are needed to successfully run a meet:

Seeders – Swimmers are seeded in their individual and relay events as to lane and/or position. Seeders are those who inform all swimmers what events they will swim and provide the swimmers with event cards to take with them to the diving blocks.

Announcer – A parent familiar with the events to announce the events as they are called to the diving blocks.

Starter – A parent is needed to set the swimmers for each race and to start the individual races. Starters also determine a false start.

Stroke Judge – A parent familiar with stroke technique to verify that all swimmers are doing each stroke properly and are abiding by league rules.

Timers – Parents are needed to keep time for the swimmers. Each parent is assigned a specific lane and will keep time for all swimmers in that lane.

Place Judges – Three parents are needed as place judges.

Runner – One parent are needed to deliver all swimmers' time cards from the timers to the scorekeepers.

Scorekeeper - A parent is needed to keep score for both teams. The scorekeeper must record how each team and swimmers placed for the event and verify the score with the scorekeeper from the other team.

North Hills Summer Swim League
Silver Section Dual Meet Event List

Girl's	Event	Boy's
1	17 & Under 200 Medley Relay	2
3	12 & Under 100 Medley Relay	4
5	10 & Under 100 Medley Relay	6
7	8 & Under 100 Medley Relay	8
9	100 Backstroke Crescendo Relay	10
11	100 Breaststroke Crescendo Relay	12
13	100 Butterfly Crescendo Relay	14
15	8 & Under 100 Freestyle Relay	16
17	10 & Under 100 Freestyle Relay	18
19	12 & Under 100 Freestyle Relay	20
21	17 & Under 200 Freestyle Relay	22
23	12 & Under 100 IM	24
25	17 & Under 100 IM	26
27	8 & Under 25 Freestyle	28
29	10 & Under 25 Freestyle	30
31	12 & Under 50 Freestyle	32
33	14 & Under 50 Freestyle	34
35	17 & Under 50 Freestyle	36
37	Mixed 8 & Under 100 Freestyle Relay	
38	Mixed 10 & Under 100 Freestyle Relay	
39	Mixed 12 & Under 100 Freestyle Relay	
40	Mixed 14 & Under 200 Freestyle Relay	
41	Mixed 17 & Under 200 Freestyle Relay	
42	Optional – Coach/Parent 200 Freestyle Relay (no points)	

Lanes:	Home	1-2-3	**Scoring:**	Individual	5-3-1
	Away	4-5-6		Relays	6-3-1

Medley Relays: Backstroke, Breaststroke, Butterfly and Freestyle
Crescendos: 8 & U, 9-10, 11-12 and 13-17
Mixed Relays: Girl, Boy, Girl, Boy
Each swimmer is allowed to swim in a maximum of four events.
Each team is allowed to enter a maximum of three relays for points. No team can sweep an event.
Each team is allowed to enter a maximum of three individuals for points. No team can sweep an event.

2024 Meet Schedule

Tuesday June 11	McCandless @ Community
Thursday June 13	**Avonworth @ McCandless**
Tuesday June 18	**Brook Park @ McCandless**
Thursday June 20	McCandless @ Ingomar
Tuesday June 25	McCandless @ Franklin Ridge
Thursday June 27	**Hampton @ McCandless**
Tuesday July 2	Richland @ McCandless
Saturday July 6th	Reschedule Date

Championship Meets

Monday July 8th	**Individual Championships @ Avonworth** Time TBD (usually 5:30pm)
Wednesday July 10th	**Gold Championships @ Richland** Time TBD (usually 5:30pm)

* All dual meets begin at 6:30 p.m.

Pool Locations

Ingomar Swim Club
Address: 1512 Ingomar Heights Rd, Pittsburgh, PA 15237
Directions: https://goo.gl/maps/MDMytFFWxzpSximG9

Community Swim Club
Address: 106 Aqua Dr, Pittsburgh, PA 15238
Directions: https://maps.app.goo.gl/HeYkohi3iB71Ezu29

Avonworth Swim Club
Address: 498 Camp Horne Rd, Pittsburgh, PA 15237
Directions: https://maps.app.goo.gl/c4KC6eZNGETLKTma6

Richland Swim Club
Address: 4104 Dickey Rd, Gibsonia, PA 15044
Directions: https://maps.app.goo.gl/PBQJqfbTDsznfEzeA

Franklin Ridge Swim Club
Address: Country Club Dr, Pittsburgh, PA 15237
Directions: https://maps.app.goo.gl/6WtXzvehpKwmuWWR6

Hampton Swim Club
Address: 3101 McCully Rd, Allison Park, PA 15101
Directions: https://maps.app.goo.gl/zxCMxMTqHyFHraeG9

Brook Park Swim Club
Address: 801 Fassinger Ln #5102, Pittsburgh, PA 15237
Directions: https://maps.app.goo.gl/bCU8jtdCeMgR5zUq8

Swim Team Contact Information

Head Coaches: Nick Klein
Sara Gunnett

Swim Moms: April Hollenbeck
Phone: 412-400-0212

Heather Shanley
Phone: 724-272-6924

McCandless Swim Club pool phone: 412-364-4600

Pool Web Site: www.mccandlesspool.com

League Web Site: www.nhssl.swimtopia.com
(includes schedules and directions)