

Bethel Park Sharks Summer Swim Team



Parent Information Guide 2025

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Practice 5:00-5:45	3 Practice 5:00-5:45	4 Practice 5:00-5:45	5 Practice 5:00-5:45	6	7
8	9 Practice 5:00-5:45	10 Practice 5:00-5:45	11 Bethel Park @ USC	12 Practice 5:00-5:45	13	14
15	16 Practice 6:00 – 6:45	17 Practice 6:00 – 6:45	18 Bethel Sharks @ Cannon Mac	19 Practice 6:00 – 6:45	20	21
22	23 Practice 6:00 – 6:45	24 Practice 6:00 – 6:45	25 Bethel Sharks VS PT	26 Practice 6:00 – 6:45	27	28
29	30 Practice 6:00 – 6:45					

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Practice 6:00 – 6:45	2 Practice 6:00 – 6:45	3 Practice 6:00 – 6:45	4	5
6	7 Practice 6:00 – 6:45	8 Practice 6:00 – 6:45	9 Bethel Sharks VS Lebo	10 Practice 6:00 – 6:45	11	12
13	14 Practice 6:00 – 6:45	15 Practice 6:00 – 6:45	16 Champs Meet @	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Bethel Park Sharks Summer League Team

Contact information

BPR Head Coach – Mitch Schall bpcoachmitch@gmail.com

Sharks Head Coach - Emily Jackovic emily.jackovic@gmail.com

Sharks Program Coordinator – Kathy Strock kjstrock@gmail.com

Parent Coordinator – Trevor Watkins/Taryn Powell

Meet our Coaching Staff

Mitch Schall - Coach Mitch is a passionate and accomplished coach with over 13 years of experience guiding athletes at all levels—from age group swimmers to collegiate competitors. He began his coaching career in western Pennsylvania, starting while pursuing his undergrad. He helped build the Zelienople Area Swim Club into a feeder for Seneca Valley. Then going on to serve as an Assistant Swim Coach at Mars Area High School, Riverside Swim Club (now known as Three Rivers Swimming), and North Catholic High School. He also held a leadership role at the Rose E. Schneider YMCA, where he served as Age Group Lead Coach and, for a period, Aquatics Director. Helping the program off the ground back in 2016. During these high school and club coaching tenures, Mitchell helped develop three individual WPIAL Champions—one at Mars and two at North Catholic. His impact was especially significant at North Catholic, where the Men's Team placed 13th at the 2021 PIAA State Championships, breaking every school record except diving. In 2019, he was selected to the Allegheny Mountain Swimming (AMS) Summer Zones Coaching Staff, a testament to his excellence in youth development. Coach Mitch also served as the Head Swim Coach for the Get Fit Families Triathlon Program, where he has helped coached three National Age Group Triathlon Champions. One athlete even to a Team USA selection. Over the last four seasons at Manchester University, Coach Mitch has helped guide the swim program to 56 school records and over 100 new Top 10 All-Time swims. In addition to collegiate coaching, Mitch has worked as a coach and counselor at top-tier swim camps hosted by the University of Michigan, Hillsdale College, Carnegie Mellon, and Manchester University. His professional background also includes experience as a Marketing Director and Head of Production, offering a strategic and creative leadership style that supports long-term athlete and program development.

Kathy Strock - Coach Kathy is a 1994 graduate of Bethel Park where she was a four-time WPIAL and PIAA qualifier. She continued her swimming career for 3 years at the University of Pittsburgh before having to take her senior year off due to injury. During that year she coached the Team Pittsburgh Aquatics age group team. Following graduation from Pitt in 1998, Coach Kathy was hired to coach swimming at Bethel Park. She has been coaching at BP ever since then, except for a few years away to have her babies.

Coach Kathy lives in Bethel Park with her husband Justin, and their three children, TJ, Hannah, and Nathaniel. When she's not coaching, she likes to hang out with her family and friends doing lots of fun things (and watch reality tv but don't tell anyone that)!

Emily Jackovic - Emily Jackovic, a dedicated swimmer from South Park, has been in the water since the age of 4 and competing since she was 6. She began her swim career with the South Park Aquatic Club and continued to develop during her time with BPR. She continued to swim with BPR through high school. A four-time WPIAL and PIAA qualifier, Emily stood out not only for her performance in the pool but also for her leadership and commitment to the sport. While excelling as an athlete, Emily also coached and taught swim lessons to younger swimmers, sharing her knowledge and passion with the next generation. Her commitment to mentorship continues today. After graduating from South Park High School in 2022, Emily went on to swim collegiately at Penn State Behrend, where she is currently pursuing a dual major in Accounting and Finance. In addition to competing at the college level, she continues to teach swim lessons in her free time. Outside of the pool, Emily enjoys spending time outdoors hiking, fishing, and paddleboarding. Swimming has been a lifelong journey for Emily, and her dedication both in and out of the water reflects her passion for growth, perseverance, and giving back to the sport.

ELIGIBILITY REQUIREMENTS

- Swimmers must be age 6-14 as of June 1, 2024
- Swimmers must be able to swim 25 yards in freestyle

PRACTICE SCHEDULE & ATTENDANCE

- Practices are held Monday, Tuesday, Wednesday, and Thursday at Bethel Park High School. **Starting June 2nd - June 12th 5:00-5:45 pm** (except on meet days – there will not be practice on those days.) Please do not drop your swimmer off before 4:45 pm. Please arrive promptly for pickup, coaches cannot leave until all swimmers are picked up.
- Practices are held Monday, Tuesday, Wednesday, and Thursday at Bethel Park High School. **Starting June 16th and until the end of the season. Practices will be 6:00-6:45pm.** (except on meet days – there will not be practice on those days.) Please do not drop your swimmer off before 5:45 pm. Please arrive promptly for pickup, coaches cannot leave until all swimmers are picked up.

- If your child will miss more than 2 days of practice in a week, please let Coach Emily know.
- Unless it is an emergency, parents should refrain from distracting their swimmer and the coaches during practice. If you have a question, please speak with a coach after practice. It is vital that the swimmers are focused on their coaches throughout the duration of practice.

EQUIPMENT

1. **Swimsuit** – a one piece swimsuit is required for practice and swim-ages.
2. **Goggles** – required that you bring your own goggles.
3. **Cap** – swimmers will receive a latex cap. We recommend extra caps be purchased in case one is ripped or lost.
4. **T-shirts** will be ordered once the final roster has been established. A parent coordinator will distribute shirts at practice once received.

SPORTS ENGINE (TEAM UNIFY)

Sports Engine is the Swim Team Management software that we are currently using for Bethel Park Recreation Swim Team. Upon registration, you have been entered into this program as a member of the Sharks 2024 Swim Team. You will use the email address and password that you provided upon registration to find out information about Sharks swim meets and to sign up for meets. When you visit our website, click the “Sign In” button at the top of the menu to sign into the website and view Sharks Information. Our team unify website is bprswim.org

COMMUNICATION

Most communication from the staff will be done via email or Team Unify. If you have a question or concern regarding “wet” issues – please email Coach Emily, Coach Kathy, or Coach Mitch. “Dry” issues should be directed to Taryn Powell or Dana Willmer. Their email addresses are on Team Unify. Please refrain from asking questions to the coaches during practice time.

USA SWIMMING

Our Sharks team is affiliated with USA Swimming. Each registered swimmer will also be registered as a “Seasonal Athlete” with USA swimming. Being USA Swimming registered enables our practices and swim-ages to be insured and to expose all involved to running a meet.

SWIM-AGES

Our competitions will not be called “meets”, but “Swim-ages” (swimming scrimmages). There will be 4 dual swim-ages during the Shark season. All swimmers are eligible to attend all 4 regular season swim-ages. Events will be selected by the coaches based on the swimmer's ability.

Away swim-age locations will be posted in the event announcement on our website.

There will also be a season-ending championship meet. ***Swimmers must have participated in at least 2 of the regular season dual meets in order to be eligible for the championship meet.*** Our championship meet will be “observed” and “approved”, meaning times will be official USA swimming times.

SWIM-AGE AVAILABILITY

Every swimmer MUST update their availability for each of the 4 swim-ages and the championship meet at least 1 week prior to the meet. This is important so that coaches can make a lineup including relays. It is critical that you commit to a swim-age that your swimmer attends. If your availability changes due to unforeseen circumstances (ex. illness) after the commitment deadline, contact the coaches as soon as possible. No-shows at meets are very disruptive to the lineup for the coaching staff. **Anyone that no-shows without informing the coaching staff will be ineligible for the following meet.**

SWIM-AGE PROCEDURES AND REQUIREMENTS

1. Swimmers should arrive 15 minutes before their assigned warm-up time to avoid any uncertainty about your child’s attendance at the swim-age.
2. Parent volunteers should arrive and check-in with the volunteer coordinator to get their assignment 30 minutes before the swim-age begins.
3. Swimmers should have their suit, goggles, team shirt, cap, towel, and dry clothes with them for each competition. It is recommended that swimmers keep their supplies in a bag and bring the bag with them on to the pool deck as there is no supervision inside the locker rooms.
4. Only parents who are volunteering will be permitted on the pool deck during a competition or practice. Parents watching should sit in the balcony until the practice/swim-age is over.

SWIM-AGE VOLUNTEER SIGN UP

Parents are needed to volunteer. Swim meets (Swim-ages) and team supervision are run by parents, coaches, and team coordinators. Most of the positions are very easy to perform and require minimal training. Volunteering is fun and allows swim parents to get to know one another and the swimmers. It puts you where the action is and enables the meet to be quicker.

Current Sharks Parents, during our summer program we ask that you please sign up to volunteer for our swim-ages.

Please see our volunteer list and descriptions for various positions at the end of this handbook. Further information about volunteering can be found on our website bprswim.org.

SWIM-AGE VOLUNTEER JOBS

To make our season successful, we will need help from many parents. Please use the Team Unify site to volunteer your time! **We will need to provide volunteers at both home and away swim-ages.** All volunteers will be taught what to do to make the process easier for everyone!

Meet Director – Coordinates the volunteer positions and sets up the home pool for competition. ***This job will be handled by our Sharks Team coaches this year.***

Officials (4 jobs) – (Championship meet only) If you are a current BPR parent that is a USA-S registered official, we would appreciate your time volunteering at the championship meet. Parents who are USA-S officials will have the opportunity to attend a brief summer league training session to learn how these jobs work. Each swim-age will need a referee and a starter. Our Championship meet will be “observed” USA swimming meets, so we will need previously certified USA-Swimming officials to officiate at those meets.

Timing System Operator (1 job) – Runs the computer/timing system.

Place Judge (1 job) – Watch the end of each race and document the order of finish by lane.

Head Timer (1 job) – Operates backup stopwatches (provided) and assists timers if they miss the start of an event.

Timer (8 jobs) – Operates stopwatches (provided) and records the time for each swimmer in their lane.

Runner (1 job) – Collects the swimmers’ cards after each event and takes them to the scorekeeper.

Heat Winner Ribbons (1 job) – Distributes ribbons to the swimmer winning each race.