

# **Western PA's 70th Country Club Swimming Association Championships - 2022**



**Official Program**



# Navigation Stations:



Programs & Suit Sale with Host Greeters & DJ



Snack Bar Window



Adult Beverages & Draft Beers



Station 4: Salads, Club Wraps



Station 5: Grill & Chill



Station 6: Tables for Eating



Station 7: Can Drinks for Adults

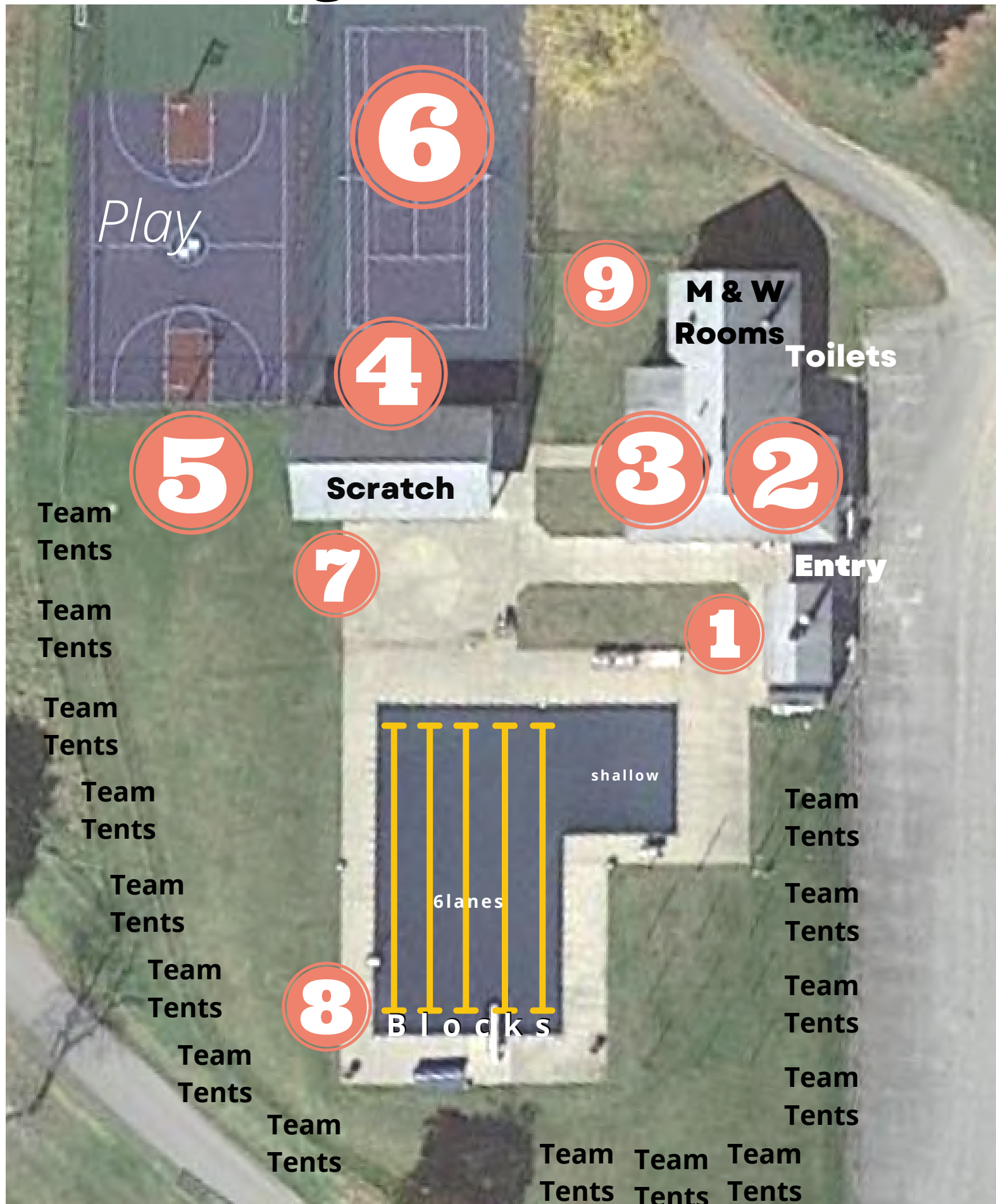


Station 8: Starter's Position



Awards Podium & More Swimming Info

# Navigation Stations:





# MONTOUR HEIGHTS COUNTRY CLUB

Dear Friends,

Montour Heights Country Club extends a warm welcome to all of the competitors, families and friends. To the Western Pennsylvania Country Club Swimming Association, we are honored to host this prestigious event.

Today's meet features boys and girls with the fastest times. They will be competing for the prestigious Earl J. Birdy Jr. Trophy.

As hosts, we want all in attendance -- guests, competitors and coaches -- to enjoy their short visit with us. If anyone needs anything whatsoever, just ask one of our team members in the Montour Heights Country Club shirts.

I want to thank all the staff and volunteers, especially, MHCC Sports Complex Director, Mark Rauterkus, for the tireless work on this event.

Sincerely,

Don Seese, Food & Beverage Director

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**Program printed by  
Copies @ Carson of  
Pittsburgh's Historic South Side.**

**<https://www.copiesatcarson.com/>**



# Swim Officials running the meet.

## Mike Gavin, Bill Glas, Gary Matyko.

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### *Western Pennsylvania Country Club Swimming Association*

106 S. Kings Creek Rd. Paris, Pa. 15021

To the Athletes, Families, Friends, and Fans:

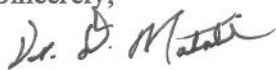
Welcome to the 2022 Western Pennsylvania Country Club Swimming Association (WPCCSA) Championship meet. Today's event features the boys and girls with the fastest times from the summer swim season. These swimmers will be competing for the Earl J. Birdy Jr. Trophy.

The Western Pennsylvania Country Club Swimming Association has been a great summer swimming and diving venue for young people for 70 years. Our Philosophy is to provide an introductory competitive swimming and diving experience so that our team members can learn about good sportsmanship and competition. It is therefore about learning while having fun.

Our thanks to the Board, Pool Committee, Members and Swim Team of the Montour Heights Country Club for hosting this very special 70<sup>th</sup>. Annual Championship Meet for the 2022 season.

Good luck to all the athletes and thank you for supporting the Western Pennsylvania Country Club Swimming and Diving Association.

Sincerely,



Dr. David Natali  
President  
WPCCSA

Board of the Western PA Country Club Swimming Association.

President	Dr. David Natali	Pittsburgh Field Club
Vice President	Frank Cicco	Butler Country Club
Secretary	Carol Zaleski	Pittsburgh Field Club
Comm. Mem.	Mimi Perez	Longue Vue Club
Comm. Mem.	Matt Puthoff	Montour Heights Country Club
Ex. Sec./Treas.	Mercedes McCarthy	

# **Order of Events & Meet Records**

- 1 Girls 8&U 100 Free Relay Swimming 1:18.17 2008 PFC  
M Datarincic, A Robosson, H Grune, L Grune**
- 2 Boys 8&U 100 Free Relay Swimming 1:19.64 2018 LONG  
N Agens, L Troutman, H Blask, E Moules**
- 3 Girls 12&U 200 Medley Relay Swimming 2:16.67 2008 EWD  
H Mermelstein, A Namestnik, A Onufer, C Zido**
- 4 Boys 12&U 200 Medley Relay Swimming 2:23.35 1996 WILD  
S Foster, S Foster, R Lawlor, J Affinito**
- 5 Girls 13-17 200 Medley Relay Swimming 2:07.05 2013 EWD  
S Mautino, C Zido, A Onufer, A Kozlina**
- 6 Boys 13-17 200 Medley Relay Swimming 1:55.99 1977 MONT  
M O'Mahoney, V Boran, J O'Mahoney, B Quinn**
- 7 Girls 8&U 25 Free Swimming 15.70 2010 SHAN/T Buerger**
- 8 Boys 8&U 25 Free Swimming 15.07 2006 CCC/G Nass**
- 9 Girls 9-10 25 Free Swimming 14.08 2012 SHAN/T Buerger**
- 10 Boys 9-10 25 Free Swimming 14.09 2008 CCC/G Nass**
- 11 Girls 15-17 50 Free Swimming 27.56 1989 MONT/A Fedorchak**
- 12 Boys 15-17 50 Free Swimming 24.48 2011 VB/R Dudzinski**
- 13 Girls 13-14 50 Free Swimming 26.92 1975 OAK/K Stetler**
- 14 Boys 13-14 50 Free Swimming 23.70 2014 VB/ R Dudzinski**
- 15 Girls 11-12 50 Free Swimming 28.48 1989 EWD/J McKay**
- 16 Boys 11-12 50 Free Swimming 26.89 2012 TREE/B Collier**
- 17 Girls 10&U 100 Free Relay Swimming 1:07.53 2011 SHAN  
O O'Brien, O Scrabis, A Davis, T Buerger**
- 18 Boys 10&U 100 Free Relay Swimming 1:07.30 2012 SHAN  
M Arnold, A Gannon, G Herzig, R Mihm**
- 19 Girls 13-17 200 Free Relay Swimming 1:54.45 2007 BUT  
M Morrison, B Keelan, C Shields, AM Bilott**
- 20 Boys 13-17 200 Free Relay Swimming 1:43.40 1977 MONT  
M O'Mahoney, V Doran, J O'Mahoney, B Quinn**
- 21 Girls 12&U 200 Free Relay Swimming 2:06.36 2008 EWD  
H Mermelstein, E Jaffe, C Zido, A Onufer**
- 22 Boys 12&U 200 Free Relay Swimming 2:04.56 2012 WILD  
M Gonzales, S Turzai, T Urban, M Gonzales**

# Logistics for a successful championship experience:

Do not **park** on the golf course. Follow the directions from the guides who are assisting with parking duties.

Be mindful that **golf** is happening.

Parking **Shuttles** are being provided in golf carts for getting to-and-from the pool and the upper, clubhouse.

Bring **lawn chairs**. Use the chairs in the grass and next to the team tents.

Teams may set up **tents** in their designated area against the perimeter FENCE.

Tents and lawn chairs placed elsewhere need to be removed.

Two coaches from each team get **wrist bands** and deck access.

All spectators need to **stay off the deck** and certainly not behind the blocks nor at the starters / scoring area.

**Don't save seats.** Saving seats in both the pool viewing areas and as well in the eating areas is not possible with so many attending. Watch your swimmers or else eat your food, then depart the high demand areas. Flow so others can see their athletes and enjoy their food and drink – without occupying in a high demand spot throughout the entire meet. Relax by your team's tent area.

Kids can **play** (safely) on the basketball sports court. **First aid** with the lifeguards, Station 1, near DJ.

## **Warm ups in 20-minute periods by age group with one-way sprint lanes in the final 10-minutes.**

Ages 11 to 17 yr olds warm-up from 2:45 to 3:05 pm.

Ages 9 & 10 warm-up from 3:05 to 3:25pm.

Ages 8 & under warm-up from 3:25 to 3:45pm.

One way Sprints from 3:45 to 3:55pm with lanes 1 & 2 for 8 & U; lanes 3 & 4 for 9 & 10s; lanes 5 & 6 for 11 and older.

Meet to start at **4:00pm**, after the National Anthem.

Coach **Rebecca Yost**, head men's and women's swimming and diving coach at Chatham University in Pittsburgh, is helping with the **presentation of awards at the podium, station 8**. Coach Yost is fond of summer club swimming. Chatham is a NCAA, Division 3 program. Be sure to introduce yourself. Swimmers and fans can meet, mingle and ask her your questions about swimming in college.



**Results** are posted near the podium.

**Scoring** for Relay Events:

1st is 14; 2nd is 10; 3rd is 8; 4th is 6; 5th is 4; 6th is 2 points.

Scoring for Individual Events:

1st is 7; 2nd is 5; 3rd is 4; 4th is 3; 5th is 2; 6th is 1 point.

Butler hosted the **diving** events a prior day.

**Souvenirs**, while supplies last: MHCC swim caps, \$6, head-bands, \$6, and new, white MHCC t-shirts, \$26, are available for sale near the DJ, (station 1). Affordable blue t-shirts from the past, \$6, are available. Solid Navy and Black swim suits from A3 Performance (shown on front cover) are available at discounted prices: Girls suits, \$20. Boys brief suits, \$10.

**SKWIM** demo game (unofficial event 23) to start after the last event (event 22), after lane lines removed and SKWIM goals put into position. Kid's get to swim and play SKWIM (unofficial event 24) after the demo SKWIM game with the coaches.

**Pool to stay open, hopefully, to 9 pm.**

# Enjoy Some Food

**Obtain among Stations 2, 4 and 5.**

**Can eat at tables on tennis court, Station 6.**

## Station 2 = Kitchen Window

Chicken Tenders with French Fries, \$12

Slushies, \$4

Nachos & Cheese, \$7

Pretzels & Cheese, \$5

French Fries w/ Cheese, \$5

Big Bopper Ice Cream & Chocolate Chip Cookie Sandwich, \$5



## Station 4 = Cold Food

Club Wrap, including one side (bag of chips, Pasta Salad or Fruit Salad), \$12

Italian Sub, including one side (bag of chips, Pasta Salad or Fruit Salad), \$12

Grilled Chicken Salad, (pre-made), including one side (bag of chips, Pasta Salad or Fruit Salad), \$12



## Station 5 = Grill

Grilled Hamburger, including one side (bag of chips, Pasta Salad or Fruit Salad), \$12

Grilled Chicken, including one side (bag of chips, Pasta Salad or Fruit Salad), \$12

Grilled Hotdog, including one side (bag of chips, Pasta Salad or Fruit Salad), \$10



# Drinks

## (among Stations 2, 3, 7)



Pop: \$3, fountain or cans

Fountain: Coke, Sprite, Raspberry Tea, Lemonade, Ginger Ale, Root Beer

Cans: Pepsi, Diet Pepsi, Coke, Mountain Dew, Sprite, Root beer, Ginger Ale, Diet 7 Up, Fresca, Ginger Beer

Slushy of various flavors, \$4

Gatorade, \$4

Arnie Palmer Tea, \$4

Water bottles, \$3

### Adult Drinks (Station 3)

Mixes, \$10:

Bloody Mary, Strawberry Daiquiri, Pina Colada,

Wines: \$10

Chardonnay, Pinot Grigio, Cabernet.



Liquor, \$10 for all, doubles are \$16

Absolute, Absolute Grapefruit, Raspberry, Kettle One, Mango Pineapple, Titos, Deep Eddy Grapefruit, 3 Olives Grape, Stol. Bacardi, Dragon Berry, Captain, Malibu, Myers, Crown, Jack, Jim, Tanqueray, Jose Cuervo, Triple Sec.

Draft Beers, \$8

### Adult Can Beverages (Station 7)

Beers:

Coors Light, \$4

Corona, \$6

Corona Light, \$6

Michelob Ultra, \$4

Miller Lite, \$4

White Claw Black Cherry, \$7

High Noon, \$8



# **Country Club Teams & Head Coaches**

**Allegheny, Adam Weis**

**Butler, Jeff Gavin**

**Chartiers, Alexander Hardwick**

**Edgewood, Becky Abaray**

**Edgeworth, Lillie Archer**

**Fox Chapel Golf, Megan Sulava**

**Greensburg, Tom Erdos**

**Longue Vue, Laura DiNunzio**

**Montour Heights, Mark Rauterkus**

**Nevillewood, Maddie Hansen**

**Oakmont, Allyson Lindo**

**Pittsburgh Field Club, John Mazurek Jr.**

**Shannopin, Tiffany Bergman**

**South Hills, Luke Modrak**

**St. Clair, Courtney Choura**

**Treesdale, Samuel Schirra**

**Valley Brook, Lydia Molinero**

**Wildwood, Maddy Cordial**

**Meet Entries, Alycia Miller**

*Save this Program as you'll want to visit this site in a couple of days.*

# Meet Photographer

**<https://www.simplysistersphotography.com/Proofs/MontourHeightsSwimChamps2022/>**

Simply Sisters Photography, LLC  
info@simplysistersphotography.com  
412-657-7375

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All images taken at the championship meet will be available for sale and posted to the site on or after July 21, 2022.







## **Post Meet SKWIM Game**

After the meet, stick around the pool and enjoy some food and drink. Plus, watch a demonstration game of SKWIM. The league's coaches have been invited to play with lifeguards in the first game. Swimmers can join in later. Pool open to dusk, 9 pm.

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**Use this Hashtag:**

**#CCSwim22**

**When you take photos and videos that you want to share with the world, upload them and use the hashtag, #CCSwim22. Then others at the meet can find and enjoy them too.**



Do you want to be part of  
a growing competitive  
swim club?

# Join our Swimming Team



We invite you to try out for our swim club.  
Email: [evaluations@steelcityaquatics.org](mailto:evaluations@steelcityaquatics.org)

Are My Kids Ready for  
Team Swimming?

YES, if they are ready  
for a great source of  
exercise, competition,  
camaraderie and fun.



Our Program offers swimmers an opportunity to develop  
skills and have great fun in the process.

EMAIL: [registrar@steelcityaquatics.org](mailto:registrar@steelcityaquatics.org)

WEB: [www.teamunify.com/team/amsca/page/](http://www.teamunify.com/team/amsca/page/)





# Summer is not over yet!

**Join us for an Open  
Water Swimming  
experience on  
Monday, August 1,  
2022**



Coach Joella Baker, of Get Fit Families, hosts open water swimming events and Triathlons at Moraine State Park. These regional events are fun experiences for swimmers and those who like to paddle to serve as guides. Join us from 5 to 7 pm, weather permitting, at Potters Cove, at Moraine State Park. Pay \$15. You'll get a youth USA Triathlon annual membership too. Later visits, once you are a USA Triathlon Member, are just \$5.

Watch an interview from a past WPIAL Swim Championship with Coach Joella (North Catholic) and

Mark Rauterkus, Trib Live HS Sports Net at [tinyurl.com/wpial-joella](https://tinyurl.com/wpial-joella).

See **GetFitFamilies.com**.

Country Club families wishing to attend / ask questions, email Coach Mark Rauterkus, [Mrauterkus@MontourHeightsCC.com](mailto:Mrauterkus@MontourHeightsCC.com).

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Free Ebook, *Readings from the Book of Coach Mark*.

**<https://tinyurl.com/book-of-coach-mark>**

E-book in PDF format from Coach Mark Rauterkus, webmaster for the International Swim Coaches Association, presents insights in Question & Answer format from years of social media engagements.

Witness the coaching philosophy of long-time swimming and water polo coach with experiences that range many decades and span from the grass-roots campers to college athletes.

Seeking early readers to offer book blurbs and feedback.

Cost is \$0.



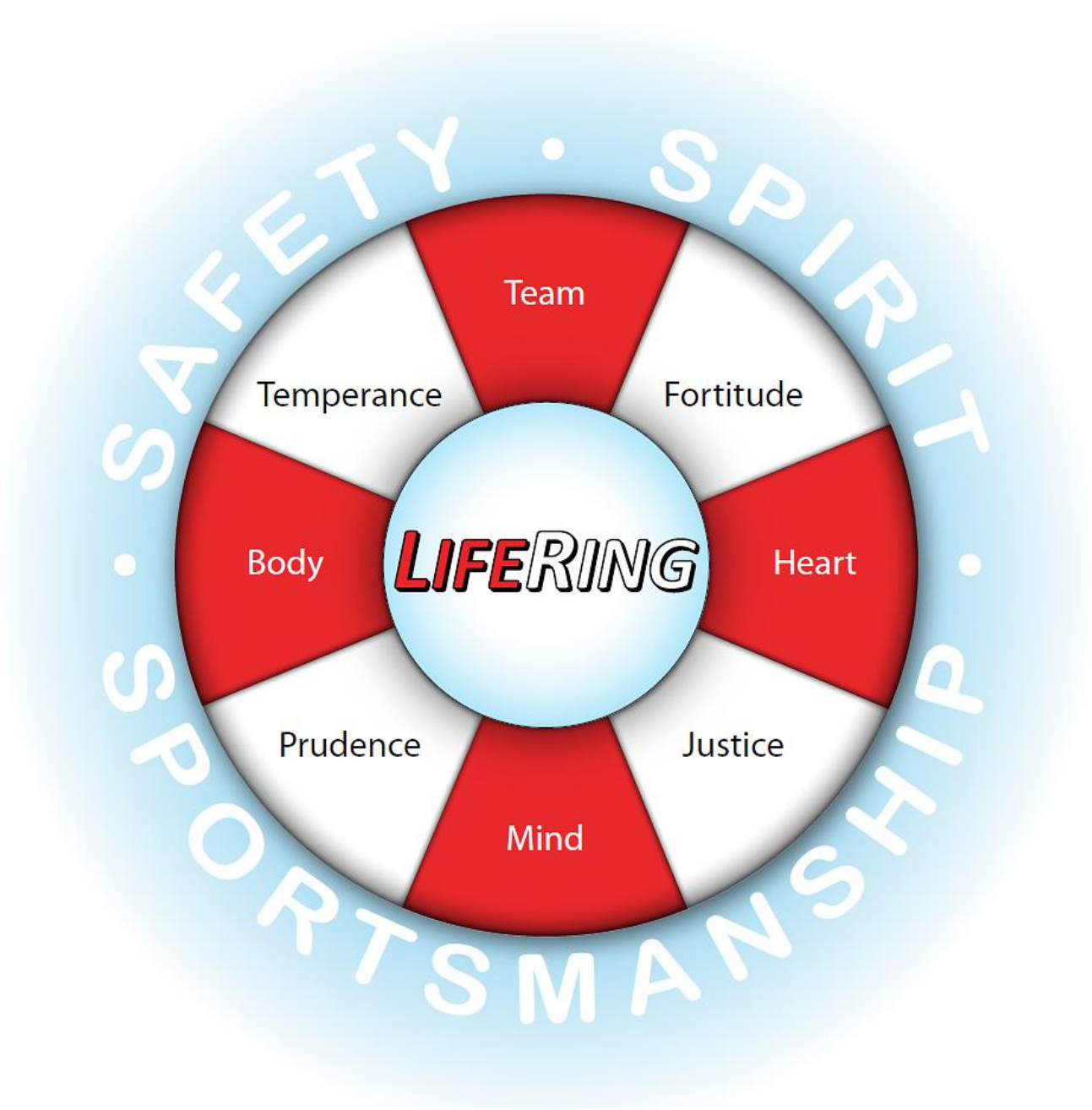
Various online courses for aquatic staff development are delivered as part of ISCA's Lifespan Aquatics Programming.

Many of the courses are blended learning experiences with both on-line and in-person sessions. Other courses are fully virtual. Some courses have a requirement for supervised teaching with a mentor. ISCA's LAP and the U CAN Swim Program is an excellent avenue if you want to upgrade your lesson program and aquatic activities. Call Coach Mark, 412-298-3432.



The International Swim Coaches Association hosts championship meets, often in St. Petersburg, Florida. Details on the next age-group meet in August are posted at [SwimISCA.org](http://SwimISCA.org). Country Club swimmers and teams could enter this meet.





## **SKWIM's Life Ring**

**See [SKWIM.us](http://SKWIM.us)**

How smart is your swimming knowledge?  
Take an online quiz with your family to explore  
your awareness and decision-making abilities  
when it comes to water activities and water safety.