

Cover Page

**Swim and Water Polo Camp**

A proposal for Pittsburgh Public Schools for the Summer Enrichment in 2010

Organizational name: CLOH.Org  
Creating Literate Olympians Here dot Org

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Cover Letter from Mark Rauterkus, founder & coach, CLOH.Org

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Dear Coordinators for Pittsburgh Public Schools 2010 Summer Enrichment,

Summer camps and swimming go hand-in-hand. Naturally, a camp with a devotion to swimming needs to have a prominent role in the line-up of offered activities.

I've devoted my life to the goals and objectives outlined in the RFP for summer enrichment. As a swim coach and city resident, I am so excited by these opportunities for community, students, and myself. These high impact aquatics plans from CLOH.Org match my professional accomplishments throughout the years. I've started and led programs that are exactly what's being asked with the RFP, and I've studied the conditions of successful programs with a world-view.

To me, the decision to blend swimming and summer camps is a 'no-brainer.' But swimming and water polo within the district tells a different story. Sadly, swimming needs to be defended with this proposal. The district wants energy and enthusiasm for its camps, but as it has been said to me in a May 2009 interview by the districts top athletic administrator, Michael Gavlik, "Swimming is a dying sport." I objected to that notion. Swimming's benefits, I fear, are not understood within parts of PPS.

Swimming is within three different 2010 summer enrichment proposals I hope to submit under the CLOH.Org banner: 1) Swim and Water Polo Camp, 2) Junior Lifeguards Camp, 3) Olympic Sports Camp. Before swimming is injected into the lives of PPS students, swimming needs to be viewed differently by some PPS administrators. Furthermore, the style of swimming and aquatics activities with my leaderships in these CLOH.Org efforts needs attention too, as these programs are unlike what has been the norm within PPS in the past.

In the PPS schools, swimming might be dying. But, with high school students in the city, swimming happens at the highest scholastic levels. PIAA Swimming Champions and All Americans reside in the city. They attend private and Catholic schools – not PPS. Oakland Catholic recently won the state high school swim championships. So, swimming in the city at some schools is excellent and thriving.

Furthermore, swimming in suburban Pittsburgh is alive and well. City residents also attend and swim at Shady Side Academy. Nearby schools and school districts have

year-round swim programs. Most swim teams in suburban Pittsburgh are granted unlimited use of their public swim pools in their schools. Their highly organized and competitive community programs serve the community and students year round. It is impossible to find an extra 30-minutes of pool-time-availability any week of the year at Bethel Park, Mt. Lebanon, West Allegheny, North Hills, North Allegheny, Penn Hills and another three dozen schools and communities. There are plenty of proven swim programs elsewhere.

On the other hand, permission to use the pool at PPS Peabody is denied if a volleyball or basketball game is scheduled as the officials to the games of other sports need a place to change.

Peabody, Westinghouse and Carrick have had difficulty fielding swim teams in the past due to a lack of interest from the students. I contend that the poor demand for competitive swimming from the PPS student body is directly tied to the treatment swimming programs have received from the district. Cooperation and access has been impossible, until now. The tide can turn, in large measure, by the launching of the 2010 summer enrichment camps and the initiatives and excitement we bring.

Swim and Water Polo Camp advantages to typical Physical Education swim classes include:

- \* Duration of sessions is three hours. Typical school days can not provide three hours of aquatic instruction.
- \* Daily swimming for five weeks acclimates campers to the aquatic setting, something that can't be done in the winter, nor in a school semester.
- \* Specialized coaches for the camp focus on sports performance.
- \* Content tools made available from the director, Mark Rauterkus, and associates such as Tropical Penguin are world class. Reading and multimedia are not generally areas of concern in school physical education.
- \* Campers interact with and get modeling from assistant coaches. These high school and college employees are absent in school PE classes.
- \* Campers opt into the Swim and Water Polo Camp. In physical education, kids are scheduled into classes.
- \* Campers get to compete and play.
- \* Challenges are woven into each lesson plan. Grades are different.
- \* Competitive testing matches kids against their prior performances, their peers and those in other camps. Meets and relays are not a part of typical physical education classes.
- \* Our literacy and vocabulary support is part of daily activities. Sports literacy will

transfer to wiki pages.

Pittsburgh's children need more swim instruction opportunities and this Swim and Water Polo Camp fills part of a pressing need, as identified by the US House of Representatives in September 2009. See the statement from the US Congress included within the proposal for the Olympic Sports Camp. (Also at [http://aforathlete.wikia.com/wiki/HRES\\_57](http://aforathlete.wikia.com/wiki/HRES_57))

An interesting set of events is at play here in that the federal stimulus funds are being used to finance the PPS summer enrichment opportunities and in the same session the US Congress released a staunch statement in support of swimming instruction.

Citiparks and Allegheny County Parks offer limited swim instruction. The free swim lessons that occurred at the Ammon Rec Center Pool in the Hill District in 2009 were occupied fully by children enrolled in the Centre Ave YMCA. Those not in the Y program could not get swim lessons. The demand for swim lessons and Citiparks' capacity are different. Allegheny County's free swim lessons at the wave pools (all beyond the city limits) are rationed based upon the first letter of the participant's last name. Good luck fitting that into a family's summer schedule.

I led a three week, pilot water polo program in the summer of 2009 in the city at two Citiparks pools. Water polo was very popular and we had great attendance. Average was 25. Fewest was 14, still enough to have a full scrimmage. Most popular day was 40.

Due to reasons beyond the scope of this RFP, it is fair to say that if swimming is dying in the PPS, it is because of the treatment swimming has received. This Swim and Water Polo Camp, as well as other swim opportunities can reverse the trend.

Individually, each of our students, especially the at-risk ones, need to be taught how to keep their head above water, in their pools, around our rivers and in the classrooms. Swimming does become a life or death activity. Swimming is a pathway to teach how to survive in life.

This RFP for expanded summer enrichment is a first year endeavor for PPS. So too is CLOH.Org. Presently, CLOH.Org is a virtual organization, founded a few years ago, but never with transactions, sales, incomes nor debt. After the district makes a pledge to use our services, then the nonprofit corporation will be established. Lawyers and accountants are sitting ready to execute those legal documents.

I started my first swim team as a young coach in 1976. I've coached in areas that hadn't

had teams before, making something out of nothing and establishing sports traditions from scratch. I love creating and building of sports and fitness programs, and I've always blended high-levels of literacy and technology into the daily agenda.

Literacy and sports go together for me as I was a publisher of more than 100 sports titles (mostly books) geared to cutting-edge sports participants. A catalog of these mostly how-to instruction titles is enclosed in this binder. But this proposal goes far beyond with passion and energy, as I'll put literacy into each day's activities calling upon existing content and relationships.

Even last year, in 2008, I founded Olympicpedia, a day-camp in the summer for middle school and high school students. We held our sessions every Monday to Friday from 11 to 1 pm at a commercial computer cafe / lab, CyberConXon. We used the Olympicpedia events and experiences as a way to study and investigate athletes, sports, teams, nations, languages and terms in advance of our trip to Beijing in August for the 2008 Olympic Games. Olympicpedia scaffold next to Wikipedia and was a positive experience for dozens of participants.

This proposal for a Swim and Water Polo Camp has a few extra components that are sure to be popular, educational and challenging with the students, building upon Olympicpedia and the A for Athlete wiki and Wikipedia.org.

In 2009, at four different Pittsburgh settings, we proved that water polo is a popular activity. Water polo was a hit with our kids in the Hill District at Ammon Recreation Center, in East Liberty at Kingsley Center, at Pittsburgh Schenley High School with Juniors and Seniors who have never played the game, and at the Pittsburgh I.B. School, grades 6 to 10. With drop-in visitors at Citiparks facilities and with day-campers as well, After small amounts of outreach, I got kids to show up, on their own, eager to try water polo. They returned with enthusiasm in the days that followed and towed along their buddies to play. On Wednesday, August 13, 2009, from 11 am to 12:30 pm, 40 kids played water polo in the Hill District. Many couldn't swim in the deep water. All had fun. Director of Citiparks, Duane Ashley, was surprised at the turnout and expressed his pleasure with the program.

Citiparks is thought to be presenting an RFP proposal, and it includes a water polo component as well. Likewise a RFP from Kingsley Association has water polo deployed too, we expect. That's great as I love synergy!

August 29, 2009, 30 city kids made a college campus visit to IUP, on their own, without charter buses, at 8 am. I led this group of kids and parents to play three competitive

games against one of the top prep schools in the nation, The Lawrenceville School. So, I've already been working with city-school students in community settings to achieve the overall goals found in this 2010 PPS RFP. Our college visit for the swimmers and water polo players for 2010 is going to be a rematch of the games we enjoyed in 2009. We've been there! We want to go back. And with the support of PPS, more students and greater impacts can be achieved.

I'm certain that this Swim and Water Polo camp is going to attract a favorable response among prospective campers. And, I'm sure it measures up to the aims of the organizers as well.

Sincerely yours,

Mark Rauterkus  
Coach & Retired Publisher

## **Implementation Plan**

### **1. Program Vision**

The Swim and Water Polo Camp is an opportunity for campers to make great strides in their personal swimming proficiency and aquatics understanding. Over the course of five weeks, with daily practices, each camper can become more than one who can swim, but rather become a “true swimmer” and an “aquatic athlete.”

### **Goals**

To teach all the campers how to swim in deep water and race.

To teach and coach campers about competitive swimming.

To prepare and give competitive swim experiences in events and meets.

To train campers about fitness and day-to-day challenges of a competitive swimmer – by being a competitive swimmer.

To teach campers how to play water polo with skills, drills and games.

To play water polo games with an in-house league.

To play water polo in more advanced settings outside of the camp day against other competitors.

To understand more than one-hundred sports vocabulary terms and concepts.

To gain awareness of the greater swimming world from Olympics to local competitions including records and standards and how the campers size up themselves.

To research, learn and present to peers about swimming and water polo people, places, events and insights using paper, presentations and computer – especially the A For Athlete Wiki.

To strive in and document personal, small group and squad performances and challenges, so as to make benchmarks, collect data, and record time and distance results.

To learn and perform drills and new movement exercises so as to be coached and self aware.

To watch, review, film, critique, and model competitive swimming and water polo skills and drills.

To learn and understand skills and progressions of various aquatic moves so well that demonstration and teaching of others occurs.

To gain respect for aquatic safety and dangers in all sorts of settings.

To get an introduction to small water crafts, canoes, kayaks and power boats.

To learn how to paddle kayaks, train in kayaks and play games in kayaks, including kayak water polo.

To learn all the competitive swim strokes and do a legal 100 yard Individual Medley.

## **Activities**

The campers, assistants and coaches are going to act as a swim and water polo team, conduct practices and compete.

The practice begins with a team meeting. Objectives are shared. New vocabulary words are introduced. New skills are previewed. Reviews of past efforts are shared. The mind leads and the body follows.

The warm up exercise routines are taught, practiced and perfected. Flexibility is improved and measured. Strength is measured and increased. Dry land movements help the body to prepare for the swimming and paddling.

The team begins the practice by entering the water and swimming warm up, including a "perfect 50." Practice does not make perfect. Only perfect practices make perfect. Paces, sets, repeats, drills, intervals and skills are mastered.

Teaching and learning occurs in large group, small group and individual settings. Partner coaching helps get everyone up to speed. Those with better abilities are challenged in different lanes than the beginners and novice swimmers.

Initial assessments occur. Everyone's confidence improves. Everyone floats and finds their own balance in the water. Some do butterfly while others are learning to put their face underwater and bi-lateral breathing.

Flip turns, diving/starts and stroke improvement are part of most lesson plans. Swim jargon is explained. Swimming is an engineered sport with one way being the best and the others being wrong to different degrees. None are born knowing how to swim, so everyone must learn and change to be more efficient and faster. Everyone needs to work on streamlines and long strokes.

After a 15 minute talk and 45 minutes of swim practice, we'll break pace and one group gets to use the kayaks while another group does something else – such as watch video tape, learn new swim mechanics or figure out some ways to better their scores on the tests and measurement activities.

In the kayaks, the kids get control of the boats – like learning to drive a car. Campers learn to flip and exit (wet escape) and some are able to, after instruction and practice, if they have the strength, to roll the kayak. The kayak water polo games are the most fun and rowdy times. Even slower swimmers can, with a lifejacket of course, (everyone wears them when in the boats), play in the kayaks and help her team.



Much of the middle hour is devoted to kayaks and recovery, as well as thinking and talking about swimming if it is not your turn in the boat. The last hour of the daily session is geared to water polo practice. Hats, balls, goals and whistle come out. Scoreboards are used too when in-house scrimmages happen.

The water polo time is for everyone, as some of it happens in the deep end and some in the shallow end. Ball handling, passing, shooting, defense, counter-attacks and all aspects of the game are coached and played. By the third week, everyone will have a good handle on the sport and more regular game play can be organized in an intra-squad setting.

Of course, sportsmanship and proper, fundamental, techniques are stressed.

### **How Campers Highlight Accomplishments**

Camper accomplishments are going to be recorded as a regular part of practices. Challenge sets, best times, technique videos are recorded, either on paper or with video and then managed on documents, spreadsheets and wiki pages.

Swim meets and water polo matches result with standings and statistics.

Teams have tournament results.

A Community Sports and Aquatics Carnival happens on August 14, 2010, in conjunction with the Olympic Sports and Lifeguard Carnival and 4H.

Matches and meets beyond the typical camp day are expected to be scheduled, with parents, other teams, coaches and opponents.

Online content filled with results from sports performances and research into techniques and impressions from the students are posted as part of the A for Athlete wiki.

### **Deliverables Campers Produce**

Wiki pages.

A sports carnival.

Awards at swim and polo events in the sports carnival.

Swimmers Log Book, a diary of sorts.

### **Uniqueness**

Few in North America are playing kayak water polo. None play in the style of kayaks (boat) we obtain.

Only a dozen communities have full-fledged water polo programs in Pennsylvania. Our water polo play will attract people from throughout the nation to compete with us, in our pools. Seneca Valley kids played with us in August 2009.

Swimming meets and swim teams are more common in the region. Campers are going to be valued members of their high school swim teams, without question.

The swim content obtained and managed with a site-license and partnership with Coach Steve Friederang and Tropical Penguin is unlike that done anywhere in the world.

Our swim school steps (beginner, intermediate, advanced, etc.) are unlike any others used in North America as they have origins with the New Zealand Quality Swim School program.

The test set, Pulse Plots, are unique were featured in the book, *SprintSalo*, by David C. Salo, Ph.D., presently the head coach of the University of Southern California. See page 24 in the enclosed SSS catalog.

### **Creative Ways**

Competitive swimming is expected from all the campers. We'll have lofty expectations and establish high goals. We'll move all the campers into the water and past floating in a few days. We'll spend our time learning flip turns and how to split the 200 free, not blowing bubbles. We'll zoom with confidence. The most creative progression of swimming advancement will be taught to our coaches before camp begins. These swim steps are not like that found in American Red Cross lessons as ours comes from research and experience of New Zealand Swimming.

### **Motivation of Campers**

The top swimmers are going to score the best in the meets.

Furthermore, some of the swimming is for form and function – not just for speed. The best streamline, glides, stroke economy and drill demonstration are not always the swiftest. So body control is rewarded and valued too.

Various strokes have various super stars. If you are not the best at freestyle, you could still be tops in breast, back, kayak maneuvers, or water polo wrist shots.

Swimmers are often most motivated at beating their own times and not so worried about those of the others. Everyone is a winner as long as their rate of improvement is measured with satisfaction.

Using video cameras is a great motivator.

Putting video content and results into standings and posting them for other coaches and teams to see and compare is a great motivation too.

### **Interesting for middle-grade Campers**

One five second YouTube video of a middle school swimmer that I took two years ago at a local swim practice called *Drill: Swim free with one foot up*, see <http://www.youtube.com/watch?v=S6FmNnhBy2Y> has had 3,263 views. That drill is interesting and hard to do. But, it is interesting for others to see as well. With our

partnership and site license with California swim coach, Steve Freiderang and Tropical Penguin, we'll have hundreds of videos clips to view, manage, re-create, and post. Our combination of swim, kayak, water polo and literacy will interest the campers as other coaches from teams around the nation also will be interested. We'll be trendsetters.

## 2. Link to Outcome Goals

### **Swimming is a pathway to many other opportunities in life.**

Upon completion of the camp, we'd expect the following opportunities to be easily achievable.

Campers could easily join their high school swim teams.

Campers could join Middle School Swimming teams.

Campers could easily join area club swim teams, such as the Sarah Heinz House, JCC Sailfish, Kingsley Stingrays, Team Pitt, and others just outside the city such as Woodland Hills, Keystone Oaks, Carlyington, Shaler, Fox Chapel Killer Whales, etc.

Campers could easily join the community water polo program to be offered in year-round settings by CLOH.Org with Citiparks and PPS permits and cooperation.

Campers could, with their greatly improved aerobic base of fitness, be able to join a fall sport, such as Cross Country or run in the Pittsburgh Great Race.

Campers could join other swim camps in the future, such as those offered at JCC, CMU, Chatham University and Pitt.

Campers could swim on their own throughout the year at the Oliver Bath House.

Campers could swim with more confidence in other settings, such as at a beach vacation, around boats, at a state park, at public pools, at Sandcastle, in backyard pools.

Campers will have begun to establish the swimming strength to one day earn a lifeguarding certification that leads to jobs and even college scholarships. There are some college jobs and scholarships for lifeguards.

Campers will be able to do Triathlons and Biathlons.

Campers will be able to join with confidence in rowing, kayak, dragon boat, canoe teams and trips with their swim abilities.

Campers will be able to paddle with Venture Outdoors on the river near PNC Park.

Swimming is an activity that pits the individual against forces of nature: gravity, water, air, distance, fatigue. The individual must be self reliant and have full ownership of the situations. Others can't swim for you as it has to be done yourself. Likewise, with swimming, one can't hide behind a helmet or be concealed behind baggie clothes. The wisdom, maturity and independence that the campers earn for themselves in the swimming pool make the school-based swim pool an excellent laboratory for learning about oneself. This swim and water polo camp is about self discovery, and it is about self transformation. What happens on the first days are not what occurs at the end. A :35 second race of 25 yards ends with a heart rate of 180 bpm on day one. But on day 25, the time is at :16 seconds and 130 pulse rate and in one-quarter of the total strokes (distance per stroke improvements). So, the kids learn that the coach's advice helps. It can be understood and followed so as to better oneself and make big improvements. The

transferable skills of working, listening, changing, improving and refinement are a few of the keys why we love to coach and why swimming is such a benefit to young people in life.

### **Passion throughout the year**

Swimming is a year-round sport. In schools it happens in the winter, (simultaneously with the basketball season). We even get to jump into the Mon on New Years Day with the Polar Bear Club.

Water polo is a more seasonal sport but it is played in the spring, summer and fall with different clubs and school teams. In the height of the winter swim season, we don't play water polo, as kids are expected to be on their swim teams, if only to be a better swimmer for the next water polo season.

Peabody HS does not have a school swim team. Playing water polo can happen in the winters there.

The pledge from the administration of PPS to provide access to the facilities beyond the time of this five week camp is something that is taken seriously and most welcomed as a change in policy. Kids want to swim and programs are able to be established, if the new approach is delivered. These endeavors can wedge into moves to year-round activities. We have the kids, the pools, the equipment, the clearances – but we have lacked the permission to use the pools.

Swimmers often train, compete and talk with other swimmers who are NOT in their same school and not with their same club. They compare swimming notes and times from practices and meets as a touch-stone with each other. Swimming's shared experiences make an extended group of friends that stretch throughout the city and region. Swimmers share, network, and our outgoing with friends even when distance is involved. These bonds help to motivate and entertain – as swimmers are social people. Waterpolo players, perhaps even more so. These friendships will sustain them into college and once in college, a swimmer can quickly plug into another, wider set of friends as well, yet keep their old friends.

### **Links to High School and College-Readiness**

Much of life is about dealing with time, space and relationships. Swimmers and water polo players constantly wrestle with time, space and relationship challenges. Wasted motions and wasted time are eliminated at every turn. The focus in sports – especially in swimming and water polo – are valued lessons for time management outside of the swim pool, too. Swim teams are often the best academic units in high school and college campuses – outperforming the student body and other athletes. A keen sense of discipline with time and space is what sets them apart.

Swimming can lead to the Pathway to the Promise through discipline and hard work as it is applied to academics.

Swimming is a science: Fluid dynamics, aerodynamics, biomechanics, biology, physiology, anatomy, chemistry, psychology and all sorts of engineering disciplines are basic elements to the most aware swimmers and coaches. Swimming can uncover many different branches of science to engaged athletes.

The Swim and Water Polo Camp will have adult coaches. Additionally, two assistant coaches are expected each day. These coaches will be high school and college students and swimmers. Our campers will get to meet and hear from the older kids as to how their teams train and compete at the college level.

Mike Meyers, head coach at Chatham University, has expressed an interest in helping with the camp. He'll visit with the campers and share his insights into what it takes to be a college student and college swimmer and water polo player. I am certain that other college coaches will be available as well. For example, the Penn State University coach visited in the summer of 2009 at the JCC in Monroeville.

**Links to 21<sup>st</sup> Century Skills for the Swim and Water Polo Camp are numerous.**

#### Accountability

Swimmers will be asked to keep their own performance times, heart rate scores and more.

Water polo players who are too rough get ejections, game ejections, red cards, etc.

#### Application of Technology

The A for Athlete wiki will be expanded.

Attendance on a notebook computer will be daily.

Photos and video will be in continual use.

#### Career Flexibility

Aquatics has opportunities for lifeguards, instructors, EMS, managers, coaches, publishers, reporters, timers, starters, pool operators, etc.

#### Civic Knowledge

Pool ownership is often with a public entity; PPS, Citiparks, County, State Parks. Health Department influences.

#### Code-Switching (fitting your demeanor to the situation)

Cheering wildly at meets for buddies to go fast, yet being so quiet as to hear a pin drop at the start of the race so all can hear the commands is one giant code-switching opportunity in swimming.

### Communication

Communications in a splash filled setting with 25 others is not nearly as easy as a classroom. Listening to instructions is a challenge. Sign language and body language is a part of coach/athlete communication.

### Community Involvement

Guests will visit the practices, such as college coaches. We'll host meets and interact with other elements of the camps (Jr. Lifeguards, Olympic Sports, Sport Management).

### Creative Thinking

Water polo is about being creative to get the ball past the opponent and in the net.

### Cultural Awareness

Swimming and water polo are world-wide, Olympic sports. We'll deploy a swim progression crafted in New Zealand.

### Deductive Reasoning

Building strokes (for example backstroke) with drills and skills is going to give more power and faster times. Over kick and get your legs too tired to swim a half-mile would not lead to a good result.

### Embracing Diversity

Kids in the camp are going to be from all around the city with all different types of skills. We'll help each other and work as a squad.

### Ethics

Taking turns and getting out of the way of others is necessary in the swim practice. Playing dirty is never rewarded in the water polo games.

### Etiquette

What goes in the lunch room, classroom and playground can't always work in the swim pool. We make waves. Disruptions can be flash points for danger – like pushing or jumping in on or near another. Safety is paramount in all activities.

### Global Awareness

The Earth is 4/5<sup>th</sup> water, and being aware of water is necessary for life.

### Goal Setting

Scoring a goal in water polo is hard work. Getting a city-championship as a competitor

takes months of practices. Improving one's time is do-able.

### Healthy Decision-Making Skills

We don't run on the pool deck because it hurts to fall and bump your head. Everything we do at the pool is about being healthy, strong and not causing an injury or getting injured – or worse. The swim pool is the best place to learn and reinforce healthy decision making.

### Information Accessing

We'll build best times and results and compare them to norms and past performances. Who improved the most? Who holds the record today?

### Interviewing Skills

Every day includes a team meeting to get strong understandings and get everyone headed in the same directions.

### Leadership Skills

Team captains help in water polo games. Lane leaders are valued in swim practices. Exercise routine leaders lead in warm-ups.

### Lifelong Learning

We'll learn about aging and the history of our sports. We'll also be a site for teach-the-teacher so that visitors can come to understand what we do with our models as it is much better than what is done with the American Red Cross and typical Learn To Swim programs. Our YouTube videos and wiki pages will aid other teachers in other parts of the nation to get an understanding of our methods.

### Long-term Planning

Swim seasons have different phases for a focus on training: aerobic, endurance, skill development, speed, races, recovery. There are better times to do different types of practices so as to have a great end of season performance.

### Managing Information

Heats, times, races, results, scores, and rankings make swimming the most data rich setting in sports. We'll manage this information daily.

### Media Analysis

The video library from Tropical Penguin software has hundreds of videos that we'll review, critique, duplicate, evaluate and integrate into our practices and our wiki pages.



### Multi-tasking

Coaching, timing, cheering, recording and having fun – are always activities. Swimmers always are working on multiple skills at the same time, from kicking to stroking to breath taking.

### Negotiation

Among peers, negotiation happens frequently: “You play goalie this quarter, I’ll be in the net next quarter.”

### Personal Finance

In the moment of a practice or race, personal finances mean nothing. Rich or poor does not matter to the clock nor the ball. However, in terms of access to travel, championship meets and system-wide benefits (weight equipment, etc.), fees need to be collected or funds obtained. If you want to go out to eat after the meet, be sure to bring \$20.

### Problem Solving / Logical Thinking

Making meet line-ups for intra squad games is a complex problem. Who swims in what relays. Who subs in for who? Who can cover their best player?

### Project Management

Building a swim meet and aquatic carnival for the end of camp is our main project management task. Each athlete is a project that needs self management so great gains can be charted.

### Public Speaking

Team meetings are good public speaking opportunities. Reports on the A For Athlete wiki are also speaking events.

### Responsibility

Gaining access to the kayaks is about responsibility. Also, editing of wiki pages breeds great levels of responsibility.

### Self-Motivation

Pushing oneself to just get to the other end and stay off the bottom is self-motivation in a primal way. Kids will come to understand that hard work of yesterday causes soreness today but means the future efforts are going to be more easily performed.

### Self-Reflection

Video stroke analysis and hydromechanics help swimmers improve in a more perfect stroke / form.

### Social Interaction

Teams and workout groups get to understand and respect each other in tight places where limbs are flying. Times exist for chatting and mingling, while other times are serious for kicking and high energy effort.

### Systems Thinking (interaction between parts of a whole)

The body is a system from finger tips as paddles to blood to muscles for power and air to breath. We'll learn about the body's systems.

### Teamwork / Collaboration

This is water polo's top skill, perhaps.

### Test-Taking Strategies

Every day the campers will be challenged with tests and measurements.

### Time Management

Races and times in swimming and shot clock in water polo are serious time management skills.

### Working Independently

Swimming is all about being independent. Same too for being in a kayak. The swimmers log book is also a major task for self-evaluation and independent work.

### 3. Schedule

Campers in the Swim and Water Polo Camp attend the same high school setting for literacy in the morning. After lunch, campers go to the indoor swim pool in the school for the afternoon activity period from 1 pm to 4 pm.

#### General Description

The pace and focus changes in the session each day. All stay motivated and engaged as new challenges are always introduced.

The three hour practice has the following general sequence:

1 pm: Team meeting, dry-lands, warm-up, competitive swimming workout.

2 pm: The squad is split into two stations for the middle hour. All stay in the pool area. Kayak activities happen with half and the other half has in-depth learning. On most days, after 30 minutes, the two groups flip.

3 pm: Water polo practice. Breaks between activities help for recovery and better focus.

#### Sample day at the pool:

By 1 pm: arrival on deck in suits with equipment ready. Greetings with coaches. Welcome. Socialize. Learn names of mates.

1 pm: Team Meeting, Review, Instructions, Interviews. Mind Leads and Body Follows. Presentations of Vocabulary. A For Athlete announcements.

1:15: Warm up routine

1:20: Dry Land Exercises (some days)

1:30 Swimming warm up, drills, skills.

1:40 Main sets, kicking, pulling, springs.

2:00 – Four lane-lines are removed.

2:01 - Split into two groups:

Group A to do in-depth of skills, perhaps video tape dives and streamline. Watches video tape. Performs some dives in one corner lane in deep end.

Group B to do kayak play: Learn to water escape once a boat flips in shallow end of pool. Zig zag race in the last 10 minutes for time, and if your boat flips, do a water exit.

2:30 – Groups A and B switch stations

3:00 – Water polo goals into pool. Other lanes out of pool.

3:01 – Caps, balls, into water and water polo drills begin

3:20 – Shooting drills

3:30 – half-court games

3:40 – full pitch game with team Alpha vs. Bravo

3:50 – full pitch game with team Zelda vs. Delta

4:00 – hit the lockers at end of day.

### **Beyond the pool time examples:**

Optional 4H.CLOH.Org activities happen as early as 6:30 am. Some will go to the swim pool for **early bird** on some days. Early bird is optional and extra!

Outdoor movies, also optional.

Journal writing for *The Treasure Within*, a swimmers log book can happen at home.

Paper and wiki contributions for glossary / vocabulary and uploaded to A for Athlete as time permits at home or at the library.

Stretching at home before and after sleep, 6 minute routine.

### **Weekly Objectives**

Week one:

Swimming, paddle and water polo assessments.

Opening tests.

Crash course for nonswimmers to get deep water skills.

Learn exercise routine

Swim freestyle drills and understand distance per stroke

Week two:

Swim breaststroke

Understand all water polo rules

Understand swim meet behavior and expectations and rules

Master kayak water exit and test the kayak roll.

Play kayak water polo drills and first games

Understand Tropical Penguin inventory of stroke videos

Week three:

Understand exercise routine 2

Swim butterfly

Play full water polo game

Explore, by camper by chapter, the SSS text book, US Tactical Water Polo by Monte Nitzkowski, six time USA Olympic Coach. See page 28 of the enclosed SSS catalog. Each camper is responsible for only one chapter. Other readings and DVDs about water polo are optional.

Week four:

Swim backstroke

Have In-house water polo league in full swing

Prep for Aquatics Carnival.

Exposure to Lifeguarding and Surf Competitions

Upload vocabulary terms to A For Athlete wiki

Upload best of videos to wiki

Week five:

IM (Individual Medley) time trials

Do pulse plots and challenge set 8 x 100 on interval

Play full kayak water polo game

Refine multi-media online content and performance results.

### **Post Camp:**

Celebrate and compete at the Olympic Sports Carnival. This can be a two day event at Allegheny County's North Park. We'll be able to gain admission to the pool and use part of the pool for time trials, meets and competitions.

Time utilization in the afternoons for maximum learning pivots on the execution of the lesson plans, all charted before the summer arrives. Teams and coaches will have a minute by minute set of tasks. However, the kids are going to need some flex time and social time. This is why we have the 4H.CLOH.Org Extra Time and Early Bird Sessions.

### **Early Bird and Extra Bird!**

A rich schedule for extra activities is being planned for the campers. Dozens of extra and optional sessions are better described as part of the RFP devoted to the Sports Management and Entrepreneur Camp. However, participants in all of the CLOH.Org camps, and perhaps others as well, are able to take advantage of these extras. These extras are before 9 am and after 5 pm on weekdays and on the weekends. These extras are offered in collaboration with Penn State University's Extension in Allegheny County and 4H. The site, 4H.CLOH.Org will have all the details for parents and community to discover. More details about 4H.CLOH.Or are in the end section.

### **Shared schedule notes for the swim week and Kayaks:**

One day per week, the kayaks are used by the swim squad of the Olympic Sports Camp. The swimmers in the Olympic Sports Camp meet at a different location from those in the Swim and Water Polo Camp. That days session, the kayaks are used the first hour then swimming and water polo are in the final two hours. This allows the kayaks to be shared with those in the Swim and Water Polo Camp. The kayak equipment can be towed from one setting to another, say Schenley to Peabody, from 2:30 to 3:00. So, on these days, kayak play occur at 1 pm with the campers in the Olympic Swim Camp and then at 3 pm with the Swim and Water Polo Camp.

#### **4. Camper and Staffing**

Mark Rauterkus is the camp director and executive coach and may or may not be present in the afternoon sessions. But he'll be able to be reached via cell phone. He'll lead camp staff meetings, daily.

Two, experienced, adult swim coaches, a head coach and a co-coach, will implement the program.

Two assistant coaches, much like lifeguards, are going to be engaged in leading every session as well. The assistant coaches are either college or high school swimmers or water polo players.

Guest coaches, guest instructors and guest supervisors are expected throughout the five weeks. This could include college swim coaches, lifeguard experts, water polo coaches, Junior Lifeguards, visiting swim instructors, college athletes, potential club helpers.

Four or more adults are due at the pool every day with the campers.

Consultant coach with multimedia content and distance education is Steve Friederang CEO, Tropical Penguin, Inc. 2724 Cape Drive, Corona, CA 92882 800.999.0824 International 1-951-898.0007 Fax: 951.371.8776 [WWW.tropicalpenguin.com](http://WWW.tropicalpenguin.com)

At one site, the camper registration range has:  
a minimum = 15, and  
a maximum = 30.

One or two sites are possible in 2010. With the additional site, (second site) the Swim and Water Camp could accommodate a total of 60 campers.

#### **Why and How for the camper registration numbers**

With 30 campers in a six lane pool (most pools in PPS have six lanes) we'd have five swimmers in a lane. More would be too crowded. To play water polo, we'd want at least 14 players, seven per side.

Ratios:

30 campers / 4 coaches

30 campers / 12 kayaks

In House Water Polo Team 10 players / 3 teams (winners stay in)

In House Water Polo Teams 7 players / 4 teams (brackets)

In House Swim Teams 15 kids / 2 teams

## Staffing Model and Structure

Staff positions, roles and responsibilities with 4 individuals:

### Setting: Roles

Time trial swim meet: Starter, stroke official, coach, timer/recorder.

Water Polo match: Referee, scoreboard/shot clock, video camera, coach to monitor subs

Teaching Drills: Lead coach, demonstration swimmer, lifeguard, on task coach.

Total number of staffer members, at least 4. Up to 10 as we have guests.

Staff has not yet been hired for the various roles in the camp.

+ Hosea Holder, a long time coach for PPS, formerly with Citiparks and current coach for the Kingsley Stingrays is expected to be hired for some role in the overall programs.

+ Mike Meyers of Chatham University expressed a desire to help with the program, perhaps as a guest coach.

+ Chatham University swimmers and water polo players could be a perfect source for staffing. Mark Rauterkus helps to coach those teams, so he knows the individuals. Chatham has no summer school. In 2009, four student athletes stayed in Pittsburgh to train in the mornings. This is a growing trend. Our afternoon camps could be a perfect fit for many, even teachers and especially coaches.

+ The assistant coach roles and lifeguards can be hired among the college students and high school students in the programs offered with CLOH.Org. In the summer of 2010, we expect to have a number of morning programs until noon. Then those individuals would be available for afternoon work.

+ Generally, swim coaches in the area work with their teams in the morning hours and evening hours. This means that the 1 to 4 pm period, the time of the PPS camps, are available times for coaches. I feel confident that there are plenty of expert coaches that would come to work with the Swim and Water Polo Camp provided that they are paid.

## 5. Facilities and Materials

The Swim and Water Polo Camp has a few simple facility requirements and constraints. This camp is slated to be an on-site provider, so all activities are to occur within PPS facilities.

In 2010, it would be great to offer one or two sites for the Swimming and Water Polo Camp. So, one session could be conducted at Reizenstein / Schenley and another at Peabody.

Possible locations, in no specific order include:

Reizenstein / Schenley

Peabody

Allderdice

Perry

Carrick

Brashear

Westinghouse

Pittsburgh Classical Academy – but not if the water temp is sky high as was the case in 2009.

Some of the PPS Schools that are not well suited:

Langley High School – 4 lanes and shorter distance

U-Prep High School – 4 lanes

Frick High School – 4 lanes

Arsenal Middle School – 4 lanes

Those pools with less lane space might be able to handle 20 swimmers. However, the opportunity for water polo and kayaks are greatly restrained. Perhaps in 2011, other camps for novice swimmers can be organized to use the other pools. Furthermore, it would be a pleasure to have swimming occur in the other pools as part of a system wide learn to swim endeavor that deploys the same skill set as being established here. Consultation with PPS administrators desired.

### **Facilities Meta Table for PPS Administration Consideration:**

Five sample line-ups of various camp locations is proposed as an aid for fitting the CLOH.Org suite of offerings into the landscape of PPS facilities:

Orange Example:

Swim & Water Polo Camp, site 1 = Peabody



Swim & Water Polo Camp, site 2 = Allderdice  
Olympic Sports Camp = Schenley  
Junior Lifeguard Camp – site 1 = Carrick  
Junior Lifeguard Camp – site 2 = Perry  
Sport Management and Entrepreneur Camp = anywhere above

Red Example:

Swim & Water Polo Camp, site 1 = Allderdice  
Swim & Water Polo Camp, site 2 = Perry  
Olympic Sports Camp = Peabody  
Junior Lifeguard Camp – site 1 = Schenley  
Junior Lifeguard Camp – site 2 = Carrick  
Sport Management and Entrepreneur Camp = anywhere above

Green Example:

Swim & Water Polo Camp, site 1 = Schenley  
Swim & Water Polo Camp, site 2 = Carrick  
Olympic Sports Camp = Allderdice  
Junior Lifeguard Camp – site 1 = Brashear  
Junior Lifeguard Camp – site 2 = Peabody  
Sport Management and Entrepreneur Camp = anywhere above

Black Example:

Swim & Water Polo Camp, site 1 = Schenley  
Swim & Water Polo Camp, site 2 = Brashear  
Olympic Sports Camp = Peabody  
Junior Lifeguard Camp – site 1 = Allderdice  
Junior Lifeguard Camp – site 2 = Perry  
Sport Management and Entrepreneur Camp = anywhere above

Blue Example:

Swim & Water Polo Camp, site 1 = Peabody  
Swim & Water Polo Camp, site 2 = Brashear  
Olympic Sports Camp = Schenley  
Junior Lifeguard Camp – site 1 = Allderdice  
Junior Lifeguard Camp – site 2 = Perry  
Sport Management and Entrepreneur Camp = anywhere above

### **Transportation of students to off-site locations**

The Swim and Water Polo Camp happens at PPS settings. We'll bring in kayaks, equipment, experts and computers to the pool area. Hence, we'll not need to travel elsewhere for the 25 days of the camp.

Campers academic periods in the morning happen at the same facility as the afternoon practices. So, if a swimmer who resides in Carrick wants to be a part of the Swim and Water Polo Camp, and if the Swim and Water Polo Camp is being offered at Peabody, that camper goes to Peabody for the literacy instruction in the morning and stays at Peabody for the afternoon. Then at the end of the day, that camper gets onto a city school bus to return to the home neighborhood.

Getting some other experiences in other locations for the campers can occur with the 4H.CLOH.Org opportunities.

Swim and Water Polo Camp can have a swim meet as part of the final carnival at North Park.

### **Required Forms**

Insurance can be obtained for the camp through American Water Polo.

[http://aforathlete.wikia.com/wiki/American\\_Water\\_Polo](http://aforathlete.wikia.com/wiki/American_Water_Polo) That membership costs \$30 per child. A form is necessary. A copy of the form is enclosed at back of binder.

<http://images2.wikia.nocookie.net/aforathlete/images/6/68/AWP-Indiv-PDF.pdf>

The standard health form from Penn State University / Allegheny County Extension will be used by 4H.CLOH.Org. It has a photo release, medical mentions and even a code of conduct, as well as the other basics such as contact information in case of emergency or other coaches need to talk with the parents / guardians. Copies of this multi-page form are enclosed. All campers are going to get a 4H membership, cost is \$10.

Each camper is also going to get one buddy pass to 4H membership as well. Then a friend, not in the full PPS enrichment camp, could join with the optional activities such as the Early Birds and final Carnival.

Parent volunteer forms are available from Penn State University for the 4H.Cloh.Org effort as well. They are attached. Cost for adult volunteers is \$0. But, they must be registered.

Plenty of paperwork and score sheets will be part of the regular operation of the

campers day so as to mark performances. But these are not 'required.'

## **Equipment and Supplies**

### Swim Suits:

All swimmers could be provided swim suits but this is a decision for the PPS Administrators. In the past, school children were provided suits. In the present, the students need to bring their own suits. Annual.

$30 \times \$50 = \$1500$

### Swim Caps:

White or logo swim caps should be provided to the swimmers. Putting the swimmer's name onto a cap with Sharpie Markers is a good way to easily learn the names of the swimmers in quicker time – and help with visiting guest coaches too. Swim caps cost \$3 each and make a good investment even if they are only place holders for names. The ones with longer hair are going to need caps. Latex caps can be worn under the water polo caps, based on the color.

Some (12) dark caps are nice for under the dark water polo caps for those who always wear swim caps. Annual.

$100 \times \$3 = \$75$

$10 \times \$15 = \$150$  for some non Latex caps for those with skin issues

### Swim goggles:

Swim goggles should be provided to all of the swimmers. Most of the kids will not have their own goggles. They are needed for eye protection. The goggles are personal equipment and can be kept at the end of the session. Cost of the goggles average less than \$20 a pair. A range of goggles with different colors and styles should be obtained so the kids know what pair is theirs. Goggles are not worn while playing water polo. Annual.

$50 \times \$20 = \$1,000$

### Swimmers Log Books

The swimmers will each have a notebook/logbook for handouts, keeping time records, etc. This is much like a swim journal. One logbook was authored by Kevin DeForest and called, *The Treasure Within*. See page 11 of the SSS catalog. Annual.

$50 \times \$25 = \$1,250$

### Stretchie, Surgical Tubing

Each swimmer gets a Stretchie, a simple device made from surgical tubing. This replaces weight equipment and helps build strength, body awareness and muscle

balance. Plenty of exercises for upper and lower body can be done with the Stretchie. Annual.

35 x \$10 = \$350

T-shirt & Technical Shirt & Shorts

Each camper should get a uniform. The technical shirts can be worn under the PDF of the kayak as a rash guard. The shorts will help with modesty around the pool deck.

Annual.

30 x \$60 = \$1,800

Coaches' Attire

10 x \$60 = \$600

Balls, bags

We'll want a range of regulation and non-regulation balls for the activities. Annual.

10 x \$30 = \$300

30 x \$10 = \$300

5 x \$15 = \$75

Awards, Trophies, Certificates, Ribbons

Recognition awards. Annual.

\$300

Available PPS Equipment:

Kick boards, backstroke flags, orange traffic cones, tables, chairs, pull floats, table-top scoreboard, pace clocks, starter's horn need to be provided by the PPS. Durable goods.

\$0

Office equipment:

Clip boards, netbook computer, pencils, markers, poster board, pens, stapler, printing paper, folders, file drawer, locks, can be obtained in an office budget. Annual fee.

\$500

Water polo scoreboard and electronic shot clock capability

Too expensive. A simple flip chart scoreboard available in schools can suffice.

Water Polo Goals

Mark Rauterkus has goals for water polo delivered as per fall 2009 for Reizenstein/Schenley. They could be used. Another set of goals has been secured but are still at a college campus, W&J. They are deck mounted goals. They need some

modifications to use in a pool. Generally, water polo goals cost \$1,500 each. Durable goods.

Deck Repair for Wall Mounted Goals, \$1,500 estimate.

Kayak Water Polo Goals and background net if required

Much like portable basketball hoops, these kayak water polo goals are going to be needed and we'll need to make them ourselves. The mobile basketball standards can be purchased. However the opening needs to be crafted. Durable goods.

\$1,800

Kayak Equipment

12 boats = \$9,116.76

12 helmets = \$1,880.40

14 paddles = \$824.60

12 skirts = \$1,560

12 lifejackets = \$1,308

Splash guards = none

Cockpit covers = none

Storage = none

Freight to USA = \$4,880

Total Bill = \$19,569.76

Trailer for Kayaks.

The costs is \$3,845 made by a PA company, Blue Mountain Outfitters.

Specifics on Kayaks:

The best source for Kayaks is David Welch, Manager, and Wade Wilson, Canoe & Outdoor World, Unit 4, 7 Pilgrim Place, Christchurch 8011 voice: 03-366 9305 in NZ voice = 0800 MORE FUN, web = <http://www.canoeworld.co.nz> Also known as Q-Kayaks,

**DESIGNERS & MANUFACTURERS of KAYAKS & KAYAK ACCESSORIES**

137-9 Mulgrave Street, Ashhurst, 4810, New Zealand. Phone 06 326 8667. Fax 06 326 8472.

New Zealand has equipment that is superior to what we have in North America.

Furthermore, the importing of the equipment gives a global perspective to the students and staff. And, in time, we'll want to send and host a delegation in New Zealand and elsewhere to compete and train.

The prices as requested in NZ\$ if paid from overseas. If paid from a NZ bank account,

you will need to add on 12.5% for GST.

QK Cyclone with bumper's

\$759.73 each, Total of 12 = \$9,116.76

QK Helmets with faceguard

\$156.70each, Total of 12 = \$1,880.40

QK Safari Fibreglass Basic Paddle, \$58.90 each, Total of 14 = \$824.60

QK Neoprene Spray skirts, \$130.00 each, Total of 12 = \$1560.00

LCL Sea Freight to Pittsburgh USA \$4,860.00 → Better than above. A \$5k savings.

PFDs / Life jackets:

We want to be certain to obtain life jackets that are US Coast Guard approved.

Teams are identified by their buoyancy vest/personal floatation device (PFD) color and number. Kayak polo has specific requirements of the PFD such as side padding. A good Europe/UK retailer:

[Http://www.canoesandkayaks.co.uk](http://www.canoesandkayaks.co.uk) that sells PFDs "used by polo teams all over the world." 12 x 68.99 BGP = \$109. USD. But discounts are expected to match shipping costs. Durable.

Splash Guard, top layer:

No splash guard is needed if polo is played indoors in heated pools, or outside in warm water. A rash shirt or similar tight-fitting thermal layer usually suffices. If however a top is necessary, to play in spring or fall in cooler conditions, then a local source for splash guards would be located.

Storage of Kayaks:

Kayak equipment should be stored under cover in a dry ventilated area. The boats are best kept indoors and most certainly out of direct sunlight. UV rays can damage the plastic over time. They may be stored flat or standing up (as long as the bumpers are not damaged) depending on the space available. If however they are to be stored outside face-down under cover, then cockpit covers help in keeping them clean and clear of wind blown rubbish.

Trailer for Kayaks.

The costs is \$3,845 made by a PA company, Blue Mountain Outfitters.

### **Plans to Procure Equipment and Supplies**

Supplies can be purchased with the help of PPS Purchasing or else with a PPS Credit Card, or else with the camp's executive, Mark Rauterkus.

## **Budget and Budget Narrative**

### **Alignment of Budget with Implementation Plan**

To do new, fresh, and engaging things in the water, we need new, speedy toys. This year the kayaks are special. And ball sports are generally fun. So, when we introduce the ball to the swim pool, with kayaks, we'll guarantee solid results. But these kayaks will be available for years to come. The investment should be made in 2010 before swimming does die.

### **Assumptions of Proposed Costs**

The biggest budget element that is left to the PPS is the cost of the swim pool. This plan calls for \$0 to go to the PPS for the swim pool use because it is an existing facility.

The economics of swimming pools are such that the water in the pool won't wear out. The pool and deck are cement and tile structures. Pool chemicals and water are cheap and most of the costs of the pool are fixed capital costs.

Over the past decades, PPS made significant capital investments into their swimming pools. In the summers, the pools are generally never used because of the outdoor pools. Now, with these RFPs and the 2010 enrichment efforts, the indoor pools, already built, can be leveraged as year-round learning labs.

The use of the pool(s) and equipment beyond the time of the camps is expected. Morning swim practices, evening swim meets, weekend activities and even outdoor movies are all part of the overall expectation of the 2010 activities in association with the camps and 4H.CLOH.Org.

The Saturday after the last class, a massive Sports, Aquatics, Lifeguard, Olympic Carnival is expected. That program will use various PPS facilities as well and be a big summer celebration. This end of summer celebration / carnival is a global expense or else a volunteer effort and not part of this budget.

### **Personnel Budget**

Executive Director = \$1,000

Head Coach = 4 hours per day x 25 days x \$30 per hour = \$3,000

Co Head Coach = 4 hours per day x 25 days x \$25 per hour = \$2,500

Assistant coach = 3 hours per day x 25 days x \$20 per hour = \$1,500

Assistant coach2 = 3 hours per day x 25 days x \$17 per hour = \$1,275

Guest coaches stipend and gas = 5 x \$200 = \$1,000

Staffing total \$10,275



### **Travel and Transportation Budget**

Zero. The Swim and Water Polo Camp is going to stay put without travel.

### **Materials Budget**

The larger factor in this budget is durable goods. In following years, after the kayaks are purchased, the cost per camper is greatly diminished.

### **Cost per camper**

The cost per camper in this budget for coaching and supervision is \$342.50.

The cost per camper for goods that the camper keeps is \$214.00.

The overhead cost per camper is \$59.16 (office expenses)

Durable goods costs per camper is \$880. That covers kayaks and such. However, about \$88 can be billed to the Olympic Sports Camp as they'll use the kayaks for 1/10 the time.

Cost per camper for water polo insurance is an extra \$30. That is year-round coverage.

The 4H is another \$10 for the camper and \$10 for the camper's buddy.

The total cost for the Swim and Water Polo camp is \$46,389.76. That is about \$1,526 per camper. Per child, that amounts to about \$300 per week and \$61 per day, and \$20 per hour.

### **Cost vs. Camp Chikopi**

The 2 week camp that I helped to coach cost \$1,520. That is an overnight camp. This RFP proposal and existing budget delivers a 5 week camp with plenty of opportunities for the same price. And, with our camp, the campers get to take home a good bit of gear.

Price sheet at end of book. [Http://www.CampChikopi.com](http://www.CampChikopi.com).

### **Transparent Nature of Budget**

This budget is transparent as to the point of being posted onto the internet as part of the wiki pages at <http://CLOH.wikia.com>.

## Spreadsheets budget:

30 participants:		for campers	overhead	durable
Swim and Water Polo Camp				
Swim Suits:	1500	1500		
Swim Caps:	75	75		
Swim caps Neop	150	150		
goggles	1000	1000		
Log books	1250	1250		
Stretchie, Surgical Tubir	350	350		
t+shirt+short	1800	1800		
Coach attire	600		600	
Balls, bags	300		300	
playball	300		300	
bags	75		75	
Awards, Trophies, Certif	300	300		
Office equipment:	500		500	
WP Goals	1500			1500
Kayak Goals	1500			1500
Kayak Equipment	19569.76			19569.76
Trailer for Kayaks.	3845			3845
Staffing	10275			
insurance	900		900	
4H + 4H Buddies	600		600	
<b>Totals</b>	<b>46389.76</b>	<b>6425</b>	<b>3275</b>	<b>26414.76</b>

## **Qualifications and Experiences**

Olympicpedia, a summer day camp, was created and conducted by Mark Rauterkus in 2008. See enclosed handout.

Water polo was played in the summer of 2009, organized and coached by Mark Rauterkus. Resume enclosed.

Qualifications, experiences, accomplishments, achievements, awards

### Highlighted K-12 Experiences

I've coached masters, college, high school, club, age group and beginners. Throughout my career, I've always been most dedicated to the age group kids that include the middle school years. It is so important to have great coaching when younger. Often our sports system in the US gets it wrong by putting the best coaches in college settings. The younger kids need the insightful guidance and coaching the most.

Work History with Pittsburgh Public Schools, listed and described

Mark Rauterkus has helped with many PPS groups in the past 20 years including the PERC (Parent Education Resource Center) steering group, Phillips Elementary Swim Team and Track Team. Presently, I'm coaching water polo as a volunteer with Schenley High School (accepting interested players from other PPS too) and IB Middle School.

Legal Actions in the past 3 years: None.

### Financial Statements

This is a start-up organization without any finance history nor liabilities. The organization is debt free.

### Insurance Requirements

A typical certificate of insurance from 4H of PA is enclosed in the end section. PW Wood & Sons Inc can underwrite the 4H events and special events, such as the carnival. USA Swimming has an insurance option for swim activities.

Other than the insurance now in process from American Water Polo and 4H, as part of Penn State University and Allegheny County Extension, no existing insurance exists as this is a start-up. If the RFP application is a success, then CLOH.Org and Mark Rauterkus will secure all the necessary insurance coverage as negotiated with the PPS. Trust that there is a commitment to acquire the required coverage should the proposal be awarded a contract.

The workers compensation insurance will be obtained and it will contain a waiver of subrogation clause.

Commercial and General Liability insurance will be obtained by CLOH.Org and Mark

Rauterkus should the proposal be awarded a contract.

### **Licenses**

Mark Rauterkus is a certified Lifeguard from American Red Cross.

Mark Rauterkus has CPR Certification for baby, child and adult from American Heart Association.

Mark Rauterkus is a Certified Pool Operator and Certified Aquatic Manager.

Mark Rauterkus has been a certified coach from the American Swimming Coaches Association in the past, as well as a coach member of United States Swimming. Those memberships are expired in 2009 and can be renewed.

Mark Rauterkus is a coach member of American Water Polo.

Mark Rauterkus has certification from New Zealand Swimming as Assistant Coach and has taken the classroom / coursework from New Zealand Swimming for Quality Swim Instructor.

### **Joint Venture**

This camp proposal is from CLOH.Org and Mark Rauterkus. No joint ventures are implied nor hidden.

### **4H.CLOH.Org and Early Birds, Extra Birds, Carnivals and Sustainability**

These camps happen in the summer so as to extend the school year and offer enrichment. That is a great direction and the RFPs under the umbrella of CLOH.Org go additional steps beyond the 25 afternoon activity periods of 1 pm to 4 pm.

The merits of the camps should stand on their own. Each camp is its own entity and concerns the afternoons as directed in the RFP. However, all the camps have shared opportunities that we address with a 4H mega chapter.

Extras are normal in the course of an overnight camp experience because the day is much longer. To offer a world class experience for the kids in a day-camp setting, extras are needed. I coached in Canada at Camp Chikopi, and our campers swam, paddled or ran before breakfast.

These extras are normal for school days, weekends and summer for competitive swimmers. Children dive into the outdoor, 50-meter swim pool 6 days per week at 7 am at the JCC Monroeville. Dozens of teams in the area are doing the same. High school swimmers and the middle school swimmers at Frick swim at 5:45 AM.

These are valuable times and they can be leveraged within the lives of the campers and community with these plans.

4H stands for Head, Heart, Hands and Health. Head for clear thinking and decision making, understanding and growing. Heart for loyalty, concern, responsibility and cooperation. Hands for skills, service, usefulness. Health for better living.

In Pennsylvania, 4H operates by Penn State University. Allegheny County has Penn State Extension, much like a branch campus. 4H is a community of young people across America learning leadership, citizenship, and life skills. 4H enables kids to have fun, meet new people, learn new life skills, build self-confidence, learn responsibility, and set and achieve goals. Kids learn by doing things. 4H is the youth development education program administered through Penn State Cooperative Extension office.

4H has deep roots (pun) in the rural areas and has only had modest success in Pittsburgh and some other urban areas. 4H is great with State Fairs, farmers, animals, horse shows, etc. But, 4H has expanded greatly into technology, leadership, fitness and other areas that offer fertile common ground with our mission in Pittsburgh.

The early morning, evening and weekend activities are all optional for the campers. These extras are for fun and they are organized and operated under the umbrella of a 4H Chapter, 4H.CLOH.Org. This bonus organization and these extra activities are similar to a PTA/PTO, a Booster Group, or a Girl Scout Troupe.

Campers will need to buy into the concepts. Some will be easy, others impossible. Parents, guardians, siblings and sport-specific volunteers will also buy-in or not to these activities. An online Google calendar, Facebook group, handouts/newsletter, phone call alters, email blasts and announcements at daily practices and other 4H.CLOH.Org events will get the word out. Word of mouth will make or break the programs.

A proud camper might like to go to the pool one morning at 7 am to show his dad or uncle how he is able to roll the kayak.

A swimmer might like to show off her new mastery in butterfly to an older brother and challenge him to a race at a morning lap session / workout.

The computer lab might be buzzing at 7:30 am as campers update video content from visits to a county pool the prior day.

Part of the resource catalog from 4H is enclosed in this RFP proposal. The resources guide volunteers. Community leaders can step up here – and the step isn't such a giant leap with the help of 4H and a dynamic network of coaches, campers, athletes, and

concerned citizens. 4H roles: Volunteer, community club leader, project leader, short-term volunteer, chaperone, supportive parent or guardian.

We'll have bikes, kayaks, access to parks, pools, gyms and whatever else someone wants to dream and implement. Rather than use the bikes only for the 1 pm to 4 pm class, we can hit a trail from 7 am to 8:15 with dad and buddies, and still make it to the literacy classrooms by 9 am. We'll play an early couple of holes of golf – or play to dusk to sharpen the game with a grandparent watching.

We'll be creative. We'll be flexible. Some events can be set in stone now. For example, the bike community gathers for Critical Mass on July 30, 2010, at 5:30ish, as it is the last Friday of the month. That date is on the Google calendar already. A preview to Run Around the Square 5K can happen the day before the race.

4H.CLOH.Org is glue between the afternoon activities and after school. It glues among friends and fitness. It glues summer to a lifestyle.

#### **W-9 Form**

Enclosed: W-9 of Mark Rauterkus.

### **9. Organization Information / Equal Opportunity Employment**

#### 9A. Describe Organizations Equal Opportunity Employment Policies and Program

The CLOH.Org Equal Opportunity statement is slightly more expansive than the one of Pittsburgh Public Schools as CLOH.Org includes the stipulation of political party to the list of areas where discrimination should not occur.

The full statement is at:

[http://aforathlete.wikia.com/wiki/CLOH.Org\\_Equal\\_Opportunity\\_Policy](http://aforathlete.wikia.com/wiki/CLOH.Org_Equal_Opportunity_Policy)

#### 9B. Any crimes or offense with employees or financial fraud or misconduct?

Mark Rauterkus nor anyone associated with CLOH.Org have any criminal record nor offenses with financial fraud nor misconduct.

#### 9C. Anyone charged with a criminal matter?

None have been charged with a criminal matter.

#### 9D. Financial relationships with the school district and conflicts of interest

There are no present financial relationships with PPS and Mark Rauterkus nor CLOH.Org, other than as a resident, taxpayer, parent of PPS student and volunteer coach.

## 10. Intellectual Property

10A. Copyright can be reserved by the PPS for all of its written and electronic materials developed by the district. All written and electronic materials developed by Mark Rauterkus, CLOH.Org, its employees, its volunteers and even associated campers are put into the public domain. These elements are considered content contributions. The wiki, CLOH.wikia.org, deploys an educational and institutional standard license that matches that used at Wikipedia.org. Derivative works of other copyright materials are expected to be handled by staff and campers, and those work products and outcomes are exempt from the over-reaching claim of copyright ownership of PPS. Likewise, derivative works of open-source materials also skirt the PPS prior assertion of copyright ownership within the RFP.

PPS can access for re-use and re-mix CLOH.org content creations without attribution, without share-alike clauses, for any commercial and non-commercial use. In the future, PPS is encouraged to deploy a philosophy that matches that details at [learn.creativecommons.org](http://learn.creativecommons.org).

Elements 10B, Trademark and Trade Name; 10C, Use of Name; and 10D, Ownership; do not present problems. Upon contract approval, specific ownership details and permissions will be obtained through proper channels with the PPS Solicitor and Board.

In June, 2009, the Wikimedia Foundation board approved the adoption of the Creative Commons Attribution-ShareAlike (CC BY-SA) license as the main content license for Wikipedia and other Wikimedia sites. More than 700 sites in more than 250 languages deploy this license, including Wikia.com and CLOH.wikia.com. Mark Rauterkus is a strong advocate for the unification of free culture licensing.

All modern, literacy themed, camp experience with public school students should have stated goals and lessons that are committed to the free dissemination of information. This open-source philosophy is woven into the day-to-day efforts at this camp, and perhaps, with coordination at higher levels, it can be made universal throughout the PPS and interjected into the other camps in the future.