

Cover Page

Swim and Water Polo Camp
(version 3.0)

An On-Site, Middle-Grades Afternoon Activity proposal for
Pittsburgh Public Schools for the Summer Dreamers Academy in 2011

Organizational name:
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Make a Splash Swim School is an On-Site, Middle-Grades Morning Activity.
Swim and Water Polo Camp is an On-Site, Middle-Grades Afternoon Activity.

Both proposals are an outgrowth of Wireless Neighborhoods' Health SMART
from Summer Dreamers, 2010.

Cover Letter

December 1, 2010

Dear Coordinators for Pittsburgh Public Schools 2011 Summer Dreamers,

Summer camps and swimming go hand-in-hand. Naturally, activities devoted to swimming need to be listed within the line-up of activities at Summer Dreamers, especially after the success of the first year as a part of the Wireless Neighborhoods Health SMART Camp at Peabody.

In 2010, the students of Summer Dreamers got into the swim pool on a limited basis. Thankfully, this can change for the better in 2011. Furthermore with the RFP's expansion of the times and the addition of morning activities, two swim proposals are forthcoming.

- 1) *Make a Splash Swim School* is an On-site, Middle-Grades Morning Activity.
- 2) *Swim and Water Polo Camp* is an On-Site, Middle-Grades Afternoon Activity.

Wireless Neighborhoods ran Health SMART and coordinated the five weeks of activities in 2010. But for 2011, a more simple approach is desired with a tighter focus. Still healthy. Still smart. But the 2011 camp experiences are going to be less confusing for participants and providers.

In 2010, students got to swim at the Kingsley Center. Students went off-site to swim for one week on Wednesday, Thursday and Friday. Each kid was in one of five groups and only one group go to swim each week. So, each kid got three days of swimming. Health SMART kids got to swim in 2010 for three days, plus a bonus, final, celebration day. This 2011 plan calls for swimming EVERY DAY, with the exception of camp-wide field trips, of course.

Outside of the Summer Dreamers Camp, another group of kids did gather in 2010 to swim at Peabody. They did get swim instruction EVERY DAY for five weeks as part of the community water polo program sponsored by Wireless Neighborhoods. So, experience proves water polo works with city kids in PPS pools on a daily basis.

In the Summer Dreamers Camp in 2010, the students were always asking if today was their turn to go to the swim pool. Swimming was in high demand. On the last day of the camp, the culminating activities included the option of a structured water polo

tournament. All the Health SMART kids had a choice to either participate in the water polo tournament – or else play flag football with the coaches from the YMCA. All the kids, except two of 50, went straight to the pool to play water polo. **Swimming and water polo activities were a huge success for the kids.** They played hard, worked well together in teams, and greatly improved upon their swimming skills and confidence in the water.

In 2011, Summer Dreamers can make the next step and offer afternoon swimming and water polo camps at two sites, Peabody and Reizenstein/Pgh Obama. Plus, swimming can be offered in the mornings in the 90-minute periods as well. Students and families can choose to take one or both offerings. These aquatics options are going to be welcomed by the students and community.

Pittsburgh's children need more swim instruction opportunities and the Make a Splash Swim School and the 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 at http://aforathlete.wikia.com/wiki/HRES_57). The US Congress released a staunch statement in support of swimming instruction.

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 can become a life or death activity. Swimming is a pathway to teach how to survive in life. Summer Dreamers aim is to teach skills so participants thrive in life -- and swimming is such a life-saving skill. Knowing how to swim helps our children be prepared for life.

Proven as Popular

In 2009 and 2010, at a handful of different settings, water polo proved itself as a popular activity with the kids of Pittsburgh. Water polo was a hit with kids in the Hill District at Ammon Recreation Center, in East Liberty at Kingsley Center, and at Schenley High School with those who never played the game. Kids from the city played water polo at Peabody, Chatham University, North Park, Woodland Hills and even at IUP. When offered, they show up, on their own, eager to try. They returned with enthusiasm 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 pilot program.

August 29, 2009, 30 city kids made a college campus visit to IUP, on their own, without charter buses, at 8 am. A group of kids played three competitive games against one of

the top prep schools in the nation, The Lawrenceville School. In the 2010 re-match, the city boys' team almost won. Pittsburgh City had a one goal lead in the third quarter.

So, ground-work with city-school students in community settings has been building with water polo. With the support of PPS, more students and greater impacts can be achieved in aquatics. The Swim and Water Polo Camp as well as the Make a Splash Swim School in the mornings can attract a favorable response among campers. And, these activities measure up to the aims of the organizers.

Morning Capacity: The Make a Splash Swim School can happen at two sites with up to 40 students per period. So, 160 kids can be enrolled in the morning swimming sessions.

Afternoon Capacity: The Swim and Water Polo Camp has a 40 camper limit at each of two sites. That serves 80 kids in the afternoons.

Both the Swim and Water Polo Camp as well as the Make a Splash Swim School should happen at Peabody High School and Reizenstein/Pgh Obama. These swimming activities account for up to 240 slots.

Some would choose to swim only in the mornings for about an hour. The 90-minute morning period gives 60 minutes of swimming time providing 15 minutes to get into swim suits and 15 minutes to shower and dress into clothes. Some would choose to swim only in the afternoons. But, it would be okay to have students enroll in both, a morning and an afternoon swim session, if desired.

Sincerely yours,

Coach Mark Rauterkus

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. 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 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 starting talk and 40 minutes of swim practice, we'll break pace and get out the water polo balls, caps and goals. The second half of the practice has plenty of team play. The last hour of the daily session is geared to water polo practice. Scoreboards are used 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. 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 and throughout the weeks.
Swimmers Log Book, a diary of sorts.

Uniqueness

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. Shaler and North Allegheny kids played with us at Peabody in 2010. Swimming meets and swim teams are more common in the region. Campers are going to be valued members of their high school swim teams. Playing within the a swim pool, then inserting a ball in the water is foreign to the typical human condition. Insert a goal and the creative elements buzz like few other experiences for the campers. Getting the ball into the goal and going around a fellow camper is all about creativity.

Motivation of Campers

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

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, dry-land 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 three 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 3,773 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, water polo and literacy will interest the campers as other coaches from teams around the region have been interested already. We'll be trendsetters.

Implementation Plan's Reflections from 2010

The daily, urban hikes from Peabody to the Kingsley Center at 12:30 pm as well as the return at 2:40 pm were smooth. This .75 mile trek was rain free and without trouble on all days with only one exception. All in all, the kids had some social time and the walks were enjoyed.

In one instance, one camper hurt her foot at the prior gym activity. The limp back to the school was a problem. The student was supervised, 1:1, with ample staff.

So in 2011, some hikes can be put into the schedule with the various camp settings. The campers can tramp some days from Peabody to Pgh Obama for joint swimming sessions in the afternoons -- weather permitting, etc. See the section on Camp Synergy.

While the walks were enjoyed and much better than anticipated, they did account for a

large loss of instructional time. Getting the swimmers into the pool where they have had classes is going to be so much easier and much better. We should have been swimming on some days at Kingsley and other days at Peabody in 2010. It will be much better to have sessions at the home school without the need to go to Kingsley's pool.

The 2010 Summer Dreamers were highly motivated and engaged swimmers on the days they went swimming. Some (perhaps 10%) didn't bargain for swimming even on the days that swimming was for them. Some school Physical Education classes are lucky to get 10% of the students get into the water on swimming days. With Summer Dreamers one in ten would opt to 'forget a swim suit' and have no intention of getting wet for whatever reasons. In 2011, this won't be much of a problem as students will be signed up for swimming, knowing swimming is on the schedule. With the Health SMART Camp in 2010, swimming was provided only 1/5th of the time for any given student. Participation in swimming activities was very strong in 2010 and would be expected to be stronger in 2011.

In the water and even out of the water, all the participants played hard. The kids tried. We had very spirited games. The lifeguards were jumping into the games too because they were so much fun. Water polo works on many levels with the kids at this age. The structure, teamwork, passing, mixing of boys and girls, and new rules were all warmly accepted and embraced. The lead-up games and bridging to other activities was splendid and real talents and skills were developed. The kids were coached and felt and acted as a team and as athletes should behave. We played games, switched up teams, understood competitive balance and had wins and defeats. It was fun. I want to do it again for another summer. Other helpers like it too and would be excited to be included and invited back. I think last year's experience will generate many participants for next year's swim-specific camps.

With our swimming lessons, I was shocked at how little the kids could do in the water. Very few kids could get across the swim pool on the first day. Most had never had a swim lesson -- ever. They had a respect for the water and a bit of fear -- but most of all, they were ready to give it a go. They tested themselves. They came to trust me as an instructor over time and repeat interactions. Floating and kicking lead to arm strokes. On the third and final day of swimming for the week, all the kids who had been present went from end to end through the deep water. They were happy with themselves, proud and many had never expected to do that -- be a swimmer in deep water. So there was a good measure of surprise with their swimming experiences in Summer Dreamers.

Giving the kids 20 days of swimming, rather than three, will be wise. Much more could get done: flip turns, diving, backstroke, racing, counter-attacks in water polo, and

treading water without hands. The tough guys and girls will be trying to kick in the deep end while holding a brick over their heads -- for a minute or more.

After the swim lesson part of the practice was over and the group shifted to games with the balls, it was interesting to witness how the swimmers kept making serious strides in their swimming abilities. A fast pace is kept in the water with the kids. Jumping, spinning, kicking and real physical effort is woven within show-off skills and tips on how to move arms and body to make progress in freestyle. After 30 or 40 minutes of swimming challenges where everyone is constantly moving, the lesson ends and the balls enter the water. The focus shifts to passing, shooting, teamwork rather than turning one's head to breath. Later the games begin and score is kept. But throughout the rest of the water sessions, the swimmers keep plugging away on their own with their swimming skills. The games and ball play gives great cover for self exploration and subtle skill development.

Bang! In the middle of a water polo game I'd often hear an excited young voice pipe up from the fringes of the action to address me, "Hey coach, I did it! Did you see that?" I'm working as a referee and watching for off-sides calls and balls sailing out of bounds. Meanwhile, the young swimmer in the water is processing new moves and grasping for actions that he or she didn't quite get a hang of in the lesson phase of the practice. These experiences lifted my heart. The frolics in the games were reinforcements to the lessons and more stimulus for betterment. It was as if the game-play in the pool with the balls generated a super-nutritional fog that allowed the athletes' true inner-swimmers to more rapidly emerge. The games were magical on many levels.

What's Your Group?

In 2010, five service providers worked with Wireless Neighborhoods' Health SMART Camp. That made for plenty of confusion (green group, blue group, etc.). Furthermore, learning the kids' names and building some understandings of each of the individuals was nearly impossible as the groups changed every week. With 2011, we'll have much more stability. The lead instructors will be better able to get to know the kids throughout all the days of the camp. Some switching of coaches and groups is expected, as described in the synergy section. But these are more for special events and half of the coaches will stay with that half-squad even when switching occurs.

Two Camp Synergy (2 x 2)

This *Swim and Water Polo Camp* proposal should be considered along with the other, *Make a Splash Swim School*. Both could have been combined into one, but we did try to avoid a replication of content.

Doing two types of sessions, the morning 90-minute activity period that is matched with the afternoon's 4 hour period, offers synergy. The one hour between sessions gives the Varsity Staff time to train themselves. And, the swimming lessons can be more for safety and lessons while the afternoon session can review those points and move more deeply into training and water polo

Holding camp activities at two sites, both Peabody and Pgh Obama, offers another type of program synergy. On some days we'll be able to take the afternoon's Swim and Water Polo Camp into "test match" situations. The boys could gather at one site, girls at another. The distance group at one site while the sprinters are at the other. The freestylers at one site and the stroke swimmers/IMers at another. The faster at one site and the slower at another. The older at one site and the younger at another. The option of having games and meets between the campers with the different camp sites is going to be a huge motivational benefit.

Reflection: Keys and Security for stuff

The larger size of the PPS buildings matched with dynamic programs require more attention to site access and security for top managers. The students and staff bridge many children among classrooms, lunch-rooms, locker areas, showers, outdoors, weight rooms, bleacher areas, gym spaces and plenty of other places throughout the days. Access and site security are important. The PPS policies and past practices are far from ideal. Time management and ease of access issues for high level staff is not able to be managed with the only keys to the various parts of the buildings restricted to just the custodians. Two people at each site need to be entrusted with keys to the environs. The EMERGENCY ACTION PLAN for the sites, as required by some standards bodies, is going to insist that pool and program managers are able to access all doors. Additionally, staff lockers, equipment lockers, cell-phone lockers, and other spaces to store valuables is necessary. A budget line-item is included within this plan to resolve the issue of KEYS and ACCESS. Key-pad door locks are one simple solution to rectify this on-going problem. A charge of up to \$1,000 per site is budgeted. This is a fixed cost that should NOT be charged against the camp proposals, but it is included here as the ongoing situations are unsatisfactory.

Equipment:

Cones used as goals are nice. Kickballs are fine. But really, with the bigger kids and the longer and more frequent sessions, there is nothing like the texture of a good water polo ball and the tump sound of the scored goal that resonates from behind the goalie after failing to block the shot. Lead-in equipment is necessary. But as the days progress, we need to grab for the 'game balls' and 'official nets.' Reflecting back to 2010, all balls, caps and equipment was provided by the coach and not the school nor the center. Even

lugging the wet gear around to and from the pool was a daily pain, especially as we walked to and from the school and pool.

2. Link to Outcome Goals

Swimming is a pathway to many other opportunities in life.

At the end of the camp, we'd expect the following opportunities to be easily achievable. Campers could easily join Middle School Swimming teams. Campers could join their high school swim teams.

Campers could play with community water polo teams and compete in the Keystone State Games, even if their school team does not have a polo team.

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, Carlynton, Shaler, Fox Chapel Killer Whales, etc.

Campers could easily join the community water polo program to be offered in year-round settings.

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 lifeguard 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.

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 20, 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.

Westinghouse 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 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. Water polo 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, 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.

A great many colleges and universities have college water polo teams, either at the club or varsity level. Most of the colleges in the east have water polo. Plenty of the kids swim in the high school years and then opt into water polo teams while they are attending colleges. Our kids can have a sport to join on a more full time basis in college, as most teams are very hungry for experienced water polo players.

Links to 21st 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.

Career Flexibility

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

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 40 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.

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.

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.

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 to 4 pm.

The Swim & Water Polo Camp happens within the school pools at Peabody, and Reizenstein/Pgh Obama. Therefore, getting from home, to bus, to class, to lunch, to swim pool, is a simple transition.

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.

2:20: The squad splits into two stations for the middle session. All stay in the pool area. Drill and skill activities happen with half and the other half has in-depth learning with DVDs. On most days, after 20 minutes, the two groups flip.

3:00 pm: Water polo practice.

Breaks between activities help for recovery and better focus.

4:00: Dismissal.

Weekly Objectives Draft

Week one:

Swimming, paddle and water polo assessments.

Opening tests.

Crash course for non-swimmers 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

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

Refine multi-media online content and performance results.

4. Camper and Staffing

Mark Rauterkus is the camp director and executive coach and will be at an afternoon sessions at one or both camp locations. He'll lead camp staff meetings, daily.

Beyond the camp director, two, experienced, adult swim coaches, a head coach and a co-coach, will implement the program.

Up to five assistant coaches, often called Varsity Staff, or else Assistant Coaches are going to be engaged in leading and giving demonstrations at session as well. The assistant coaches are mostly college and high school swimmers or water polo players. Some players might come from our connections with Wireless Neighborhoods after school programs.

A lifeguard to manage global concerns and safety is going to be on deck throughout the camp sessions.

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.

Three 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

Staffing Model and Structure

Staff positions, roles and responsibilities with 9 individuals:

Setting: Roles

Time trial swim meet: Starter, stroke official, coach, timer/recorder in 5 lanes.

Water Polo match: Referee, scoreboard/shot clock, video camera, coach to monitor subs and others to manage teams on sideline.

Teaching Drills: Lead coach, 3 demonstration swimmers, lifeguard, on task coaches.

Total number of staffer members, at least 3 Up to 10 as we have guests.

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

Many solid leads are available to coach and be assistant coaches, beyond PPS teachers. Here are some hopeful employees.

+ Jacob Boyce, PPS teacher, worked with 2010 Summer Dreamers with Health SMART. Mr. Boyce is now at The Gifted Center, formerly at Arsenal. He taught last year until a call came from his Army National Guard deployment.

+ Will Schaefer, Wschaefer1@pghboe.net, a teacher at Pittsburgh Allegheny of 8th grade history. Cross Country coach for 3 years and swim coach for 2 years. Triathlete. Former assistant swim coaching experience at Chartiers Valley High School.

+ Parent and coach, Joyce Reese, a PPS Summer Dreamers employee, is a possible employee for these programs. She worked at the Peabody site in 2010 as an aid. reeseja@verizon.net

+ 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. 412-360-4151

+ Coach Pitch (Picciafoco), retired PPS teacher and present swim coach at Pgh Obama Middle School is interested in helping with the camp. picciafoco@verizon.net

+ Mrs. Donna Borza, retired PPS teacher and present swim coach at Pgh Obama Middle School is interested in helping with the camp. dfishborza@verizon.net

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

+ Chatham University swimmers and water polo players could be a 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 summer of 2011, we expect to have a couple of programs and a noon workout. 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.

Two professional swim coaches have already visited with us in the city and have expressed an interest in coaching the camps. Given the time from January to the end of the summer, it would be very possible to hire the necessary staff.

With summer vacations, getting the flexibility of the coaches and lifeguards is going to be welcomed.

Use of the swim facilities throughout the spring and summer leading up to the summer camp is a great way to build the swim coach and lifeguard capacity for the five weeks of the summer. Programming of a more structured nature that has better control of instructional objectives should be institutionalized with Wireless Neighborhoods and PPS with the help of Mark Rauterkus.

Highly Qualified Activities Teacher desired:

This proposal desires to work with one a highly qualified activities teacher. This person is to be supplied by Pittsburgh Public Schools and would work with both sites (Peabody and Pgh Obama) and both programs (morning's Make a Splash Swim School and afternoon's Swim and Water Polo Camp).

The highly qualified teacher would help to blend a richer vocabulary experience for the students. Other duties and challenges can be folded into the activities as well.

The staffing ratio required by the PPS Summer Dreamers RFP of 1:15 is going to be easily exceeded. Often swim lessons are established with a 1:10 ratio. This proposal sets the goal of nine people working with 40 campers. With 40 campers, three adults are necessary. Plus, 6 others are going to be called varsity staff.

Small Group Lessons Example

Level 1	Campers	Leadership	Sub Total of campers
1	6	Adult #1	6
2	6	Adult #2	12
3	6	Adult #3	18
4	6	Varsity Staff #1	24
5	6	Varsity Staff #2	30
6	6	Varsity Staff #3	36
7	4	Varsity Staff #4	40
x	x	Lifeguard #1	0
z	z	Varsity Staff #5	0

Small Group Settings with 7 Teaching stations:

- Shallow end lane 1.
- Shallow end lane 6.
- Shallow end lane 3.
- Deep end lane 1.
- Deep end lane 6.
- Deep end lane 4.
- Full width at middle of pool.

Staffing and Exploratory Excursions

In 2011, as the Summer Dreamers Campers have half and full day exploratory excursions, the aquatics staff will **not** accompany the students. The Varsity Staff and Adult Staff is expected to use the time at the pool without the students present to sharpen the teaching skills, lesson plans, and training opportunities.

Staffing and PPS Teachers

Working with PPS Teachers within these camps is most welcomed. The PPS Teachers put into the 2010 Summer Dreamers setting were wonderful with the students and gave great energy and leadership. There are five or more PPS teachers that are already wanted for employment as part of these camps once the funding is approved.

PPS teachers are being counted upon to play big roles in the staffing of these camps. Many do have good swimming experiences as well.

Campers

At one site, the camper registration range has:
a minimum = 15, and a maximum = 40.

Two sites are desired in 2011. With the second site, the Swim and Water Camp could accommodate a total of 80 campers.

Options with camps and campers:

1 site (Pgh Obama)	Min = 15; Max = 40	Max Total = 40
2nd site (Peabody)	Min = 15; max = 40	Max Total = 80

Staffing of 2 sites = 9 coaches = a total of 18 coaches.

Why and How for the camper registration numbers

With 40 campers in a six lane pool we'd have six swimmers in most lanes and seven in a

couple. But, that is with 100% attendance and all swimming. To play water polo, we'd want at least 14 players, seven per side.

Ratios:

40 campers / 9 coaches

In House Water Polo Team 10 players / 4 teams (winners stay in)

In House Water Polo Teams 7 players / 5 teams (brackets)

In House Swim Teams 20 kids / 2 teams

Attendance

The students and families will get daily communications from the head coaches or camp director. Personal phone calls, blast phone calls, newsletters, and other types of electronic communications and social media messages are going to be a daily, if not hourly, part of the systems at the swim pools. Pool conditions, award winners and specialized messages about camp are going to excite the the others at home so as to reinforce the need to attend the next day of camp.

To "show up" is a core value of those in our program and that slogan was put onto T-shirts and driven to the teams as a fundamental message. Swimmers know what it means to 'show up.' Our camp will take pride on amazing attendance.

Selling the Activity

Getting the community to know and participate in the aquatics programs throughout the year is the best way to get campers interested in these efforts. In the early weeks of 2011, programs are expected to start.

- Saturdays at Pgh Obama.
- Thursday evenings at Brashear
- After school times at Peabody

Extensive online efforts to parents and community members are expected.

The program can reach elementary school swimmers at the annual swim meet in December. A handout / newsletter is expected (Dec 12, 2010).

A great deal of effort with the Make a Splash Swim School can help to generate participants with the Swim and Water Polo Camp.

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 (except the field trips for test matches) are to occur within PPS facilities.

In 2011, it would be great to offer two sites for the Swimming and Water Polo Camp. So, one session could be conducted at Reizenstein/Pgh Obama and another at Peabody.

Transportation of students to off-site locations

The Swim and Water Polo Camp happens at PPS settings.

Required Forms

Insurance CAN be obtained for the camp through 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 this URL.

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

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.

* Sponsorship / Scholarship potential.

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 (25) dark caps per site are nice for under the dark water polo caps for those who always wear swim caps.

* Sponsorship / Scholarship potential.

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.

$50 \times \$20 = \$2,000$ per camp

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.

$40 \times \$20 = \800 per camp

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.

$40 \times \$10 = \400 per camp

T-shirt & Technical Shirt & Shorts

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

* Sponsorship / Scholarship potential.

Coaches' Attire

* Sponsorship / Scholarship potential.

Balls, bags

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

Official water polo balls = $5 \times \$30 = \150

Play balls = $30 \times \$10 = \300

Ball bags = $5 \times \$15 = \75

Awards, Trophies, Certificates, Ribbons

Recognition awards. Annual.

\$300 per site

Available PPS Equipment:

Kick boards, backstroke flags, orange traffic cones, weight rooms, weights, pull-up bars, 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 work.

* Sponsorship / Scholarship potential.

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.

* Sponsorship / Scholarship potential.

$\$1500 \times 1$ per site for 2011 = \$4,500 additional in overall district.

These are durable goods investments.

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

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 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 2011 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 2011 activities in association with the camps and 4H.CLOH.Org.

The Saturday after the last class, an Aquatics Carnival is expected. That program will use the PPS facilities and either a city or county park. This end of summer celebration / carnival is a global expense or else a volunteer effort and not part of this budget. Director of Allegheny County Parks, Andy Baechle, said that he would be happy to work with PPS and Summer Dreamers to insure great access to the parks for this final activity. The exact ask and documented admissions is pending.

Personnel Budget

Executive Director = \$1,000 per camp

Consultants = \$1,000 (American Water Polo, Tropical)

Administration at Wireless Neighborhoods, = \$700 per camp
(reports, in-service coordination, hiring, purchasing)

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 \$20 per hour = \$2,000

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

Assistant coach3 = 3 hours per day x 25 days x \$16 per hour = \$1,200

Assistant coach4 = 3 hours per day x 25 days x \$15 per hour = \$1,125

Lifeguard = 3 hours per day x 20 days x \$15 per hour = \$900
 Guest coaches stipend and gas = 5 desired, 2 x \$100 = \$200
 Staffing total \$13,900

Personnel Budget

Executive Director = \$1,000 per camp	1000
Consultants = \$1,000 (American Water Polo, Tropical)	1000
Administration at Wireless Neighborhoods, = \$700 per camp (reports, in-service coordination, hiring, purchasing)	700
Head Coach = 4 hours per day x 25 days x \$30 per hour = \$3,000	3000
Co Head Coach = 4 hours per day x 25 days x \$20 per hour = \$2,000	2000
Assistant coach = 3 hours per day x 25 days x \$20 per hour = \$1,500	1500
Assistant coach2 = 3 hours per day x 25 days x \$17 per hour = \$1,275	1275
Assistant coach3 = 3 hours per day x 25 days x \$16 per hour = \$1,200	1200
Assistant coach4 = 3 hours per day x 25 days x \$15 per hour = \$1,125	1125
Lifeguard = 3 hours per day x 20 days x \$15 per hour = \$900	900
Guest coaches stipend and gas = 5 desired, 2 x \$100 = \$200	200
Staffing total \$	13900

Travel and Transportation Budget

Zero. The Swim and Water Polo Camp is going to stay put without travel. If there are test matches between the two sites, the players and coaches can walk.

Plans for Reductions

The Varsity Staff can be reduced if the attendance drops. Nine workers are to service 40 campers. Should there only be 20 campers, then four or even three adults can cover the sessions. Varsity Staff would be paid less, have more hours be as a non-paid intern, or else be not employed.

Materials Budget

Swim & Water Polo Budget Spreadsheets:

Swim and Water Polo Camp

40 particip	40 for campe	overhead/durable	Sum
Swim suits	0		
swim caps	0		
swim Neop camps	0		
Swim goggles	50		\$2,000
Log books	20		\$800
Stretchie	10		\$400
t+shirt+short	0		
Coach attire	0		
official balls	5	30	\$150
playballs	10	30	\$300
bags	5	15	\$75
Awards	300		\$300
office equipment	500		\$500
WP Goals	1	1500	\$1,500
Staffing	1	13900	\$13,900
Insurance	40	30	\$30
4H and Festival	600		\$600
			\$20,555
		cost per p	\$514

Then the cost per camper for the Swim and Water Polo Camp is \$514 of expenses, less than the top end of \$600 per camper.

Or, to look at this another way, given x campers x \$x expenses = \$x.

Top Shelf Budget Ceiling

Given the limit from PPS of no more than \$600 per camper cost, the total budget for 40 campers should not exceed \$24,000.

Conference Call Schedules, Cooperative Venture with the Community:

Parent engagement and community engagement with the camps is important. One day each week will include 2 drop in meeting opportunities for parents to get a briefing from the camp director.

Meeting presentations devote 10 minutes to the Swim and Water Polo Camp, 10 minutes to the Make a Splash Swim School. Each conference call, open to all, includes a follow up to the two prior meetings earlier that week and is put onto the web with TalkShoe.com as an audio podcast.

Week 1	Friday at 8 am	Friday at 3:15 pm	Conference call on Saturday at 2 pm
Week 2	Thursday at 8 am	Thursday at 4:30 pm	Conference call on Sun @ 2 pm
Week 3	Wed at 8:30 am	Wed at 6:30 pm	Conference call on Friday at 8 pm
Week 4	Tuesday at 12:15	Tues at 8 pm	Conference call on Saturday at 10 am
Week 5	Monday at 11 am	Monday at 3:30 pm	Conference call on Thursday at 9 pm