

Cover Page

Olympic Sports 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,

I love the Olympics. Sure, the Olympic Games have some problems and mine is not a blind love, but all in all, I LOVE the Olympics. The world gathers to celebrate excellence and sports in a multi-culture setting – and it is awesome.

I love the Olympics so much that my family and I went to Beijing, China, in August 2008 to be there. We were able to soak up the Olympic experience. It was incredible. We had a splendid trip.

I wish everyone could go to the Olympics, watch some competitions, visit with some athletes and their boosters. I know I was fortunate, but, the best way I can share this experience with others is through an Olympic Sports Camp.

The Olympics make a rich backdrop to so many lessons. Travel, languages, cultures, societies, geography, history, economics, – you name it – it's there.

We can visit the Olympics from Pittsburgh with this camp. There are countless activities that can be created with the Olympic theme. But the one goal I have with the camp and with the students is to be authentic. The aim isn't to fool these kids with silly activities. We won't dress up like Dutch Boys with wooden shoes and prance around as a Hans Christian Anderson character. Similar, sappy, "We Are the World" stories about other nations, or whatever, isn't the aim here.

The call for campers is to be an athlete for a week at a time in various Olympic sport settings. We'll share photos and history and ponder about 2012 in London. We'll quiz on the flags and sports dynasties, such as the runners of Kenya and Ethiopia, while in our week devoted to running. We'll connect the kids to the Olympics, but in a secondary discussion. First of all, we'll be athletes. We'll be masters of our own futures. We'll be world travelers some day, or again, perhaps through sports.

In the Olympic Sports Camp, we Run, Swim, Spike, Bike, and Golf.

Mark Rauterkus
Coach & Retired Publisher, plus of the Olympics

Implementation Plan

1. Program Vision

The Olympic Sports Camp is an opportunity for campers to explore five different sports settings and participate in a dozen different events that occur in the Olympic program. We'll come to better understand the Olympics, but more so, discover one's own strengths, talents and desires.

In the Olympic Sports Camp, we Run, Swim, Spike, Bike, and Golf.

Over the course of five weeks, with daily practices, each camper can become more aware of the 'wide world of sports.'

Goals

To teach all the campers how to be more athletic and fit.

To teach and coach campers about a few of the competitive sports in the Olympics.

To prepare and give competitive swim experiences and a swim meet.

To train campers about day-to-day challenges of being a competitive athlete, here in Pittsburgh but also in different parts of the world.

To give campers a taste of various sports such as water polo, badminton, hurdles, kayaking and triathlons.

To learn new skills, drills and perhaps play modified games in each of the settings.

To compete in-house league.

To make close friendships with a new group of buddies throughout the duration of the camp.

To encourage the campers to play at least one of the sports in a 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 world of the Olympics to local competitions including records and standards and how the campers size up themselves.

To research, learn and present to peers about sports 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 gain respect for aquatic safety and dangers in all sorts of sports settings.

To get an introduction kayaks.

To learn how to ride, peddle, shift and brake on bikes, train on bikes and ride courses on bikes, especially on the city's trails.

To learn all the basic rules and player positions of the various sports.

Activities

The campers, assistants and coaches are going to act as a 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. General dry land movements help the body to prepare for the sport-specific activities.

In swimming, the team begins the practice by entering the water and swimming warm up. Some are going to need basic learn to swim instruction.

In cycling, the team begins the practice after a bike inspection and easy warm-up. Some are going to need basic instructions on how to sit on the bike.

The golf, running and volleyball activities are directed by capable people who care about the students. More detailed lesson plans from all the providers can be crafted months before the camp begins.

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 ways than the beginners.

Initial assessments occur. Everyone's confidence improves. In swimming, some can be taught butterfly while others are learning to put their face underwater and bi-lateral breathing.

Sports jargon is explained.

Each week will have a different approach based on the expert leaders, weather, fatigue and prior planning.

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

How Campers Highlight Accomplishments

The big camper highlight for accomplishments will be the final weekend carnival at North Park. We'll gather there and race and compete as individuals and teams.

Camper accomplishments are going to be recorded as a regular part of practices.

Challenge sets, best efforts, technique videos are recorded, either on paper or with video and then managed on documents, spreadsheets and wiki pages.

Swim, running, and cycle races have results with standings and statistics. Volleyball and water polo matches have team scores. Golf activities are planned too.

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 in-house events and with the sports carnival.

Uniqueness

The bikes are new, fast and athletic. We're not going to take a cruise with pillows under our seats. We're going to cover miles. When it is time to race, we'll be pushing it.

The golf opportunities are not a regular part of the life of most kids in middle school.

These will be special days.

Swimming is less unique – but these kids never had a three hour practice. We'll be swimming forward and backwards and doing strokes like Michael Phelps does in the I.M.s, (Individual Medley).

Our kayaks are like sports cars. But wipe outs only get you wet.

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 volleyball coaches and players don't play like they are at a backyard picnic.

Badminton is about quickness and positioning – and it is played differently in the Olympics too. The shuttle cocks, or birdies, are made of goose feathers.

Campers in the week of volleyball get a CD ebook (other formats are available) that

includes six volleyball instructional books. Tips, skills, drills, insights are throughout the books. See the SSS catalog, pages 30, 31, 32, 33.

Creative Ways

We're going to find new muscles and learn new moves with this line-up of sports activities.

The campers are going to be creative with their play, week in and week out, so they get to better the campers that were at that sport the prior week.

Motivation of Campers

Nobody will have the time to get in a rut with these five week.

Interesting for middle-grade Campers

The campers will be able to make connections among their play and that of a past Olympian.

Let's pretend you are on the team from Russia and your strength is making a powerful jump serve to your opponents, the team from Japan. Japan's team strength is that it never lets the ball hit the floor.

2. Link to Outcome Goals

Life is a twisted pathway, and this camp has plenty of twists and turns.

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

Campers could try out for their high school teams in a number of sports.

Campers could join Middle School sports teams.

Campers could join area club teams in swimming, track, cycling, volleyball.

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

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 will have begun to establish a strength program that could continue into the future as an independent routine.

Campers will be able to train for and gear up to Triathlons and Biathlons.

These lifetime Olympic sports pit the individual against forces of nature: gravity, water, air, distance, fatigue. With individual sports, the athletes are self reliant and have ownership of the situations.

Passion throughout the year

Many youngsters try different sports and activities. They begin to figure out what is fun to them, what works in their schedules, and where they have passions for eventual success. In any area, lots of dedication is necessary.

Sadly, some get hooked on an activity that absorbs great amounts of time but does not generate many benefits. Watching TV shows, playing hours of video games every day, or other wasted hang-out doings might be the end result because the kids don't see other options. Kids need to be turned onto other activities. They have to be shown how things work. Once the kids are hooked, then stand back and support them.

The 4H.CLOH.Org efforts can provide year-round activities for the campers.

Links to High School and College-Readiness

Critical review of instructional reading with the volleyball ebook in PDF format.

Discipline, planning one's time and focus are key links to high school and college from the time devoted to the Olympic Sports Camp.

Links to 21st Century Skills for the Olympic Sports Camp are numerous.

Accountability

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

Golfers keep their own score.

Application of Technology

The A for Athlete wiki will be expanded.

Attendance on a notebook computer will be daily.

Career Flexibility

Campers get to make more educated decisions about their budding sports related careers after trying out five different sports.

Civic Knowledge

Campers visit public parks, a golf course and a school, learning about facility ownership with public and private entities.

Communication

Varied communication settings are explored on the golf course, the bike path and a sand volleyball court.

Global Awareness

The Olympic theme gives plenty of global perspectives.

Leadership Skills

Team captains are sure to change from sport to sport. Those who want to take charge are going to have plenty to think about each week.

Lifelong Learning

The Olympic Sports Camp over-flows with lifelong sports activities. Many master athletes will visit with us and we'll encounter them in our sessions too.

Schedule

3. Schedule

General Description

The Olympic Sports Camp deploys a five sport rotation throughout the five weeks of the camp. Each week brings a new sports setting for the student. All the students get to participate with

Run,
Swim,
Spike,
Bike, and
Golf*.

* Golf is slated to become an Olympic Sport as of the games in 2012.

The Olympic logo has five rings, each of a different color, each for a different continent. With our Olympic Sports Camp, we'll use the colors and interlocking rings for a focus on the settings for the various weeks.

We'll build five squads, each with a color, each with up to 25 students. Each squad spends one week at each station.

Red Squad, 25 kids: Order by week is 1) Run, 2) Swim, 3) Bike, 4) Spike, 5) Golf.

Blue Squad, 25 kids, Order by week is 1) Swim, 2) Bike, 3) Spike, 4) Golf, 5) Run

Yellow Squad, 25 kids, Order by week is 1) Bike, 2) Spike, 3) Golf, 4) Run, 5) Swim.

Black Squad, 25 kids, Order by week is 1) Spike, 2) Golf, 3) Run, 4) Swim, 5) Bike.

Green Squad, 25 kids, Order by week is 1) Golf, 2) Run, 3) Swim, 4) Bike, 5) Spike.

A total of 125 kids are expected with four single-gender squads (two boys and two girls) and the fifth squad can be co-ed.

Each setting has a primary sport, but there is more to do and discover:

<u>Prime</u>	<u>Extras</u>		
Run	Cross Country	Track & Field	Fitness, Exercise tubing
Swim	Water Polo	Kayak	
Bike	Triathlon	Criterium	
Spike	Volleyball	Beach Volleyball	Badminton
Golf	More Golf (Put, Chip, Drive)		Character Development

These Olympic Sports activities are picked due to their characteristics. All but one are individual sports (volleyball isn't but badminton is) and all are lifetime sports. In the swim week, water polo is introduced.

Relay races in swimming, team pursuit in cycling, team work in Tour de France, golf's skins and best ball require teamwork.

The Olympic Sports Camp is expected to be a high demand option for campers because of the variety and diversity of the weeks. Kids want to try different activities but do not want to be stuck in a place that isn't fun or well suited for them. Even activities that are not favorites can be tolerated for a week. Squad and group challenges are going to stress everyone's involvement – both in cooperative and competitive ways.

Even in one's worst week, the campers are still with their peers and squad. For example, if a camper really does not like to run – well – he'll be up for the challenge as the squad needs him to push to cover gross distances competition among the squads.

Fundamentals of the sports are going to be stressed by expert coaches in each discipline. The coaches hired and positioned at each station have strong sport-specific backgrounds.

Leadership among the coaches is of the highest quality throughout the five weeks:

- 1) Girls on the Run of McGee Hospital – UPMC helps with the running;
- 2) First Tee of Pittsburgh leads the golf;
- 3) Mr. Vitti, head coach of Schenley High School boys and girls teams leads volleyball;
- 4) the cycle expertise comes from Pro Cycles, a bike shop that sponsors races and competitive teams in the region.
- 5) Mark Rauterkus, presenter of this RFP, leads the swimming week.

The above coaching partners helped to influence the five core sports chosen for the Olympic Sports Camp.

Reaching for the Rings

Each of the five sports need to be talked about in this RFP plan.

Running

Running is a lifetime sport.

Pittsburgh hosts The Great Race in the fall and spring brings the Pittsburgh Marathon. Smaller races dot the calendar and neighborhoods.

The Race Around The Square happens while the camp will be in session. We'll encourage campers and friends, as part of the extra activities of 4H.CLOH.Org to do that 5K race.

Running is an aerobic sport. Many teams playing many sports run.

Running has different styles of races from the dash to the ultras. Hurdles and other technical races are part of track-and-field too. Running provides a lot of ground to cover, pun intended.

Running races are easy to set up, conduct, judge and do. Plus, they are motivational.

Volleyball

Volleyball is one of the most popular team sports in the world. In Western PA, volleyball is universal among the girls sports in nearly every school. And, even with the boys, there are plenty of volleyball teams. Penn State University has two of the best volleyball teams (men and women) in the NCAA every year.

Volleyball (6 on 6) puts more people into a smaller court requiring more teamwork than any other sport.

Beach volleyball, played 2 on 2, 3 on 3, 4 on 4, or even 6 on 6 is highly spirited.

Volleyball teaches timing, jumping, teamwork, hand-eye coordination, how to read your opponent, how to anticipate, how to cover your areas / do your job.

Volleyball is a full body sport that requires strong shoulders for spikes yet powerful legs to jump and block and flexibility to extend and reach the ball just above the floor.

In the volleyball week, some time is devoted to badminton, another lifetime, world-wide, Olympic Sport played on a court with a net.

Cycling

Every kid needs to know how to ride a bike.

Bikes are more and more popular in Pittsburgh with the infrastructure advancements of the river trails and the pathway that heads from Pittsburgh to Washington, DC.

Bikes resources in Pittsburgh, such as FreeRide, Critical Mass, Venture Outdoors, Allegheny County Cycling Club, Mt. Bike Clubs, and the bike oval on Washington Road, just to mention a few, are assets that everyone should visit and understand.

Biking makes travel around town affordable as it doesn't burn the gasoline. It gives independence that youths desire but without the parking tickets.

Golf

Golf, a lifetime sport, has many characteristics that make it a great choice for this Olympic Sports Camp and the 2010 RFP. Most of all, the organization and people at First Tee of Pittsburgh are "Top Flight." They care about the students and have a great attitude that is so respectful. Furthermore, the facilities at the Bob O'Connor Golf Course in Schenley Park are central to Pittsburgh's schools (short bus rides) and beautiful. The course is an oasis of green in our urban setting.

Golf as an activity makes for a perfect one week rotation in the Olympic Sports Camp. Many might not want to golf for five weeks, but five days is well worth the time investment. We expect that many of the 2010 Olympic Sport campers, after playing a week of golf, would be sold on the option of playing full-time golf at a camp in 2011. The First Tee of Pittsburgh is an effective youth program in attaining its goals of teaching life skills and promoting positive developmental outcomes in young people. The past Impact Reports are on the First Tee website.

First Tee has plenty of resources and training opportunities: Assistant Coach Training is for individuals who want to be more involved with the ongoing coaching and mentoring. Those people would be fine helpers in the Olympic Sports Camp. Participants from around the world who have demonstrated exceptional golf and leadership skills are nominated by their Chapters to attend a week-long camp offering life skills and leadership development workshops, golf clinics, and career exploration.

First Tee's Life Skills Experience provide a fun and safe environment that creates curiosity about the game of golf. At you young ages, First Tee focuses on interpersonal communication and self management skills. Then, emphasizes goal setting and resistance skills, conflict resolution and personal planning for the future. The coaching philosophy that encompasses these programs was developed with input from leading experts in the field of youth development.

In the Olympic Sports Camp for 2010, the concept of character education is used. Nine core values of First Tee: Honesty, Integrity, Sportsmanship, Respect, Confidence, Responsibility, Perseverance, Courtesy and Judgement. These cornerstone principals of the First Tee lessons are important. The Olympic Sports Camp participants get an introduction to many of the values, but covering them all is impossible in one week.

Learning Interpersonal Skills: Meeting and Greeting

- 100% verbalized ability to transfer meeting and greeting skills in 10 situations outside of golf.

Learning Self-Management Skills: Managing Emotions

- 100% used methods to manage negative thoughts and emotions in a number of life domains.
- 95% recalled and used the concepts of Be Patient, Be Positive, and 100% used methods to manage negative thoughts and emotions in a number of life domains.

Clever foundations for life are taught to the students around the game of golf: Ask for Help, the 4Rs (Replay, Relax, Ready, Redo), and STAR (Stop, Think, Anticipate, Respond). Coaches ROCK (Rapport-building, Open-minded, Creative, Kind-hearted). These skills help in the golf context, and beyond.

Students learn how to set goals. 99% said they used goal-setting skills in contexts outside of golf. 96% get help from others by creating Go-to Teams. 91% make healthy choices and defined the importance of physical, mental, emotional and social wellness. 91% have a greater appreciation for diversity since joining The First Tee.

Swimming

Consider this statement from the US Congress in September.

H. Res. 57 In the House of Representatives, U. S., September 14, 2009.

Whereas the success of the United States Olympic swim team, including the record-breaking eight gold medals won by Michael Phelps, has brought great attention to swimming;

Whereas a New York Times article entitled 'Despite Olympic Gold, Swimming Statistics Are Grim', highlighted the irony of the United States Olympic glory in light of a shocking number of drownings in the United States;

Whereas the New York Times has also highlighted the discrepancies in swimming education between African-American children and White children in the article 'Everyone Into the Water';

Whereas according to the Centers for Disease Control and Prevention (CDC), there were 3,582 unintentional and fatal drownings in the United States in 2005 representing an average of 10 drowning deaths each day;

Whereas for every child who fatally drowns in the United States, there are four near-drowning incidents that require emergency care and can lead to brain damage resulting in permanent disabilities ranging from loss of memory to the loss of all basic functions;

Whereas children are the most susceptible to fatal drowning incidents with one out of four victims being 14 years old or younger;

Whereas drowning is the second most common unintentional cause of death among children ages 1 to 14;

Whereas minority drowning rates greatly exceed the rates of White children;

Whereas according to the CDC, the fatal drowning rate for African-American children between the ages of 5 and 14 is over three times higher than the rate for White children, and the rate for American Indian and Alaska Native children is over two times higher;

Whereas according to a study by the University of Memphis, almost 60 percent of African-American and Latino children do not know how to swim as compared to roughly 30 percent of White children;

Whereas long-existing stigmas regarding minorities and swimming have contributed to the lack of swimming education in minority communities, and nonswimming minority families are far less likely than non-swimming White families to enroll in swimming lessons;

Whereas according to the United States Census Bureau, in 2007, 33.7 percent of African-Americans, 28.6 percent of Latinos, and 12.5 percent of Asian-Americans lived below the poverty line as compared to 10.1 percent of Whites, and swimming lessons can cost hundreds of dollars per course;

Whereas the Virginia Graeme Baker Pool and Spa Safety Act was signed into law in December 2007 addressing the pressing need for increased pool and spa safety requirements and education to prevent accidental deaths by drowning;

Whereas effective drowning prevention strategies require several approaches such as supervision, fully gated pools, CPR training, and swimming skills;

Whereas the ability to swim is an important and essential skill, and according to Safe Kids USA, in order to help prevent drowning, children should be enrolled in swimming lessons as early as age 4 to learn how to float, tread water, and enter and exit the pool; and

Whereas nonprofit initiatives, like the USA Swimming Foundation's program 'Make A Splash', are working hard to meet the need for swimming lessons by partnering with local communities to offer all children access to swimming education: Now, therefore, be it

Resolved, That the House of Representatives--

(1) expresses the importance of access to swimming lessons for all communities in the United States as an integral part of drowning prevention;

(2) recognizes the danger of fatal unintentional drowning in the United States;

(3) condemns the persistently high rates of fatal drowning among all children, and the particularly high rates of fatal drowning among minority children;

(4) celebrates the passage of the Virginia Graeme Baker Pool and Spa Safety Act;

(5) celebrates the work of initiatives like USA Swimming Foundation's 'Make A Splash' and Safe Kids USA to educate parents and caregivers on water safety and drowning prevention messages; and

(6) encourages public and private funding to support current and future initiatives that provide all children access to swimming education.

4. Camper and Staffing

Desired: 125 campers. With 125, then five squads each have 25 campers.

With one week at each location, the time is valued. With too many then there is not enough attention to constructive coaching.

We want 50 girls, at the minimum so that there is enough for 2 squads. It would be best to have 63 girls and 63 boys. One has to drop out or be sick, right? The fifth squad would be co-ed.

If only 100 sign up for the camp, then something is wrong. We expect this to be one of the most popular camp options. Sorry, there is no way to make this work with any larger than 125 in the camp.

In swimming, with 25 campers, that is 5 per lane in 5 lanes. For one week, that is a crowd.

The minimum is 100. Then there would be a staff meeting to determine, perhaps based by gender signed up, if there should be four groups of 25 or else 5 groups with less than 25 in each group.

Staff positions, roles and responsibilities

The overall camp director is Mark Rauterkus, the one who took the ambition to do the RFP. However, each sport area has as much authority as comfort on their side allows. First Tee can do everything in a blink without a worry. Same can be done at the swim pool with hired coaches. The bike leader is key and a teacher is expected to fill that role. She teaches in a suburban district, Riverview, and is a strong advocate for fitness and cycles. She has taught for the bike shop and Girls on the Run. The volleyball coach has always coached in the summer. The access to the gym with the camp and before and after times is going to be just what he wants for his teams year-round condition. He coaches Schenley's boys and girls teams.

Staffing Model and Structure

Executive director and subcontractors for service providers.

Total number of staffer members

1 executive director

Each site has 1 head coach, 1 assistant coach, 2 junior coaches.

Each squad has 2 junior coaches.

Total is 5 sports x 4 coaches each = 20 + 5 squads x 2 coaches = 30 + executive coach = 31.

Staffing Model and Structure

We expect to know who is going to be on the staff, but at this time, it is too early to hire them.

5. Facilities and Materials

Swimming happens at a PPS High School with a 6 lane pool.

Golf happens at The Bob O'Connor Course at Schenley Park

Running can happen a few different places, also at Schenley Park. Or, running could just start and end at the academic high school.

Volleyball happens at a PPS High School.

Cycle happens around town, on trails, near the school and at the Washington Ave oval.

The Olympic Sports Camp is both, On-Site Provider and Off-Site Provider. Two have to happen at PPS places. Two happen beyond PPS walls. One depends upon the permit.

Transportation of students to off-site locations

The swimmers do not need any transportation.

Golfers need a bus.

Volleyball does not need any transportation.

Running mayor may not? Budget for it being needed. But the same bus for golf might be well for running.

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 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.

$$125 \times \$50 = \$6250$$

Bikes:

35 bikes total:

Quicks are the fitness bikes.

$$20 \times \$293.99 = \$5,879.80$$

CAADS are road bikes

$$15 \times \$491.99 = \$7,379.85$$

$$\text{Total} = \$13,259.65$$

Extra equipment, locks, helmets

$$\$110 \times 35 = \$3,850$$

Bike total w equipment = \$17,110. Retail prices are much higher.

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.

$$125 \times \$3 = \$375$$

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

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.

$$125 \times \$20 = \$2,400$$

Stretchie, Surgical Tubing

Each camper 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.

$$125 \times \$10 = \$1,250$$

T-shirt & Technical Shirt & Shorts

Each camper should get a uniform. Annual.

$$125 \times \$60 = \$7,500$$

Coaches' Attire

$$10 \times \$60 = \$600 \times 5 = \$3,000$$

Balls, and bags

$$\text{New play toys: } \$300 \times 5 = \$1,500$$

Awards, Trophies, Certificates, Ribbons

Recognition awards. Annual.

$$\$300 \times 5 = \$1,500$$

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 for each site for the duration of the camp:

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.

$$\$500 \times 5 = \$2,500.$$

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.

A charge back for 1/10th of the cost for the kayaks is fair. The kayak total is about \$22,000. The charge is \$2,000. Per camper that is \$16 extra for that day. Not calculated into the bottom line here, just FYI.

Box Truck for Bikes

For the five weeks of the camp, a Ryder Box Truck, 26 foot, will be rented as a way to store, secure and move the bikes from location to location. The cost of the truck is \$352.50 per week, plus insurance, and \$.81 per mile if more than 500 miles.

Total charge for 5 weeks: \$1,800 (estimated)

Extra insurance for beyond the day: 4H

Each participant, 125, gets to be a member of 4H, \$10 per year. And, each gets to bring one buddy. Total cost is \$2,500.

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

Staffing	54000
Swim suits	6250
Bikes & extras	17110
s caps	525
goggles	2400
stretchie	2400
uni	7500
coach uni	3000
balls	1500
medals	1500
office	2500
truck	1800
4H	2500
total	102985

Alignment of Budget with Implementation Plan

Assumptions of Proposed Costs

Personnel Budget

1 executive director = \$2000

Each site has 1 head coach = \$5,000

1 assistant coach, = \$2200

2 junior coaches = 2 x \$1000 = \$2000

x 5 = \$46,000

Each squad has 2 junior coaches. 5 x 2 x \$800 = \$8,000

Total staff budget = \$54,000

Staffing Model and Structure

We expect to know who is going to be on the staff, but at this time, it is too early to hire them.

Travel and Transportation Budget

Need buses to golf. 25 round trips.

Need buses to run, perhaps, 25 round trips

Need buses to bike, mostly, 25 round trips

Costs unknown. Depends if golf and runners can double up? Can run not use a bus?

Total costs in budget = \$102,985 (without buses)

Cost per camper without bus: \$823.88

Transparent Nature of Budget

Find it online at CLOH.wikia.com soon.

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

Other teachers are interested in coaching.

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.

Help is warmly welcomed by Peter H. Vitti Vitti, pvitti1@pghboe.net in volleyball, Chuck with Pro Cycles, stashflash@aol.com, 412-527-8835 = cell, 412-586-5497 = shop First Tee's Eric Amato, Director of Golf and Instruction, The First Tee of Pittsburgh 412-622-0108, eamato@thefirstteepittsburgh.org and Girls on the Run, Executive Director, Meredith Colaizzi, mcolaizzi@magee.edu.

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

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.

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.