

Swim & Waterpolo Camp

Summer 2013 proposal for
Pittsburgh Public Schools
from Mark@Rauterkus.com
with the Bloomfield-Garfield Corporation
delivered on December 7, 2012.

This PDF version does not have the section divides nor the 25-page financial report from the 501(c)(3), the BGC, nor the 3 letters of recommendations and the W-9.

Terms:

PPS = Pittsburgh Public Schools
SDA = Summer Dreamers Academy
BGC = Bloomfield-Garfield Corporation
Citiparks = City of Pittsburgh's Citiparks (Dept. of Parks & Rec)
Polish Hill's pool = West Penn
North Side's Citiparks pool = Sue Murray
WHS = PPS Westinghouse High School
PCA = PPS Pittsburgh Classical Academy (in West End)
U-Prep = PPS University Prep school, also known as Margaret Milliones, in Pgh Hill District
Peabody / Obama = PPS School on Highland Ave in East End



Bloomfield-Garfield Corporation

December 7, 2012 application

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Summary of 2013 **Swim & Waterpolo** plans:

1. Seeking to serve 320 students, all double-block.
 1. 40 Elementary at Faizon
 2. 40 Elementary at PCA
 3. 40 Elementary at Carmalt
 4. 40 Elementary at U-Prep
 5. 160 Middle-grade Campers at CAPA
2. Grade range of campers not a factor.
3. Both boys and girls are desired as swimming, running and life are co-ed.
4. All sessions are held in squads of up to 20 campers.
 1. Desire 16 squads total: 8 in Elementary and 8 in Middle-grades.
 2. Six squads need to take a bus to other PPS schools on 3 buses.
 3. PPS swim pools host 11 squads and 5 swim elsewhere.
5. The proposed cost per camper is < \$300 for the double-block.
 1. Figure: \$300 x 320 campers = \$96,000
 2. This 2013 **Swim & Waterpolo Camp** projected budget seeks = \$94,312

Swim & Waterpolo Camp / facilitated by Varsity Coach, Mark Rauterkus, and the Bloomfield Garfield Corporation

Waterpolo has been huge success with campers and coaches in prior summers. On the first day you do not need to know how to swim, dive, jog and play our competitive aquatic games. Everyone tries and can swim in the deep end by the later days, getting new skills, fitness and friends for a lifetime. Repeat campers are strongly encouraged to sign up again to captain their teams and lead the way. We all do group runs, barefoot biathlon, and the Liberty Mile Road Race.

December 7, 2012

Activities Project Manager
School District of Pittsburgh
341 South Bellefield Avenue, Room 359
Pittsburgh, PA 15213

Dear PPS Summer Dreamers Administrators and RFP Review Committee:

Please accept this proposal for **Swim & Water Polo Camp**, an Elementary and Middle Grades activity. Thank you for this opportunity to join with Pittsburgh Public Schools in this wonderful effort to give elementary and middle school students the opportunity to participate in fun, new experiences over the summer that tie back to their academic instruction and develop potentially life-long interests.

This activity of Summer Dreamers is being moved to the Bloomfield Garfield Corporation in 2013. Back in the 2010 Summer Dreamers, the BGC had a leading role with an activity called, Health Smart that included Swim & Waterpolo. In 2011 and 2012, Swim & Waterpolo was with another friendly agency, The Neighborhood Learning Alliance. The BGC could not be more excited by the district's ongoing efforts to coordinate the wonderful work of its community partners with the district's academic agenda. We believe strongly that our children, particularly our lower income and African-American children, need to have coordinated academic and extracurricular activities. They shouldn't have to choose between the additional academic supports they desperately need and the fun, enrichment activities that expose them to new opportunities and interests.

Coach Rauterkus and the nonprofit community has continued to learn about effective program delivery from experience in past years. We are prepared to be a strong partner to the district this summer. The program leadership has individuals with long histories of successful delivery of services in their particular area of expertise. We are very excited about the Swim & Water Polo Camp program and the possibilities it will open up for elementary and middle school children.

We have seen how positively children respond to swim instruction. The overall goals of the program include teaching all of the campers to swim in deep water and to adopt swimming as a lifelong positive habit, to learn the rules of Waterpolo, to build team work skills and fitness, and, maybe most importantly, to have fun this summer. We certainly hope that more students will go onto join swim teams and clubs. Given all of the health benefits of swimming and the general benefits of team sports, however, we would be

equally satisfied to simply see young people expand their comfort in the water and make swim and water sports a true part of their regular exercise and recreation agenda.

So, again, thank you, Superintendent Lane and the School Board, for your leadership in this wonderful effort to combine the strengths of the Pittsburgh Public Schools with those of your community and faith partners to ensure that our elementary and middle school children have these life changing summer opportunities.

In summary, the plans call for serving 320 students, both middle and elementary grades, boys and girls, in double-blocks. A network of pools and spaces are required, mostly PPS buildings. **Swim & Waterpolo Camp** can be a part of every SDA school in 2013.

In the future, we'd love to have swim activities in both the morning and afternoons and we'd love to see school sites that have swim pools. With PPS and City support, thousands of kids could learn to swim and be aquatic athletes in Pittsburgh every year. Drowning remains the second leading cause of unintentional injury and death in children ages 1 to 19 years. The Centers for Disease Control & Prevention (CDC) reported that 62% of African-Americans are less likely to know how to swim. Fear also plays an important role. A Gallup study indicated that about two-thirds of Americans are afraid of deep, open bodies of water like lakes, rivers, or the ocean and 46% are afraid of the deep end of a pool. African-American children between 5-19 years old are six times more likely to drown in a swimming pool than their peers.

The Alliance for Safe Children and UNICEF's Office of Research reported that nearly all drowning-induced deaths are preventable. Instead of allowing this problem to languish unaddressed, governments should mobilize support for demonstrably effective and low-cost prevention strategies. The report emphasized the long-term value of teaching swimming to children over the age of 4. One program in Bangladesh reduced drowning rates by 90 percent. Gordon Alexander, director of UNICEF's Office of Research, said that "affordable interventions" could "save hundreds of thousands of children's lives." The data is clear and the solutions straightforward. It is time to address what Mr. Alexander correctly termed a "hidden killer."

If you need additional information, please contact me by phone at

Sincerely,

Richard Swartz, Executive Director
Bloomfield-Garfield Corporation

Swim & Waterpolo Camp build on a passion for waterpolo developing in Pittsburgh. More than 200 city youth now have run, swim and waterpolo experiences, due to Summer Dreamers 2010, 2011 and 2012. Executive Head Coach, Mark Rauterkus, varsity boys and girls swim coach for PPS Obama, directs and aids many community aquatic and athletic experiences throughout the year in the city.

The **2013 Activities Provider** for **Swim and Waterpolo Camp** is the Bloomfield-Garfield Corporation (BGC) in Pittsburgh, where Coach Rauterkus is a contracted employee. The BGC had a leadership role as an activities provider in HealthSmart in the 2010 Summer Dreamers.

Beyond the BGC, Coach Rauterkus and more than 10 experienced staff members, five additional “supporting sponsors” will provide expert capacity in 2013. Confirmed “supporting sponsors” include: City of Pittsburgh's Citiparks, the Pittsburgh Marathon, Tiger Water Polo Club, Thelma Lovette YMCA and American Water Polo. All except AWP helped with Summer Dreamers in 2012. A non-confirmed “supporting sponsor” for 2013 is Make-A-Splash of the USA Swimming Foundation. Grant support is expected in 2014 if a requirement can be resolved in 2013, the crafting of Emergency Action Plans for each facility. *See chart on next page.*

Swim & Waterpolo Camp in 2013 Summer Dreamers plans to serve up to 320 campers, up from 180 proposed in 2012, in double-block, 160-minute periods in the afternoons. CAPA has 160 students. U-Prep, Carmalt, PCA and Faison have 40 each. **Swim & Waterpolo Camp** are both an “on-site” and “off-site” provider. On-site: U-Prep (50%), PCA (100%). Off-site: Faison (100%), Carmalt (100%), U-Prep (50%) and CAPA (100%).

“Off-site” in 2013 comes with further classifications.

- 1) “Near PPS Site” means campers depart the school building for activities on foot to another PPS school.
- 2) “Near Agency Site” means campers depart the academic building on foot to another site not owned by PPS.
- 3) “Remote PPS Site” means campers depart the academic school building on bus for activities in another PPS building.

Total students near site = 160; Needing bus to neighborhoods = 140.

Elementary has 10 near site + 40 needing a bus; All middle grade campers go off site. Middle has 60 near site and 100 needing a bus.

After lunch bus goes only to other PPS sites.

The RFP says that PPS will not provide transportation to off-site locations. With **Swim & Waterpolo Camps** in 2013, the busing needs are to other PPS locations. The transportation goes to PPS Perry, PPS Obama, and PPS Carrick. The campers run and walk to: Thelma Lovette YMCA, Sarah Heinz House, Citiparks pools in Polish Hill (West Penn) and Homewood. All off site locations that are not owned by PPS are utilized without the costs of a bus.

Entity	Role in 2013	Actions
Bloomfield-Garfield Corporation	Activities Provider	501(c)(3), employer, fiscal conduit
Mark Rauterkus	Executive Head Coach	Leadership, Operations
Thelma Lovette YMCA	Summer Dreamers Activity Site	501(c)(3); facility; possible aquatic staffing support; possible special events site
Citiparks	Supporting Sponsor	Facilities: Sue Murray Pool = North Side near CAPA; West Penn Pool = Polish Hill near U-Prep; Homewood Pool near Faison; Ammon Pool in Hill District for extra times before July 1, after August 7, 2013, plus for staff trainings.
Pittsburgh Marathon	Supporting Sponsor	501(c)(3), Liberty Mile, Kids of Steel, guest coaching, run mentors, Development/Fundraising, Running support.
Tiger Water Polo Club	Supporting Sponsor	Equipment assistance, Staffing help, officials, game play, extra tournaments post camp at North Park
American Water Polo	Supporting Sponsor	Insurance, equipment, publicity, 501(c)(3)
Make-A-Splash, USA Swimming Foundation	Pending in 2013	Funding expected in '14. Need Emergency Action Plans.

PPS Pool Needs and Pool Permits

Swim pools and locker areas within PPS are needed at: U-Prep, PCA, Allegheny, Obama, Carrick, Westinghouse and Perry.

Dismissal Adjustments

To handle demand and raise participation with **Swim & Waterpolo Camp**, it is prudent to adjust the 2013 Summer Dreamer Academy RFP model for some (120 out of 320 campers) so activities can occur within home neighborhoods and excessive busing is avoided. These proposed enhancements, “strategic ideas to make a better camp for our children” (RFP cover letter), can be negotiated. Dismissal Adjustments would greatly enhance the experience for campers and families, helping to make PPS a “District of First Choice.” Dismissal Adjustments save time, money and aggravation at school sites as fewer are subject to what had often become a 45-minute bus-boarding ordeal for trips home. Most of all, camp days are extended easily with extra fun, literacy and parent engagements.

Dismissal Adjustments occur at the YMCA (Hill District), at Obama (East End), at Perry (North), and Carrick. Negotiation notes and charts for discussions of Dismissal Adjustments follow this RFP.

Swim & Waterpolo observers may think, “Bootcamp.” Really, it is fun, athletic and holistic.

Since 1980, the obesity rate among children has tripled, with 17% (12.5 million) of children and adolescents between 2 and 19 years old being obese. The increase in childhood obesity is likely to have long-term health, financial, and social consequences. Children and adolescents should perform 60 minutes or more of physical activity each day.

The Sporting Goods Manufacturers’ Association and five other organizations ascertained the popularity of various activities in 2011. Swimming for fitness was in the top aspirational activities for the age group of 6-12 years. This finding reinforces commonly-accepted beliefs surrounding the popularity of aquatic activities and swimming in particular. A different published survey of African-Americans indicated a strong desire to swim more and high intent to visit a pool weekly despite no/low swim ability.

Running is an important activity for **Swim & Waterpolo Camp**. Running worked well in 2012. Every camper ran and/or walked 2 miles every day when going to the pool. Campers and staff, traveled on foot, running and walking, more than 3,000 miles within Pittsburgh's Hill District in the summer. Summer Dreamers is urban renewal as kids and staffers are empowered and take to the streets, travel their neighborhoods, and even race among professionals. Our important mission of safety and fitness comes alive in group runs.

Running gets greater emphasis in 2013.

The Pittsburgh Marathon will again deliver scholarship participation in **The Liberty Mile**, an August road race in downtown. We entered 60 participants and got 4 medals in the first ever Liberty Mile in 2012. The Pgh Marathon's “Kids of Steel” program/curriculum of fitness and wellness will be the 2013 focal point for PPS teachers to champion with campers. New sneakers, shirts and other goodies are probable for many campers. Joint fund raising and development effort with Pittsburgh Marathon's CEO is starting in December 2012. A variety of events and interactions with the Marathon will boost Summer Dreamers tremendously, again.

Type	# of Campers & Grades	Academic Location	Travel	Activity Location	Dismissal
On-site	40; Elementary	PCA	None	PCA pool & track	PCA
On-site	20; Elementary	U-Prep	None	U-Prep pool & track	U-Prep
Near Site Agency	20; Elementary	U-Prep	On Foot	Citiparks pool @ Polish Hill	U-Prep
Near Site PPS	20; Middle-grade	CAPA	On Foot	PPS Allegheny	CAPA
Near Site Agency	20; Middle-grade	CAPA	On Foot	Citiparks North Side	CAPA
Near Site Agency	20; Middle-grade	CAPA	On Foot	Sarah Heinz House	CAPA
Near Site Agency	20; Middle-grade	CAPA	On Foot	T. Lovette YMCA / Citiparks Ammon	Carnegie Library in the Hill District or YMCA
Remote Site PPS	40; Middle-grade	CAPA	Bus	Obama	Obama in East Liberty
Remote Site PPS	40; Middle-grade	CAPA	Bus	Perry	Perry in North
Remote PPS	40; Elementary	Carmalt	Bus	Carrick	Carrick or Carmalt
Near Site PPS	20; Elementary	Faison	On Foot	Westinghouse	Faison or WHA
Near Site Agency	20; Elementary	Faison	On Foot	Citiparks Homewood	Faison
<u>Totals</u>	<u>160 Elem + 160 Middle</u>	<u>5 SDA Schools</u>		<u>7 PPS pools + 5 not = 12 pools total</u>	<u>8 or 10 dismissal sites</u>

Even "On-site" designation is partially "Off-site" since all **Swim & Waterpolo** Campers, even those at U-Prep and PCA, (schools with pools), run outdoors.

Summer Dreamers Academy Proposal: Swim and Water Polo

1. Program Vision

Describe in detail what campers will learn and do in your activity. What is the vision for the program and what are the goals?

Swim & Waterpolo Camp give students opportunities to make great strides in fitness and swimming proficiency through aquatic sport. With daily practices, every camper can become more than one who can swim, but rather become a “true swimmer” and an “aquatic athlete.”

By the end of Swim and Water Polo Camp, students will be able to :

- Swim in deep water and understand all of the strokes involved in competitive swimming.
- Respect and understand aquatic safety.
- Learn about the greater swimming world from Olympics to local competitions, teams, and swim opportunities.
- Document and set personal swim goals including distance swim results, record time, and polo performance.
- Participate in competitive experiences (swimming, running or fitness and team waterpolo play) with coaches and teammates.
- Run continuously for 10 minutes and understand running wellness.

Coaches lead students through an educational aquatic experience that takes campers from basic swim lessons, drills, practices, and team sport workouts to competitions, i.e., waterpolo games, swim races, run races, biathlons.

Describe in detail how campers will be engaged and excited throughout camp. How will it be interesting for the campers? What are 2-3 ways you will motivate campers?

New Engaging Recreation Experience: We recognize that there are many youth who do not have the opportunity to experience water sports and quality swim instruction. For many of our students, this camp is a fun, new experience. Our instructors keep kids motivated to continue to push their limits and reach new goals in running, swimming and waterpolo ability. As students learn to trust the instructors, marked improvements happen on a daily basis with everyone.

Highly Interactive Learning: Running, swimming and waterpolo are 100% hands on physical activities. Youth are consistently engaging with their instructors in an interactive learning environment. Positive peer pressure encourages breakthroughs in performances. Classes develop into real teams.

Competition: Our young people are motivated by competition. Waterpolo is competitive and every player on the team matters. We fully expect, as with past waterpolo sessions, that the 2013 campers will continue to be excited. The opportunity to compete as teams against others in practice, follow rules, and substitute in-and-out is fun. Then, to play hard against other teams from other classes and even from around the city and region has proven to be most successful with our kids. Running the Liberty Mile on Liberty Avenue, downtown, with thousands, including professionals, with prize money, race chips, bib numbers, tech shirts and posted results is a total rush.

Building confidence: Ultimately we believe that this camp experience builds confidence of our campers as they continue to increase their swimming skills and fitness. The new found sense of comfort in the water transfers to other important moments for the individuals. Mastery soars with a relaxed body. Throughout the process of swimming and running mastery, kids understand calm confidence. This aids in test taking situations.

Describe how campers will highlight their accomplishments through a culminating project, demonstration or presentation. What deliverables will the campers produce at the end of the camp?

We recognize that campers will be joining at various skill and fitness levels. We are prepared to work with each student so that by the end of camp campers will:

- Have documented record of their progress in swim and in waterpolo.
- Post videos of swimming and waterpolo activities that campers and their families can view and keep.
- Participate in end of summer polo tournament and swimming demonstrations.
- Demonstrate vast improvement in their ability to swim, as evidenced by a series of swimming tests throughout the length of the program.
- Understand and demonstrate the rules and skills of waterpolo.
- Participate in time trials and a biathlon race.
- Be encouraged to continue to participate in local waterpolo activity beyond the life of the Summer Dreamers camp and visit other area swim pools.
- Get a shirt and have an opportunity to run in the Liberty Mile road race.

What are 2-3 ways you will communicate with parents/guardians both before and during camp?

In past summers, we have not had trouble maintaining regular participation in the **Swim & Waterpolo Camp**. Capacity enhancements in 2013 include the use of physical space, expert leaders and technology. Both the agency sponsor and the executive head coach are devoted to parent engagement year-round. These plans builds upon the existing relationships among community members with the BGC as well as with head swim coach. We communicate with families.

- **BGC on Penn Ave.** - The building can host community gatherings with parents, campers and boosters. Plus the YMCA in a different neighborhood can host community gatherings with parents and students. The former sponsor, the NLA, had only a few tables and chairs. We will get everyone together in fun settings and launch activities before July 1. New in 2013. PPS settings, especially in the final weeks of the regular school year, can be avoided with agency hosted events.
- **Hiring an “attendance coach”**- The 2012 **Swim & Waterpolo Camp** was to include an individual in charge of real-time communications. The 2012 process made efforts difficult and the focus turned to parent permissions for The Liberty Mile. This staff member talks regularly with families of students who are absent or fail to meet expected levels of participation. This person keeps parents involved in understanding and supporting both regular and extra participation. We encourage visits and volunteers.

- **Individual Phone Calls** - The head coach and “attendance coach” coordinate with the staff and parents with individual ongoing calls to parents and students to generate excitement.
- **Auto Calls** - Throughout the summer, auto-bot calls are placed from the coach to parents and students too. Plus, inbound messages can be delivered with these calls seeking input. Example: “After the beep, tell us your son or daughters name and his or her t-shirt and sneaker size.” New in 2013.
- **Open Environment** – Parents know that they are welcome and encouraged to stop by the facilities at any time to observe the program activities and to see how their child is performing.
- **Electronic Clip-boards** – High tech, custom, mobile, robust, secure, software has been developed for staff and camper use. Time and place stamps refresh the participant records in a database so that real-time data can be communicated to parents phones and email accounts. Began in 2012. Parts are new in 2013.

In what ways is this opportunity unique, creative, and interesting? In what ways is this activity unique and creative? How will it be interesting for the campers being targeted?

Few communities have full-fledged waterpolo programs in Pennsylvania. Waterpolo is, traditionally, a sport to which many individuals have limited access. This is increasingly true among lower income, African American students. There is a perception that waterpolo is not available within lower income communities and that it is a sport dominated by the elite.

This summer camp experience builds young people’s interest in running and swimming and introduces them to a fun team based sport that they CAN continue to participate in long after the summer. The skills learned in this camp opens the door to a world of new and exciting aquatic sports and competitive activities.

For students who continue to excel in aquatic sport, there are a number of lifeguard jobs, scholarships and collegiate play opportunities in their future.

**Please reflect on areas of strength and changes to be made from the summer of 2012.
What strengths will you build upon this year?**

Our program continues to strengthen with each year of participation in Summer Dreamers. We have been able to adjust the program model to meet new challenges and bring in new opportunities. Some examples include:

Expanding Partnerships – The BGC, Thelma Lovette Y, Citiparks, Tiger Waterpolo and Pittsburgh Marathon all deliver programing through strong partnerships with other community organizations. This year we expanded and further formalized partners engaged in our swim activities. PPS, YMCA and Citiparks help with facility use. American Water Polo and established varsity athletes and swim coaches help to enhance instruction.

Diversity of activity – The camp program continues to identify ways to ensure that students always face different challenges and lessons that interact with a new water games, exercises, drills, teams and skills.

Every day the campers are learning new things in the pool ensuring that the activity base is always changing and engaging students.

Fiscally Accountable – Organizers worked hard to keep cost reasonable and came in significantly below projected budget in 2011 and at budget in 2012. We will continue to provide more for our students while maintaining a financially sound program model. If attendance drops below 75%, a reduction is possible with staff reduction. Fewer kids can mean fewer coaches.

In what areas do you need to improve and how will you do so?

Smaller group Instruction with smaller pools, public time, and younger campers. In 2011, 50 kids was a top end, now we seek 20 as a max per team. With 20, intra-squad play has 2 full-time goalies plus 3 teams of 6 players. Smaller groups help with a younger cohort of students and with students at different skill levels.

Attendance Procedure: Skill check-lists can strengthen our program outcomes. This is particularly important when learning to swim. If campers are not regularly attending, they experience difficulty keeping pace and skill building with the others. The attendance coach and our high tech clip-boards / attendance software make all more effective.

Culminating Events:

In the past, the culminating event has included waterpolo tournaments, "Barefoot Biathlons," and with great success in 2012, participation in the Liberty Mile road race.

Our desire is to build a more robust swimming meets and a dynamic running program with additional time trials, group benchmarks, cuts for sponsored admission and "invited activities" for in camp and post camp competitions.

To practice together as a squad with a coach and then to play a match against some other kids makes **Swim & Waterpolo Camp** authentic and special. In-camp competitions were better in 2010 and 2012 due to multiple squads within the overall camp framework. In 2013, every site has multiple squads by design. Match-play can happen within the daily happenings without extra costs. For example: Faison's kids do not need to travel to Carmalt/Carrick as both SDA sites have two 20-camper squads for house-league competitions.

Camper competitions feed into an athletic model. With sports, kids often need to travel to games and play matches on the weekend. We can get more out of the kids by being organized well in advance of the camp and really communicating with families. Younger kids are keen rule followers and often more coach-able than typical middle-school students. Athletic activities can expand with more details and results-driven score keeping. Only campers that really want to strive for higher accomplishments could be invited. We'll use more racing as motivational leverage. Everyone does not need an invite to the Liberty Mile if they are not trying hard daily. Perhaps we were overly generous in the past by including everyone no matter what. Every camper can find showcase activities from waterpolo at Citiparks' Ammon after August 7, to swimming, running and the **A-for-Athlete** literacy showcase.

Program Vision for Literacy

The **Swim & Waterpolo Camp** for 2013 welcomes the new literacy component with two inspirational projects that are sure to get campers spending their summer exploring and discovering literacy in new and meaningful ways: One is called, "A-for-Athlete." The other is, "Olympicpedia."

A-for-Athlete is a real-life A-B-C book with three-foot-tall letters on billboard canvas. Students decorate the letters, filling them with words from the activities and the camp. Letters and the set have a group theme, perhaps adverbs or sports jargon or multilingual translations. Then the letters are taken to the games and demonstrated in group photos and videos. For example, the “B” is for ball and the kids photograph themselves with the balls in the shape of a “B” while the B emerges from the BOTTOM of the pool. Olympicpedia is a wiki experience and has an approach to educating and inspiring kids with inquiry-based learning. Olympicpedia kids care about sports, athletes, travel and being stronger as they grow. Our role is to guide the kids in finding the answers themselves and encourage them to ask new questions along the way. Olympicpedia also publishes the *A-for-Athlete* content the kids create.

2. Link to Outcome Goals

Provide a detailed description of how the activity led by the provider links the outcome goals listed in Section 1 of this RFP. Does the plan develop a passion campers can continue throughout the year and/or their lives?

Swimming is an amazingly healthy and productive activity. We fully expect that all campers will be good swimmers by the end of camp. This encourages, at a minimum, ongoing participation at their schools and neighborhood pools. For those who enjoy running, swimming and waterpolo, there are many opportunities to continue to pursue, including:

- Middle school and high school cross-country and swim teams. A number of 2011 Swim & Waterpolo Campers, volunteer aids from 2012 and assistant coaches are 2012-13 PPS varsity swimmers. Some went to matches in Ohio. Westinghouse has its first swim team in 2012-13 in more than a decade with Dreamers in their ranks. Competitive swimmers at Uprep exist in 2012-13 where there had been none.
- Community waterpolo teams.
- Area club swim teams, such as the Sarah Heinz House, JCC Sailfish, Kingsley Stingrays, Team Pitt or others just outside the city such as Woodland Hills, Keystone Oaks, Carlynton, Shaler.
- Gaining a lifeguard certification and seeking employment. The 2013 campers might become 2016 SDA coaches.

The transferable skills learned in swimming such as persistence, hard work, fitness, listening, and teamwork are all relevant to other aspects of life. There are a number of lessons that have a positive impact on the campers as they continue their scholastic and professional careers.

What are 2-3 ways in which the activities link to high school and/or college-readiness?

Discipline: Running, swimming and waterpolo are practices that teach discipline, hard work and constant goal setting. These are life skills that also drive academic success. We promote that our students and athletes use these values throughout their school careers.

Teamwork: More and more, higher level education requires students to work in teams to complete projects in preparation for a workforce that demands these skills. Waterpolo teaches campers the requisite skills for

being good teammates. Positive interactions with peers are critical component to their future success in classrooms.

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. Our lessons incorporate some of these basic sciences in an effort to expose youth to interest in scientific thought as it relates to athletics.

What are 2-3 ways in which the activities link to 21st Century skills?

Individually, each of our students, especially at-risk youth, need to be taught how to keep their head above water, in their pools, around our rivers and in the classrooms. Swimming is a pathway to teach how to survive and succeed in life. We aim is to teach skills so participants thrive in life -- and swimming is such a life-saving skill. The lessons taught when learning how to swim help our children both in and out of the water.

Self Motivation – Students are encouraged to set their own goals and to push their own limits as they explore their swimming and fitness abilities. The success of the student is driven by each camper's motivation to reach their goals and improve in their abilities.

Teamwork/Collaboration – Many of the planned lesson/activities incorporate teamwork as a key component. Youth work in teams to demonstrate water safety knowledge and to recognize how their actions effect others in the pool. Working together in the pool means mutual respect for each other and the coaches.

Communication - Communication in an active, loud, and playful learning environment is very different than in a classroom. Simply listening to instructions is a challenge. Other forms of communication are practiced such as sign language and body language. The heightened use of non-verbal communication helps students become better, more attune communicators outside of the sports environment.

Healthy Decision Making Skills - When in the water, everything you do is an important decision. Students are challenged to consider their actions more deeply to ensure the best results in running, swimming and waterpolo. Students make decisions on health, fitness, practice strategy, team interactions, strategic plays, and safety. The swim pool is the best place to learn and reinforce healthy decision making.

3. Schedule

Provide a general description for each week of programming, including sample learning objectives and engaging activities. How will the activities be broken down into weekly objectives?

Week one objective: Campers learn the basics of running and swimming and are introduced to waterpolo. Coaches get the sense of where the students are and how the design of the class fits the needs of the swimmers. Swimmers ease into the pool environment and become acclimated to how they function in the water. Activities include: Urban hikes, in water running; assessments (In 2011, 5% could swim across the deep end at the start of camp. By the end, it was 95%.); Communicate sport and coaches rules, policy and safety procedures; Do exercise routine. Swim freestyle.

Week two objective: Students do new swim styles, especially breaststroke. Students start to feel comfortable in the pool and more confident to try challenges. Activities include: Streamline pushoffs; Turn “I can’t do that” statements into, “I still haven’t perfected that, yet. ”Understand rules of waterpolo. Play in a cooperative manner, i.e., 50 dry passes. Do relay races.

Week three objectives: Prep for running races and do running fitness testing. Helps students understand their current fitness level and how fitness relates to swim ability. Exercise routines get peer leadership, Do butterfly stroke and diving. Play full waterpolo games, with coaches, in semi-deep and shallow water.

Week four objectives: Learn backstroke and flip turns. Get waterpolo scrimmages in full swing, Prep for Liberty Mile and Aquatics Carnival and biathlon. Talk of Lifeguarding.

Week five objectives: IM (Individual Medley) time trials. Campers see where they started and where they ended. Play Crazy ball. Do a wild final exam, and other impressive feats that really challenge the teams and individuals like the Biathlon. Refine multi-media online content and performance results. Tournament play with officials, wins and losses.

Week six: Get geared up for the Liberty Mile. Visit with a professional runner. Encourage play among squads and even weekend and post-season play and clinics. Train harder. Focus more. Race.

Provide a detailed sample lesson plan for one day of the program, including the length of time and a description of each activity within the period. Are there specific start and end times as well as descriptions for each activity in the sample daily schedule? How will the period be broken down on any given day?

Swim & Waterpolo Camp - 160 minute block

Sample Lesson Plan

The student will be able to:

- Define what's expected of them each class.
- Respect the water, each other and the coaches.
- Control base position (eggbeater).
- Pass the ball.

Students will prove their skills by:

- Showing responsibility in their words and actions in the water.
- Performing the base position in practice.
- Performing their passing skills in practice.

<i>Time</i>	<i>Students will...</i>	<i>Teacher will...</i>
10 min 12:40-12:50	Attendance, check in. Introduce students to locker room. Be introduced to the coaches. Easy arm and leg swings. Learn other players names. Students change into their play gear and swim suits.	Greet students upon entering, introduce students to space.

5 min 12:50-12:55	Be introduced to the coaches, to each other and to the basic rules for group run.	Facilitate, introduce, inform students of running rules and tips.
5 min 12:55-1:00	Overview of day. Break into teams / squads. Warm up with some fitness. Students who finish will be encouraged to do as many as they can.	Time. Demonstrate. Lead. Encourage. Coach.
15 min 1:00-1:15	Run. Skip. Elevate heart rate as directed.	Workout begins with energy. Assess team and individuals. Calm pace. Bark perhaps.
1:15-1:40	Main aerobic workout. Run.	Time. Chart. Participate. Race.
20 min 1:40-2:00	Cool down, drink, recap, review, stretch. Then change, if needed, walk out on deck, enter water.	Coach in meeting setting. High 5. Transition talk.
30 min 2:00-2:30	Pool side attention. Ice breaking drills. Be introduced to and practice the eggbeater position.	Introduce students to the eggbeater position and give notes/correct as they do.
20 min 2:30-2:50	Be introduced to and practice passing.	Introduce students to correct passing techniques, oversee their practice, give notes.
20 min 2:50-3:10	Receive instruction on handling the ball. Play game. Change rules.	Instruct students on how to handle the ball, continue work on passing. Coach. Officiate. Keep score. Play often.
5 min 3:10-3:15	Warm down, receive notes.	Warm students down, give notes to think about for next day.
10 min 3:15-3:25	Students will change their clothes and discuss days lesson	Ask students questions about day's lesson. Check for comprehension.

How will time be utilized effectively to maximize learning?

We have experience managing children through controlled, time-specific schedules. Many experience staff members from previous Summer Dreamers Camp are to return. The program's double-block practices are designed to maximize time on task and move students along in a series of activities.

4. Camper and Staffing

State the maximum number of campers that you can serve. What is the maximum number of campers that you can serve and how did you arrive at these estimates?

Swim & Waterpolo – Coaching up to 20 students per squad insures smooth swim instruction and a low coach to student ratio to accommodate varying needs of students. With 20, enough are present to have waterpolo and relay teams. The sites with two squads (40 campers) have larger, 6 lane pools (Obama, Perry, Carrick, PCA). Running and swimming activities happen at different times in the double block. For example, squad New Zealand swims first while South Africa jogs. Then the squads switch.

Describe the staff positions, their roles, and their responsibilities. How many staff members will be necessary for the program?

Swim & Waterpolo Camp operates with 20 camper squads. Some sites have 2 squads, others 1. Each 20 camper squad has 1 head coach, 1 assistant coach or lifeguard and 1 PPS teacher. Most often 3 staffers are with 20 campers.

Faison @ Citiparks, 1 head + 1 assistant + 1 PPS teacher = 20 campers

Faison @ Westinghouse, 1 head + 1 lifeguard + 1 PPS teacher = 20 campers

U-Prep @ U-Prep, 1 head + 1 lifeguard + 1 PPS teacher = 20 campers

U-Prep @ Citiparks, 1 head + 1 assistant + 1 PPS teacher = 20 campers

Carmalt @ Carrick, 2 head coaches + 1 assistant coach + 1 lifeguard + 1 PPS teacher = 40 campers

PCA @ PCA, 2 head coaches + 1 assistant coach + 1 lifeguard + 1 PPS teacher = 40 campers

CAPA @ Citiparks, 1 head + 1 assistant + 1 PPS teacher = 20 campers

CAPA @ Allegheny, 1 head + 1 lifeguard + 1 PPS teacher = 20 campers

CAPA @ Sarah Heinz, 1 head coach + 1 assistant + 1 PPS teacher = 20 campers

CAPA @ Thelma Lovette YMCA, 1 head + 1 assistant + 1 PPS teacher = 20 campers

CAPA @ Obama, 2 head coaches + 1 assistant + 1 lifeguard + 1 PPS teacher = 40 campers

CAPA @ Perry, 2 head coaches + 1 assistant coach + 1 lifeguard + 2 PPS teachers = 40 campers

For the desired, 320 campers, the 2013 staffing includes: 30 half day employees (lifeguards, assistant coaches and head coaches) + 1 executive head coach + 1 attendance coach = 32 workers hired by the BGC, the Activities Provider. Plus, 7 PPS teachers in middle school ranks and 6 PPS teachers in the elementary ranks join **Swim & Waterpolo Camp** as per SDA's plans.

The PPS RFP FAQ says 14 PPS teachers will be at activities at CAPA for 300 students. Since **Swim & Waterpolo Camp** handles more than 50% of the students (160 proposed), seven PPS teachers would be expected to join our ranks. One PPS teacher goes to each of the six sites and two teachers go to one of the double sites (Obama or Perry). Each SDA Elementary site has 18 PPS Teachers for 480 campers. With 40 swimmers at each site, PPS provides 2 teachers for Faizon and U-Prep and 1 teacher each for Carmalt and PCA. Then one PPS teacher is at every swim site.

The Executive Head Coach, an Attendance Coach, junior captains and volunteers help various squads too. Lifeguards are hired for PPS facilities. Lifeguards are already on duty at the YMCA, Citiparks pools and Heinz House.

Executive Head Coach is responsible for supervising all coaching staff, lesson planning and training. He also is responsible for contact with the parents and students. He leads many team meetings, directs practice segments in some sites, sets expectations and interviews, hires and manages staff.

“Attendance Coach.” - One individual is hired to assist in the enrolling and assigning all of the children, working with the school personnel and parents to make sure the campers are coming regularly, collecting program data and preparing all of the required reports. This person also supervises with snacks / fluid replacements and any non-swimmers that day. Coordinate parent permission slips, health risk data and invites to extra engagements and fitness.

Site Head Coach – We hire a capable head coach for each of the squads. Head coaches do instructional delivery.

Assistant Coaches lead some instruction and give demonstrations at sessions. Assistant Coaches constantly interact and encourage students, eye-to-eye in the pool and on runs. They assist with administration needs including sign-in, monitoring locker rooms, attendance, performance, attendance coach check-ins and tracking camper progress.

Lifeguards – One qualified lifeguard is on duty at each PPS site for all swimming sessions. The lifeguard helps the squads with dry-land exercises and locker room supervision before and after pool time.

Adaptive Coaches – We can not expect a boy without hands to tie his sneakers and a girl without leg strength to run across a bridge and many blocks in the North Side. In 2011, some swimmers needed 1 to 1 attention for many minutes of the classes. The PPS Occupational Therapist visited and was most impressed with the activities of the students, their increases in strength and improved behaviors. All did well in 2011 with great help of PPS Activity Teachers.

In 2012, no adaptive help was required, perhaps due to the off-site nature of the activity. In 2013, none are part of the RFP budget.

PPS needs to address students needs in regard to special accommodations and suitable support with an Adaptive Camp. Plans can expand to an Adaptive Camp, perhaps at Allderice or Brashear. But that is beyond the scope of this RFP. Swimming can be a great activity for special needs students, but only if the necessary support follows the kids into the pool. Otherwise, PPS needs to provide advance notice of these students.

Enrollment:

Student attrition has been minimal with **Swim & Waterpolo Camps**. **Swim & Waterpolo Camp** at Peabody in 2011 was so popular that a waiting list was needed. The camp director had dozens of students clamoring to get into our program due to a great buzz among the students. Friends in other activities wanted to get in on the fun at the pool. As space allowed, we gladly accepted more students into our program, rather than have the student depart the camp for the remainder of the summer.

In 2012, with the class roster melt down, many students flocked into **Swim & Waterpolo Camp** too, despite the fact that we had to run 1-mile to get to the swim pool. Some teachers and a former Aquatic Director balked or lost interest in the urban hike to the pool. False acusacions of coaches “recruiting students” were

made, when in fact, too many kids just love **Swim & Waterpolo Camp** and respect how it operated. The kids had fun, telling friends and bringing suits to school hoping to join us.

Enrollment insights from 2012 PPS spreadsheet data obtained in fall 2012 from SDA staff reported 95% attendance for **Swim & Waterpolo Camp**. It reads, 1,068 campers present with 53 absent dates. On 25 days, averaged 43 campers per day, in that PPS reporting data. Follow-up numbers had other, unsubstantiated data, such as 80% attendance in the AM group. Campers from **Swim & Waterpolo Camp** filled a bus on the last day of camp as 60 ran in the Liberty Mile. Attendance with **Swim & Waterpolo** has been fantastic, off-the-charts, second to none throughout the years.

Data: Citiparks officials reported Ammon's total summer attendance as **5,471** in 2011 (without any **Swim & Waterpolo Camp**) and **12,278** in 2012, with AM and PM **Swim & Waterpolo Camp**.

In the 2012-13 school year, a new PPS swim team began at Westinghouse, in part, due to Summer Dreamers. Many Sci-Tech and U-Prep swimmers are on swim teams too, because of SDA's Swim and Waterpolo. Summer Dreamers from 2011, now in high school, are varsity swimmers competing in WPIAL meets.

If swimmer and staff experiences at PPS pools are established throughout the year as desired, squad sizes could swell from the 20 in this plan to 25 or 30 students. With automatic re-enrollment options for past participants in **Swim & Waterpolo Camp**, we'd greatly diminish the churn rate for participants and increase capacity as more students could easily go straight to the deep end of the pool on the first day. More than 90% of the students are NOT deep end swimmers in the first week of camp in both 2011 and 2012. But more than 90% are deep end swimmers by the end of camp. Plenty of former **Swim & Waterpolo** campers would re-enroll if asked, challenged and fast-tracked back onto the rosters.

Proposed recruiting and retention sessions could inflate the maximum numbers of students per session by 50%. A developed staff with better relationships and better athletes with better behaviors and skills can allow for more students and fewer expert coaches. PPS Obama's high school swim squads operate effective practices at 1 : 20 ratio, In 2012-13, one high school coach leads 45 members on the teams. But that is unlike the Summer Dreamers setting.

Recruiting sessions billed as pre-season **Swim & Waterpolo** can begin in January 2013 and end in June at Peabody's swim pool from 5:30 to 6:30 pm on Mondays, Tuesdays and Thursdays. Other practices at U-Prep have been held on Wednesdays since September 2012, and at Westinghouse in 2011 with up to 25 middle school swimmers. Friday and Saturday practices can be held too. Perry HS is a possible waterpolo practice site twice a week with Tiger Water Polo Club helping our city players. These efforts can greatly influence the demand for Summer Dreamers, **Swim & Waterpolo Camp** and help in building better coaching staffs. Campers that engaged in the 2011 and 2012 SDA should be invited to return to the swim pool on a regular basis so they and their siblings and friends enroll in the 2013 SDA. These year-round efforts are sure to ensure higher average daily attendance, maximum enrollment and a higher quality coaching and lifeguard staff.

Organizers of the **Swim & Waterpolo Camp**, with the blessing of the PPS SDA offer to put up color posters in every PPS K-8 and Middle School this year. Color printers are available in the school. Cost of ink can be covered, perhaps. But getting access to the schools and permission to post the signs with the SDA logo and details are needed. We can design and install the posters.

Handbills to recruit students to SDA and the **Swim & Waterpolo Camps** were passed out at the December 4, 2012 PPS Elementary Swim Meet. Same too will occur at other meets, especially the Middle School Championships in January. This was done in the past. Other handbills to recruit students can happen with after-school programs and even at high school meets so as to seek staff and volunteers.

Describe a staffing model that details your staffing structure based on the number of campers you plan to serve, keeping in mind the maximum 15:1 camper to highly qualified staff ratio.

Squads of 20 campers and three staff are utilized throughout. Other staff, guests, volunteers and junior captains are extra helpers too.

Describe your ideal plan to ensure maximum enrollment in your activity

Describe you plan to ensure high average daily attendance

Every day at Swim & Waterpolo Camp comes with unique activities. They dynamic instruction builds upon past feats. Kids know that every day is important and not to be missed.

5. Facilities and Materials

Describe all facilities requirements and constraints of spaces. Will your program be an on-site provider or an off-site provider?

Swim & Waterpolo Camp for 2013 proposes PPS pool, locker spaces, meeting area, storage zone and outside grounds access at PCA, U-Prep, Westinghouse, Carrick, Obama, Perry and Allegheny.

Even though Obama/Peabody is getting some fix-up in summer of 2013, the pool area should be available through the side doorway. Expansion or alternatives pools, while less attractive in 2013, include: Allderdice, Oliver, Arsenal, Brashear. and Langley.

In 2012, school spaces that were necessary and promised were later taken away by custodians. Building complications aggravate supervision. The bathrooms on the ground floor of UPrep became locked with a bogus "out of order" sign. Changing spaces for getting into run and swim gear and some storage of camp supplies is critical. Each facility has its own floor plan and access areas to the school. At Obama, we'll need to get in and out of the side gate to use the field. At PCA, we'd love to use the gym and bleachers near the pool and outside track. At Carrick, the gym should be open. At U-Prep, we'll want to run around the track and use the tennis courts one day. A solution includes two different "walk through tours" of the site with the main building custodian with documented paperwork initialized by swim coaches, custodians, and SDA site coordinators. Building matters has always been rushed without opportunities to get on the same page. A

pending “supporting sponsor,” Make-A-Splash, requires Emergency Action Plans and the second meeting can help to accommodate that paperwork too.

Other facility requirements:

- Laundry at one site, (i.e., Westinghouse) to wash towels, suits and shirts.
- Access to ice machines at Obama, PCA and CAPA.
- Access to general pool equipment: kickboards, lane lines, pace clocks, life jackets.
- Access to building wifi.
- Lockers and combination locks.

More permits:

In 2011, high-level Administrators with PPS and Summer Dreamers assisted in getting a pool permit at Peabody in the morning times while PPS SDA academics were happening. Extra time pool permits are requested again.

1. An “early bird week” for Dreamers and family engagement can happen from 7:30 am at PCA, UPrep and Westinghouse.
2. Pool time/permits for training of staff and others should be possible.
3. Families that get “rejection letters” and denied admission into 2013 Summer Dreamers should be given opportunities for other programs at other times in the school pools. The pools can be productive for the citizens and other students. Year-round learning endeavors teach and model playing well with others.

If you will be an on-site provider, describe any transportation plans for special events, such as field trips

In 2012, every day at **Swim & Waterpolo Camp** was a field trip with runs and walks. One other trip happened on the last day of camp, the Liberty Mile race. A supporting sponsor, the Pittsburgh Marathon, paid for that bus.

In 2013, different bus schedules are desired with remote-site dismissals so that some campers can be bused to home neighborhoods mid-day.

For other extra times, campers need to show up to the site on their own. Supporting sponsors might be able to lend assistance too. For example, the Homewood Childrens Village might be able to provide van service for the Homewood All-Star Team to play a waterpolo match one day at the Thelma Lovette YMCA. Should that occur, permission slips will be obtained from parents and costs will not be charged to the PPS / SDA.

Describe all equipment and supplies needed, and your general plans for obtaining these materials See budget.

4. Budget

Summary of the eight line-item expense budget, projections, include:

1. Supplies and equipment
2. Camper gear
3. Snacks
4. Capital ---> #1 + #2 + #3 + #4 line items = \$18,300 = 20% of overall budget
5. Insurance = \$1,800
6. Facility Rentals = \$3,500
7. Payroll = \$70,712 = 76% of overall budget
8. Transportation = \$0

Summary: Total costs = \$94,312 matching close with expected enrollment of 320 x \$300 per = \$96,000.

Budget line items #1, #2, #3, #4, called “expenses.”

Materials get purchased with the normal due diligence that the BGC applies to all of its fiscal matters.

We purchase what can not be obtained via other sources. Much is able to be given or lent to the campers. For example, college teams from Villanova to Middleberry have contributed used waterpolo balls to our collection. A wide variety of budget supplies supports the activities including: bulk race entries, towels, coolers, laundry supplies, ice, whistles, spare swim suits, swim caps, swim goggles, game balls, ball bags, waterpolo caps, first aid kits, storage. Books, dictionaries, journals, pens and posters for the literacy component are new in 2013. Underwater video cameras (\$125 each) and a some technology investment to communicate attendance is required too. Every site does not need every item as some site hosts two squads. Some equipment items can be shared on different days with different squads, such as a set of swim fins. Budget line item: \$525 per site.

Individual Camper Gear costs are \$13 to include: Goggles, \$5; Swim Cap, \$3; T-shirt, \$5.

Snacks are vital. PPS gave cracker bags and we got freeze pops in 2012. Fresh fruit and GatorAid would be nice.

Capital costs are mainly for the air filled waterpolo goals. They are safer and easier to move, but do not last forever. A supplier in China can deliver if we place order months in advance. \$600 per site.

Summary of Expenses (budget line items #1-#4) for 20 person site:

Supplies = \$525

Gear = \$13 per student for gear x 20 students = \$260

Snacks, \$5 x 20 = \$100

\$600 for capital = \$600

Expense Total = \$1,345 per site (approximately 22% of SDA budget) with capital (goals)

Expense Total = \$885 per site if no capital is needed

Expense Total = \$2,230 if a double site and only one capital

Budget expense projections for line items #1, #2, #3 and #4 = \$18,300. (20% of overall budget)

Insurance, budget line #5, obtained with the help of **American Water Polo**, a supporting sponsor

All certificates and requirements of insurance are able to be provided by American Water Polo, a 501(c)(3) in Pennsylvania. The organization provides insurance coverage for aquatics and athletics throughout the country. Budget projection, \$1,800.

Facilities Rentals, budget item #6

Citiparks and the YMCA are both greatly committed to support **Swim & Waterpolo Camp** in 2013. Both helped greatly in 2012. More help is forthcoming in 2013. Creative programming, cooperation and good will help sustain and evolve these relationships that benefit the PPS students. Membership fees and pool use for the 20 students to the Sarah Heinz House are still to be negotiated. Budget projection: \$3,500.

Payroll, budget line item #7

In 2013, noon to 4 pm = 4 hours per day x 27 days + 2 days for training = 29 days = 116 hours

In 2012, typical staff members each worked 200 hours.

Executive Head Coach = per year = \$7,000

Attendance Coach = \$10 per hour x 200 hours = \$2,000

Head coach = \$21 per hour x 116 hours = \$2,436

Lifeguards = \$10 per hour x 116 hours = \$1,160

Assistant Coach = \$14 per hour x 116 hours = \$1,624

Faison @ Citiparks, 1 head + 1 assistant = \$4,060 + expense of \$885

Faison @ Westinghouse, 1 head + 1 lifeguard = \$3,596 + expenses of \$1,345

U-Prep @ U-Prep, 1 head + 1 lifeguard = \$3,596 + expenses of \$1,345

U-Prep @ Citiparks, 1 head + 1 assistant = \$4,060 + expense of \$885

Carmalt @ Carrick, 2 head coaches + 1 assistant coach + 1 lifeguard = \$7,656 + expense \$2,230

PCA @ PCA, 2 head coaches + 1 assistant coach + 1 lifeguard = \$7,656 + expense \$2,230

CAPA @ Citiparks, 1 head + 1 assistant = \$4,060 + expense of \$885

CAPA @ Allegheny, 1 head + 1 lifeguard = \$3,596 + expenses of \$1,345

CAPA @ Sarah Heinz, 1 head + 1 assistant = \$4,060 + expenses of \$1,345

CAPA @ Thelma Lovette YMCA, 1 head + 1 assistant = \$4,060 + expenses of \$1,345

CAPA @ Obama, 2 head coaches + 1 assistant coach + 1 lifeguard = \$7,656 + expense \$2,230

CAPA @ Perry, 2 head coaches + 1 assistant coach + 1 lifeguard = \$7,656 + expense \$2,230

Total Payroll budget projection: \$70,712 (76% of PPS reimbursement to Activities Providers)

In the PPS RFP Budget, \$0 is spent on transportation, line-item #8.

Transportation is needed in mid day, rather than at the end of the day, for three trips of up to 40 campers. This replaces the bus home, a duty of PPS for its students. See other sections for more on the alternative dismissal and possible transportation scenarios.

Transportation to extra events such as tournaments, early bird swims and The Liberty Mile are going to be funded by donors or else need to be accomplished by the families of campers and their car-pools. In 2012, a bus was used with donor funds to transport the campers to and home from The Liberty Mile.

Budget worksheet:

Executive Head Coach = per year = \$7,000	\$7,000	
Attendance Coach = \$10 per hour x 200 hours = \$2,000	\$2,000	
Head coach = \$21 per hour x 116 hours = \$2,436		
Lifeguards = \$10 per hour x 116 hours = \$1,160		
Assistant Coach = \$14 per hour x 116 hours = \$1,624		
Faison @ Citiparks, 1 head + 1 assistant = \$4,060	\$4,060	\$885
Faison @ Westinghouse, 1 head + 1 lifeguard = \$3,596	\$3,596	\$1,345
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CAPA @ Citiparks, 1 head + 1 assistant = \$4,060	\$4,060	\$885
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CAPA @ Obama, 2 head coaches + 1 assistant coach + 1 lifeguard = \$7,656	\$7,656	\$2,230
CAPA @ Perry, 2 head coaches + 1 assistant coach + 1 lifeguard = \$7,656	\$7,656	\$2,230
	\$70,712	\$18,300
		\$89,012

Budget Narrative

A good deal of equipment is on hand already. Often what has been invested in past years or with other teams can be leveraged for use with Summer Dreamers without impacting the budget. We purchase, borrow, build, beg, sell sponsorships and/or fund raise to obtain a wide variety of supplies to support the activities including: race entries, sneakers, towels, referees, water bottles, coolers, laundry supplies, score boards, timers, whistles, spare swim suits, swim caps, swim goggles, balls, ball bags, fins, waterpolo caps, first aid kits, storage. Books, dictionaries, journals, pens and posters for the literacy component are new in 2013. Underwater video cameras (\$125 each) and a some technology investment are needed to communicate attendance too.

In 2012, more than 60 campers got free, quality running shoes thanks to a local business, Elite Runners and Walkers in Robinson Township, through the Pittsburgh Marathon. The company owner and employees came to the camp with the shoes to fit the students. We retained the sneakers after each day's activities throughout the final 2 weeks of camp. Then at the end of camp, the kids got to keep the shoes. That great benefit and value was accomplished without a budget impact. However, a storage locker and combination locks for lockers were not available in the budget and would have been most welcomed.

The plan to address **possible reductions in the budget caused by infrequent attendance** comes with staff reductions. Staff is given days off. Some positions could be eliminated. The 40-camper squads at Obama and PCA and Perry would need to dip to 30 or below to face cuts. If that is the case, then the group can merge and exist with one less coach.

At full capacity, the 40 middle school campers from CAPA would train at Obama, with 2 head coaches + 1 assistant + 1 lifeguard + 1 PPS teacher. Solutions include moving one of the head coaches to assistant coach status, saving \$812 (was \$2,436 now \$1,624). Or, move the head coach to lifeguard, saving \$1,276 (was \$2,436, now \$1,160). Or, elimination of the assistant coach, was \$1,624. Or, the elimination of the head coach, was \$2,436. Many options exist. In the past, assigned PPS teachers have also failed to work some days, perhaps due to band camp or professional development.

The plan for working with PPS Teachers includes four main duties and outcomes. First: PPS teachers are fully into participation within the program. Game on. Teachers run. Teachers swim. Teachers teach. Teachers wear the same coaching uniform and teachers run in the end of year races too. Teachers officiate, handle snacks, care for equipment and pull their weight as a part of the staff and the camp. In the past, the teachers have loved being a part of our operations if they are interested in improving their fitness. With the weeks of Swim & Waterpolo Camp, going to the gym is not necessary. We offer a workout. In the early part of the season, teachers play waterpolo with the students. Later they move to goalie and finally side-line coach.

The bulk of the teaching happens at squad meetings. PPS Teachers are going to teach the curriculum developed by the Pittsburgh Marathon for its Kids of Steel programs. These wellness cover running, heart rate and general health too. Furthermore, friends from Pittsburgh's First Tee have a character development agenda that will be shared among PPS teachers in our program that can be leveraged in the lessons too. The Nine Core Values of First Tee represent some of the many inherently positive values connected with the game of golf, and in athletics. One A-for-Athlete squad project will incorporate the experience of the

values into our efforts. They include: Honesty, Integrity, Sportsmanship, Respect, Confidence, Responsibility, Perseverance, Courtesy and Judgment.

PPS Teachers in **Swim & Waterpolo Camp** in 2013 get to be the prime research resources and idea generators for the A-for-Athlete literacy projects. Teachers can think through the themes. Teachers can guide the individual tasks and content selection in association with the squad's A-for-Athlete letters. Handling proper names, adjectives, adverbs, and even colors and places on the letter maps are part of the strategies for the squad's A-B-C. Here, teachers are the head coaches. In the later weeks, PPS teachers help the campers pick the right words among the letters for media creation skits. The A-B-Cs should fit in a structure that is both creative and flexible, yet enriching and clever and the PPS Teachers can champion those activities.

The Swim & Waterpolo Camp's executive head coach is please and willing to work with the various **activities specialists**. Most importantly, safety is the top priority. Our technology use and communication among the leadership can happen, in part, with a robust, custom system that tracks the where and who everybody is located. We look forward to sharing this and our reports to the PPS staff at all the sties.

An extensive set of lesson plans for the water activities for every day of the camp is in a google document. The PPS Teachers, activities specialists and others interested in the educational value of the activities are welcomed to explore those plans to insure that these swim sessions are far more involved than just "free time." See <http://tinyurl.com/blspp87> for Day-by-day plans for Summer Dreamers used in the past. This gets a facelift in 2013 after being awarded the grant.

As team players, the Swim & Waterpolo Camp staff, is able to assist and manage some camp site logistics. The staff is needed to be at the pools and does have both training (as athletes) and training as ongoing professional development in staff meetings prior to our activities. However, as buses are obtained, one staff member would ride with the students to their neighborhood PPS sites.

The alternative dismissal plans takes a great burden off of the SDA staff as our students can be released elsewhere.

Our early-bird plans for arrival can take a large burden off of the staff as we get students into the building and into a learning frame of mind, bodies relaxed and ready to go.

One help from PPS and the cafeteria staff is to provide food to our staffers, especially the volunteer junior leaders and the high school students. They are all eligible for summer meals with the federal lunch assistance programs. Getting a better lunch setting by including better mentors is possible if there is cooperation and incentive.

Notes for Negotiations:

In 2013, we need to challenge and change status quo, even as a controlled test endeavor as outlined here with mid-day busing to home neighborhoods where PPS has available swim pools. This is necessary due to the fact that every PPS pool was closed to students and citizens and throughout the summer of 2012. (*Tiny exception of WHS for few, brief days.)

Dismissal at the activity site can be a tremendous benefit for the overall SDA program for many reasons. Tops on the list: Students get to use fitness facilities close to their home in the summer months.

Rather than ending the day with a bus ride home at 3:45 pm (in rush-hour traffic) from Downtown's CAPA, let's exit the camp from within the child's neighborhood. Possible library visits could wrap up the days, all within walking distance from the homes of these middle-school students. Most often, these campers will be walkers or else picked up by parents/guardians. Carnegie Libraries exist in The Hill District, East Liberty, Carrick and not too far from Perry. All the libraries close at 5 pm in the summers.

Pondering Dismissal Adjustments

If necessary, if neighborhood registrations gaps exist, consider the following work-around example: Perhaps five middle students from Squirrel Hill want **Swim & Waterpolo Camp** and the only slots near-by camp locations with North Side swimming are filled. These five could opt into afternoon activities at the Thelma Lovette Y and get home by boarding the regular Squirrel Hill-bound, yellow bus at a YMCA pick-up after it departs CAPA. Installing one extra outbound stop of 60-seconds in the SDA model saves five students and one teacher. (30-minutes at dismissal + 30-minutes of a return trip from YMCA activities to CAPA + 5- minutes on bus back through the Hill District = 65 minutes x 6 people x 28 days = 10,920 minutes = 182 extra hours of instruction with zero extra costs. Furthermore, the 15 other kids in **Swim & Waterpolo Camp** in the Hill District do NOT need to get onto any bus because they can walk home now.

Suggested daily sequence, for example, for Hill District residents who are part of **Swim & Waterpolo Camp** with a remote site dismissal in their neighborhood:

Start of day @ Home → Bus → PPS Arrival → Academics → Lunch → PPS Dismissal → Running/Walk Transport (Supervised activity by coaches) → Activities in Y swim pool → Remote Dismissal → Walk → Home.

Typical Camper Day for on-site and near-site swimming activities:

Start of day @ Home → Bus → PPS Arrival → Academics → Lunch → Activities → PPS Dismissal → Bus → Home

See [Chart of Daily Camper Sequences from Home to Home movement with various options.](#)

Chart of Daily Camper Sequences from Home to Home movement with various options.

Cat.	Tip	When	Step A	Step B	Step C	Step D	Step E	Step F	Step G	Step H	Step I	Step J	Step K	Where	#s of kids
No busin g		New	Home	PPS Arriva l	Acade mics	Lunch	PPS Dismi ssal	On Foot Transi t	Activi ties	ENG AGE MEN T	Remot e Dismi ssal	Walk Home		YMCA , Westin ghouse, Alleghe ny	20 + 20
1 bus trip		New	Home	Bus	PPS Arriva l	Acade mics	Lunch	PPS Dismi ssal	On Foot Transi t	Activi ties	ENG AGE MEN T	Remo re Dismi ssal	Walk Home	YMCA Alleghe ny	20
No busin g		Old, 2012 UPRE P walke rs @ Amm on	Home	PPS Arriva l	Acade mics	Lunch	On Foot Transi t	Activi ties	On Foot Transi t	PPS Dismi ssal	Walk Home			Walker s	
2 bus trips		Old	Home	Bus	PPS Arriva l	Acade mics	Lunch	On Foot Transi t	Activi ties	On Foot Transi t	PPS Dismi ssal	Bus	Walk Home	Polish Hill, Heinz, N-Side, Alleghe ny, Homew ood	20 + 20 + 20
2 bus trips	2013 @ U-Prep & PCA	Old, 2011 @ Peabo dy	Home	Bus	PPS Arriva l	Acade mics	Lunch	To In-Schoo l pool	Activi ties	From In-Schoo l pool	PPS Dismi ssal	Bus	Walk Home	PCA, U-Prep	40 + 20
2 bus trips		New	Home	Bus	PPS Arriva l	Acade mics	Lunch	PPS Dismi ssal	Bus	Activi ties	ENG AGE MEN T	Remo te Dismi ssal	Walk Home	Obama, Perry	30 + 30
3 bus trips		New	Home	Bus	PPS Arriva l	Acade mics	Lunch	PPS Dismi ssal	Bus	Activi ties	Remot e Dismi ssal	Bus	Walk Home	Obama, Perry	10 + 10
4 bus trips	Avoid at all costs	Old, Peace Rally	Home	Bus	PPS Arriva l	Acade mics	Lunch	Bus	Activi ties	Bus	PPS Dismi ssal	Bus	Walk Home	x	0
Parent Pick-up		New	Home	Bus	PPS Arriva l	Acade mics	Lunch	Bus	Activi ties	ENG AGE MEN T	Remot e Dismi ssal	Walk Home w Parent		Carrick	40
Parent Driver		New	Home and Drop Off	PPS Arriva l	Acade mics	Lunch	PPS Dismi ssal	On Foot Transi t	Activi ties	ENG AGE MEN T	Remot e Dismi ssal	Ride Home		?	?
Parent Driver + 1 bus trip		New	Home and Drop Off	PPS Arriva l	Acade mics	Lunch	PPS Dismi ssal	Bus	Activi ties	ENG AGE MEN T	Remot e Dismi ssal	Ride Home			?

Similar transportation arrangements can work for remote swim sites for middle school campers in East Liberty and Perry North Side, and elementary campers in Carrick and Homewood. If there is a will, there is a way to move many campers around the city to various swim sites in PPS pools without any additional costs and with less aggravation and more effective opportunities.

Recap:

SDA site:	Times:	Grades:	Max:	Swim Pool:	Owner:	Travel
U-Prep	afternoon	Elementary	20	U-Prep	PPS	None
U-Prep	afternoon	Elementary	20	Polish Hill	Citiparks	Run
Carmalt	afternoon	Elementary	40	Carrick	PPS	Bus
PCA	afternoon	Elementary	40	PCA	PPS	None
Faison	afternoon	Elementary	20	Westinghouse	PPS	Run
Faison	afternoon	Elementary	20	Homewood	Citiparks	Run
CAPA	afternoon	Middle-grades	20	YMCA	YMCA	Long run
CAPA	afternoon	Middle-grade	40	Perry	PPS	Bus
CAPA	afternoon	Middle-grade	40	Obama	PPS	Bus
CAPA	afternoon	Middle-grade	20	Sara Heinz	Heinz House	Run
CAPA	afternoon	Middle-grade	20	North Side	Citiparks	Run
CAPA	afternoon	Middle-grade	20	Allegheny	PPS	Run

All squads have 3 staff minimum and meet budget constraints. Final contracts and site visits are still to be negotiated, of course.

Work History with PPS, Qualifications, Experiences

The Bloomfield Garfield Corporation has a long and extensive work history with PPS.

Mark Rauterkus

Executive Head Coach, Swim and Water Polo Camp with Pittsburgh Public Schools, Summer Dreamers, June 2010 – Present. Was a sub-contractor in 2010 as we took students to swim at Kingsley Center. In 2011, lead two different camps with association of Neighborhood Learning Alliance at the Pgh Peabody School. In 2012, our camp was at U-Prep and swimming and waterpolo was at Citiparks Ammon and the new YMCA.

Presently head boys and girls swim coach, Pittsburgh Obama Academy. Started boys team in October 2011 and girls team in October 2012.

Varsity Golf Coach, September 2012 – Present

Water Polo Coach at Pgh Combined and Schenley High School, but pending with PPS at present. Coach and lead organizer for the Non-Varsity Water Polo Program for boys and girls in the city and around the region, starting at Schenley High School, Pittsburgh.

Volunteer Swim Coach w Phillips Elem, Pittsburgh Public Schools, starting in September 2004 – Present

Volunteer AM Swim Coach for Schenley High School, Pittsburgh Public Schools
September 2010 – April 2011 (8 months)

Interim Swim Coach for the girls team at Schenley Spartans, Pittsburgh Public Schools
November 2009 – October 2010 (1 year), Filling in for the head coach who is going to have a baby.

Mark Rauterkus has published more than 100 technical sports books and titles, including ebook and software.

Mark Rauterkus has coached swimming since 1976 including 8 years at the college level and at various clubs in many states.

Some other possible employees with PPS history include:

Hosea Holder, presently the Obama Middle Boys School Swim Coach. Had been coach at Carrick more than 5 years ago. Cheryl Washington, the Obama Middle School Girls Swim Coach and present employee for PPS at Miller. Jacob Boyce, PPS Teacher at Gifted Center and summer worker with **Swim & Waterpolo** for three years. Dave McDounough, former PPS long-term sub at Obama prior to fall, 2012. Now working in Ringgold School District.

Legal Actions

No legal actions for the past 3 years with the BGC nor Mark Rauterkus.

Insurance Requirements:

The supporting sponsor, American Water Polo, is going to help with insurance. Paperwork pending grant approval. This is not a concern nor worry.

Financial Statements

(See printout fitting in a larger binder.)

Joint Venture

No joint venture or formal partnerships exist with the **Swim & Waterpolo Camps**. The relationships are either with employment or subcontractor and not “partnerships” nor “joint ventures.” The other organizational support from “Supporting Sponsors” are not “partnerships” nor “joint ventures.” Rather, they are positive associations that deserve merit and mention. For example, the Pittsburgh Marathon provided scholarship participation in the 2013 **Swim & Waterpolo Camps** for 60 campers and staff. That benefit was not a part of the 2012 RFP proposal and no contract was completed nor necessary.

Licenses:

The valid and up-to-date certifications for swim and aquatics of Mark Rauterkus are enclosed. A license is not needed.

W-9

The form is enclosed from Mark Rauterkus. A form for the agency, if needed, can be obtained.

For the PPS SDA RFP, a license is not needed. These are certifications from Mark Rauterkus, all valid in the fall of 2012. Lifeguards to be hired will have certifications too.

