

Swim & Water Polo News

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Showing up and scoring more points at

PPS Summer Dreamers, community and varsity programs for years.



compete. We want serious play as it is more fun to improve and get on the world stage. Goalie exception: The shallow-end goalie gets to use the bottom of the pool. Shallow end goals are generally larger than deep end goals. Players touch the ball with one hand at a time. Two hands on the ball makes a turn over, giving ball possession to the other team.

Our Global Water Polo Movement

Water polo, in some parts of the world, is more popular than the NBA within the US. Water polo was the first team sport in the modern Olympics. Water polo gets tremendous support in California, the east coast and in colleges.

In Pittsburgh, few have played and watched water polo. However, water polo is already popular among students and families within Pittsburgh Public Schools. Out of all the activity choices with Summer Dreamers, water polo ranked #1 in the 2013 application process. More people picked water polo as their preferred, first-choice activity. In past Summer Dreamer settings, many have begged and tried to sneak their way into water polo classes. "Water polo at Peabody had a waiting list," said Coach Nick Rabuzzi.

The 2012 attendance for water polo participants at Summer Dreamers was 95%, far above the camp-wide averages. The demand for water polo in Pittsburgh is huge. Sadly, nearly 100 kids who wanted water polo as a first-pick activity did not get it. "We are sorry," explains coach Mark Rauterkus. "Furthermore, in 2013, only students exiting grades 3 and 8 have the option of enrolling in Summer Dreamers Academy (SDA) water polo." Kids in other grades are not eligible. We would love to offer water polo to everyone.

Other water polo opportunities are being established. Those of other ages, different activities and not in Summer Dreamers 2013 can have water polo fun at other times and places. Keep reading.

Water polo is proven popular, and can easily expand in affordable ways in Pittsburgh. Programming can match demands by using existing and presently idle PPS swim pools. Planning for 2014 is necessary now. One goal is to grow water polo participation so as to accommodate 1,000+ city kids next summer. Our kids have a thirst for high-quality, aquatic and athletic experiences from within and beyond Summer Dreamers.

We Want Action

Confusion for both spectators and players is expected as water polo games move fast and nobody can clearly see what is happening under the water, especially if you're under the water yourself! Often you don't know what just happened. We deal with it and play on. Players must focus on their roles and seek clues from the referee's whistle that is frequently blowing.

For the good teams, play seldom stops. If you are held, keep swimming. If a pass is thrown to a teammate, get open yourself for the next pass. Go, go, go.

As an example of the continuation of play in water polo, consider an ejection. In ice hockey, after a referee calls a 2-minute penalty, action stops while the player goes to the penalty box. After some huffing and puffing, the hockey resumes with a face off.

In water polo, ejections are just 20-seconds long, not 120, nor 240 as in hockey. In water polo, with the ejection the action continues. Players don't stop. The offending player called for the major/exclusion foul moves to the penalty area in the corner near his or her team's bench. The ejection "time out" lasts for just 20-seconds and is "man up" or "man down" depending on your side's perspective. Once the team playing a "man down" gets ball possession again, the ejection time expires. But still, the ejected player has to swim all the way to the corner ejection area.

New players generally stop, stall, and don't transition instantly to the next counter-attack. Players that are idle can't expect to score nor win. Water polo teaches quick transitions to the next activity without delay. Just as reading requires going to the next sound, word, sentence, paragraph, and chapter in a flowing effort, so too does water polo and efforts at Swim & Water Polo Camp.

We meet, talk, huddle, fly flags, lace up, exercise 50 ways, hop, run, change again, get wet, swim, play, and learn throughout the process with motion and clues from coach and officials. Our high paced action is more fun when everyone transitions well. It is better to be in the lead group and not need to play catch up. As fans and friends come to watch water polo camp, don't blink. We want lots of movement and effortless changing of gears.

Water polo demands excellent sportsmanship behaviors. One can't question a call from the referee. No splashing. No talk back. Nothing questionable is tolerated in and around the pool in a game. Olympic players know not to make even a brief showing of frustration after a referee's call. A "yellow card" could come after making a tiny shoulder shrug after a whistle. Water polo players need to act like saints and can't help officiate the game from in the pool or else they'll be ejected in a heartbeat.

Each team has six players plus a goalie in the game. Others are on the bench in the defending corner with coaches and substitutes.

With Summer Dreamers, we do allow players to stand on the bottom of the pool in the first weeks. In later July, or with returning players who are already good swimmers, and as everyone is swimming better, the goals are positioned for play in the deeper water and the whole pool. In deep-end water polo, using the bottom is impossible. In tournaments, players can't use the pool's bottom while with the ball. Nor can players jump from the pool bottom to go to the ball. We want to



**Pittsburgh
Swim & Water Polo Camp
Summer Dreamers**

Goalie exception: Goalies get to use two hands on the ball.

Players can not sink the ball. A "ball under call" gives the ball possession to the other team.

Goalie exception: If the goalie takes the ball under, the other team gets a penalty shot.

Penalty shots are from 5 meters and have to be made with one, continual shooting motion. In a penalty shot, the goalie's head starts at the goal line.

After a goal, all the players go to their own side of the pool. After each team goes to its own side, the ball begins in the middle of the pool to the team that just was scored upon.

Players making a fist get ejected from the game. Never punch the ball or even the air.

* Games have four quarters. Switch sides at the quarter.

If the game ends in a tie, play two three-minute overtime periods. If it is still tied, the game goes into sudden victory. Games are quick. Youth games often take 20 to 30 minutes.

* Score by placing the ball completely in the goal. Move the ball by swimming or passing.

* Teams substitute after goals, during a time out, or during play.

* The ejection area is in the corner right near the team's bench.

* Shots blocked out of bounds by a defensive player gives the defensive team ball possession. Shots blocked out of bounds by a goalie gives the shooting team the ball again. They begin play in the corner 2-meters from the end line.

* If a defender uses two hands to block a shot, the offensive team receives a penalty shot.

Tips:

Keep your head on a swivel so you have a clue where the ball is at all times. Fans don't blink.

When an infraction of the rules occurs, the referee points in the direction of the team taking possession, while blowing his whistle.

The ball is put back into play with an action called a "free throw." This means the player gets three seconds of free time to throw the ball to another teammate or swim it up the pool. A player cannot

shoot his free throw unless outside the five-meter line. If the ball is not put into play within three seconds, the other team can advance its defensive against the "free throw."

Fouls can be ordinary or major. Ordinary fouls are minor fouls. For example, a defender may not touch an opponent's head or back to get at the ball. The penalty for an ordinary foul is a free throw for the opposing team.

Major fouls are more severe and penalized accordingly. For example, when a defender fouls an opponent too aggressively, or from behind when the opponent is facing the goal, the defender is ejected for 20 seconds. Players return to the game after going all the way to the corner. After being ejected, always hustle to the corner of the pool. You might get right back to the game if your team seals the ball back. The penalty time is for 20-seconds.

When the foul occurs within five meters of the goal and the referee believes the player had a high chance of scoring, the opposition shoots a penalty shot. Major fouls also can occur through disrespect to the referee or when a player interferes with an opponent's free throw.

After making three major fouls, the player is "rolled" or fouled out. High school basketball players get five fouls then sit and water polo players get just three.

The best offense positions happen when the players set up in an "umbrella" where players spread wide and in front of the goal, passing dry passes to each other. The "set" or "hole player" is at the center of the umbrella. The center player, also called "the set," tries to park in the middle of the pool just 2 meters away from the front of the goal.

Defensive players play man-to-man and press close coverage on their person to guard. Defense helps the goalie, and can block shots with one arm up. On defense, point your feet to the goal you are defending. Keep your hips high in the water.

Rebounds, drives, counter-attacks, trick shots and fancy passes all make the creative play explosive and of high energy. We'll learn to catch, pass and score all different ways.

Growth of Swim & Water Polo Camp at Summer Dreamers:

year	Schools	PPS Pools	Other pools	students	swims per kid*	races	when
2010	1	0	1 = Kingsley	100	4	0	pm
2011	1	1	0	85	25	1	am + pm
2012	1	1	1 = YMCA	100	25 + 1	2	am + pm
2013	5	2	9**	193	27 + 5	3	pm
2014	?	?	? ****	?	?	?	
vision and goals	PPS decides	12 ***	5	1,000+	60	6	am + pm + week-ends

Volunteers, Runners, Donations, Workers and Participants Welcome

To become involved, do not hesitate to call and email Coach Mark Rauterkus, 412-298-3432, Mark@Rauterkus.com.

Kids of different ages and abilities can be easily directed to local pools and programs for present and future practices and clinics.

Insights into getting swim suits, goggles, signed up for races and other pointers are at

CLOH.org (as in Creating Literate Olympians Here). Join our "T" drive by donating towels, trunks and trophies. Drop off at the office, BGC, or pools as programs are in progress.



*Swims per kid shows the number of sessions a student had the opportunity to swim. First number shows training days within Summer Dreamers. Second number shows additional organized group activities beyond the official school calendar (evening race, JCC visits, etc.)

** West Penn, Ammon, Sue Murray, Phillips, Moore, Homewood, Highland Park, JCC Sq. Hill, JCC Monroeville.

*** Allderdice, Peabody/Obama, Westinghouse, Carrick, Brashear, Perry, Oliver, U-Prep, PCA, Langley, Allegheny, Sci-Tech.

**** Citiparks Oliver Bath House is empty in the weeks of summer and would make a great teaching site for kids.

Warm Up Exercises

Do these exercises, in order, correctly, by memory in a routine, as in 'dance routine.' Lead sometimes, other times follow. Athletes are encouraged to do these 47 exercises on their own elsewhere. Show your family and friends.

Challenges: First student in camp in each squad to do all the exercises, in order, properly, gets a milkshake. First squad to get 5 or more to do the exercises, recorded and uploaded, gets a special squad treat. And first squad to use the A-B-Cs along with these exercises, gets a reward too.

... **1) Gentle Neck Rolls** Start with chin on chest. Slowly and easily move the head around the shoulders. Do some to one direction and then reverse. Look far to the right, then far to the left. Look far up, and then down. When the neck is hurt or injured, comfort is absent.

... **2) Reverse Gentle Neck Rolls** Variation with 1 roll to right and then 1 to left. The neck is complicated, and we need to keep our heads in the game! Water polo players need to have their heads on a swivel.

... **3) Trunk twists** Put both arms on one side of the body. Kick opposite leg to the arm side while swinging the arms in front to the side of the kicking leg. Kick higher. Twist farther. Kick and hold for 3 seconds. Kick and re-kick higher. Point toes on kick. Flex foot on kick. The spine and back are injury prone, especially if conditioning isn't done. Have a backbone!

... **4) Reverse Trunk Twists** Other direction with other leg and motions.

... **5) Leg swing forward and back** Stand on one leg. Swing the other forward and then back in toe to heel directions. Stretch out your quads and hamstrings for running.

... **6) Leg swings with other leg**

... **7) Leg swings lateral with abductor and adductor motions** Abduction takes the legs away from the centerline of the body, while adduction returns them to the center. Place your hands on a wall and lean your chest forward slightly. Allow one leg to hang in front of the other and then swing it left and right with these motions. This type movement is

important in breaststroke.

... **8) Leg swings Lateral with opposite leg**

... **9) Foot Spins** While seated, put two hands on one foot with one hand holding toes and other hand on the heel. Spin to loosen foot, ankle and other soft tissue for increase flexibility and warm-up. Could be done while standing. Kicking speed comes with flexible flippers. Tail fins of fish and sharks move the water for propulsion.

... **10) Foot Spins with same foot in the other direction.**

... **11) Foot Spins on other foot**

... **12) Foot Spins on other foot other direction**

... **13) Kneeling position** Place tops of feet and toe nails onto ground with knees bent and body weight on the feet. Works toe point and quad flexibility. Can do on a soft surface or towel, with or without shoes. Lay back with head, then shoulders, to the ground with legs bent fully at the knees. What is tight gets attention with this position. Do this at night and in the morning in a soft bed or with a pillow and improve your comfort in a week's time.

... **14) Right Arm Forward Arm Swing** Full range of motion shoulder swinging should touch the ear. Hand goes past hip at bottom of circle. Do some slow, some medium and some fast, with or without milk jugs as weights. ROM = Range Of Motion. Shoulders and backs are points of power when attached to the base of the body and core.

... **15) Left Arm Forward Arm Swing**

... **16) Right Arm Backwards Arm Swing**

... **17) Left Arm Backwards**

... **18) Right Arm Swing in a Sideways Figure 8 motion** The sideways 8 is also a math symbol for infinity.

... **19) Right Arm Figure 8 in the Reverse Direction**

... **20) Left Arm Figure 8**

... **21) Left Arm Figure 8 Reverse**

... **22) Up the Sides with both arms** Begin with hand down near pockets. Swing arms up the sides and touch overhead with the back of the hands together. Shrug the shoulders and pinch the ears with every movement. Fingers pointed and shoulders squeezing are parts of the vital stream-

line position.

... **23) Up the Front Arm Swings** Hold one thumb in the other hand and keep the arms straight. Lift the arms from the shoulder and back. At the bottom, let go of the thumb and allow the arm to swing past the hips to the back before stopping.

... **24) Horizontal Arm Swings** Start in a T position with hands outstretched. Bring the hands together, keeping them as high as the shoulders. Hug yourself. Swing them apart. Try to clap the hands together behind at shoulder height.

... **25) Opposites** One arm swings forward while the other swings backwards, in the opposite direction.

... **26) Opposite-Opposites** The arm that was moving forward goes in reverse. The opposite arm goes the opposite direction.

... **27) Door-knob Open** The rotator cuff gets attention with arm forward and slightly down. Twist.

... **28) Door-knob Close** Thumbs turn down.

... **29) Wrist range-of-motion** Spin or twist wrist, both directions. Stretch fingers to back of forearms of both tops and bottoms. Handshake up and down. Palm up too. Hands control our pencils, keyboards, waterpolo balls and even give a grip on the water -- one of the hardest elements to grab and control. Wrist flexibility helps in making saving catches or throws!

... **30) Opposite wrist range-of-motion**

... **31) Sit ups** Do 'abs' all different ways: bent leg, straight leg, crunches, legs apart, twisting at top, twisting at bottom, pike, and elevated flutter kicks, and rower style are a few.

... **32) Cobra** Lay on floor with face down. Interlock fingers under the chin. Keep hips down but lift upper body and shoulders so the elbows get straight and hands are stationary. Look to the sky. Look to the sides. Stretch the abs and move the back with smooth and slower motions.

... **33) Rattle Snakes** Prone, with head and upper body down along the floor, lift your thighs and feet up. Do both legs. Then single leg lifts.

... **34) Hamstring Stretch by Making a Figure 4 of the Legs** Sit with one leg straight. The other leg bends at the knee and the foot of the bent leg crosses onto or else over the straight leg. Bend your head lower to the straight knee. Hold the stretch for time, even up to 2 minutes.

... **35) Other Side, 4 for Legs** Switch legs so the other leg gets straight and move to stretch that hamstring.

... **36) Butterfly Stretch** In a sitting position, bend both knees and put the soles of the feet against each other. Pull your feet close to your bottom. Gently stretch by pressing the bent knees closer to the floor. Easy on the groin muscles.

... **37) Knee to Ear** Sitting, bring a bent knee to touch the ear with other leg straight. Hold knee to ear. Then twist and touch the knee to the other ear.

... **38) Other knee to ear.** Do the same with the other leg to one ear, then the other ear.

... **39) Standing Butterfly** Swing arms in the butterfly stroke pattern. Be powerful like Michael Phelps and Ryan Lochte.

... **40) Speed Backstroke** Move arms in a backstroke form like Missy Franklin. Recover with fast hand speed so quick that fingers are a blur. Do double-arm backstroke to cool down. Make a bent elbow pull.

... **41) Standing Underwater Pull-Out and Breaststroke** Do the motions for a breaststroke underwater pull-out that follows a dive: dive, glide, pull, glide, kick-arm-head, come to the top, start to swim. Then do 15 strokes of breaststroke making a small pulling pattern with breaths with every pull. Glide with hands forward in a "V."

... **42) Standing Freestyle** Make the arms swim freestyle. Take 10 strokes without a breath keeping the head looking forward and still. Then breath on one side. Other side. Then both sides, every 5th arm recovery. Then 3rd. Finish the race without a breath, touching the wall on your side and then give a fist pump and sign of emotion.

... **43) Toe raises** Stand on one leg and lift the toes of that standing leg off of the ground to balance on the heel.

... **44) Other leg toe raises**

... **45) Heel raises** Stand on one leg and lift the heel of that standing leg off of the floor. Balance on the toes.

... **46) Heel raises with other leg**

... **47) Squat stoop** Feet flat on the floor, bend down into a deep squat like the Pirates starting catcher, number 55, Russell Martin. Stay there for extended time. Put knees apart then together. Keep feet flat.

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SKWIM, modified

by Charlie Meyers, PPS grad, college student at Temple, and 2013 Swim & Water Polo Staff

This year's Summer Dreamer's features a new aquatic game in addition to traditional water polo. Since many of the pools are likely to be crowded with regular patrons, the camp kids are going to play a modified game of SKWIM®. Whenever water polo isn't an option, coaches dish out yellow SKWIM, water disks.

In a busy pool, these water disks are less invasive and safer for others not in the game as opposed to water polo. The SKWIM® Disk is made of a soft squishy material called EXTRALIGHT®, which is about half the weight of a ball. The disk is able to travel up to 100 feet on the water, due to its self-stabilizing design.

The sport of SKWIM and its equipment was invented in the state of Washington by a coach and swim school director, Kevin McCarthy. His fun, inter-generational game, enables youngsters who are still developing their swimming technique to participate in a fast-paced team game. It rewards players and teams that hustle and pass well.

During games, players maintain brief contact, 3 seconds or less, with the disc. There is no wrestling or struggling for the disk. If you touch the disk first, then you get it for a up to 3 seconds, otherwise, your shot doesn't count. Players also can "Skwim" which is a bit like dribbling while you swim.

The disk must touch water at least once if passed between players, or if shot at the goal.

Official SKWIM goals are floating plastic rings with a raised platform in the center. These heavy-duty, circular, seven-foot wide goals, built from durable material that doesn't crack or fade in the summer sun.

Goals allows scoring from 360 degrees. They float well but neither team is allowed to lean on the goals or cross over the top of the goals. These goals cost nearly \$1,000 per set to ship to Pittsburgh, so until we find a generous donor, the official SKWIM goals won't be here for this summer's camps. We'll have our own homemade goals for this year.

Once attained, with the right care, these goals can last a decade or more. We are looking for a possible sponsorship, and an empty or light moving truck that could help to transport a fleet of SKWIM goals to town at a reduced cost. If you want to help us get these goals contact Mark@Bloomfiled-Garfield.org.

Next year, after Pittsburgh obtains the goals and sets of the PDF fins, we'll play the real game of SKWIM, without modifications. The game fits within the vision of an overall aquatic program that transitions youngsters to swimmers, to competitive swimming, to SKWIM, then water polo, to lifeguarding, to instructors and then to college athletes. Recreational running, road races and triathlons fit along the way as does open water swimming.

The last team game and international sport yet to be introduced to Pittsburgh is Canoe Water Polo. That's a sport built for an urban, river city full of young adults and grown ups who love and respect aquatics.

The vision is to encourage youngsters to play sports, such as water polo and SKWIM, so a generation becomes comfortable with water sports, in the hopes that everyone becomes more encouraged to take advantage of Pittsburgh's glorious pools, ponds, and rivers. The slogan of SKWIM International is, "Building water-safe, water-smart, water-strong community."

Technology is our Friend with Swim & Water Polo Camp

by Mike Schneiderlochner, head swim coach of Bishop Canevin HS boys and girls and fourth year coach with Swim & Water Polo

We've got an app for that!

Before jumping in the water, months of software development created the Swim & Water Polo Attendance Application so our students at five different sites can have their performances recorded and well organized to show progress and help determine camp awards.

Executive

Head Coach, Mark Rauterkus and a new staff member, Noah Vito, a sophomore IT (Information Technology) major at NYU (New York University), have been working together to complete the design of an attendance application for Pittsburgh Public Schools' Summer Dreamers' Swim & Water Polo Camp.



"In the past years of our camp, we have always had issues with paper-and-pencil check-in of students. When we are at the pool, often a mile away, the school office isn't sure who is with us -- until this year," Rauterkus said. With the help of Noah, a South Side Slopes native, along with Noah's computer-science perseverance, the design and plan for the software is becoming real. This tool is to help coaches keep track of students and keep everyone informed.

"We are investing in infrastructure as data and accountability matters greatly to athletes. Plus, we want to expand our capacity in future seasons," said Rauterkus.

Using LiveCode, (LiveCode.com) a software authoring programming environment that recently (May 2013) was released with an open-source license, Noah and Mark have developed applications for laptops, Android tablets and phones, which allow coaches and school administrators to easily and precisely track attendance at camp. With many different sites and kids constantly moving, these apps make regular check-ins less troublesome. Everyone is accounted for with a time-stamp. Precise records of the data can help in the timing of some running challenges.

Beyond attendance, these apps communicate essential information among coaches and parents / guardians. Adults can submit non-sensitive health information on specific students that coaches can then view within the app. Health information can change day-to-day, too. Essential knowledge for coaches can better guide them with the young people while outdoors exercising. Coaches need to be aware of all relevant health conditions, such as asthma, or allergic reactions to bee stings. Conversely, whenever coaches need to relay information to parents -- if a child is absent, or is injured in any way, coaches have access to parental contact information and can even initiate automated phone messages.

"Robo calls to parents and athletes also are expected this summer. We want to insure everyone knows the details of various special events. We want to offer additional game-day matches beyond the camp time slots. We want to invite parents and friends to come out for a jog, or just to cheer, as we have in-house competitions. And as certain milestones are passed, we want to share the good news. It will be nice when you hear from the coaches that every swimmer in your squad has now passed his or her deep water test. Plus, we'll give A-B-C updates concerning our literacy efforts with the A for Athlete."

This app, available at Guard.CLOH.Org, makes it easy for parents to notify coaches and staff with up to date health information pertaining to students. The app needs to be on an Android phone or PC with internet access.

Mobile Touchpad

Coaches and swimmers can check in on a run, in a class or at the pool with the Mobile Touchpad app, as it search the database of student and staff names and marks those on the rolls present with a click of the button. "Here & Present." Each time a student is marked present,

the event is logged on a server. This makes it easy to find out when a student was accounted for and who checked in the boy or girl.

Unite!

Cross-country runners, swimmers, water polo players, football players and dog walkers are all being called to Athlete's United for Healthy Air, a new nonprofit in Pittsburgh formed by GASP. If you play tennis, you're an athlete. If you skateboard, you're an athlete too. If you walk around the block a few times in the evening, you're an athlete. All athletes need clean air for healthy exercise.

Exercising is necessary for good health. Exercising causes the heart to beat more rapidly and the lungs to breathe more often and more deeply, strengthening vital organs. However, with exercise, the body takes in more air and harmful effects of polluted air can almost outweigh the benefits received from the exercise.

"All athletes have the right to exercise in clean air," says Sam Thomas, campaign organizer. "Athletes United for Healthy Air is a chance for all athletes to join together to demand cleaner, healthier air."

Swim & Water Polo campers are joining the outdoor activities sponsored by Athletes United for Healthy Air including a 5K, river-front, trail run on October 19, 2013. Save the date. Coaches want everyone to participate.

Clean Air Dash and Festival

GASP and Athletes United for Healthy Air are hosting the inaugural Clean Air 5K Dash and Festival, made possible by the support and guidance of the Heinz Endowment's Breathe Project on Saturday, October 19, 2013 in the South Side Riverfront Park. The USATF sanctioned route along the gorgeous trail makes a flat, fast course perfect for setting new personal records or for first ever 5K participation.

You can register for the Clean Air Dash and Festival now at www.gasp-pgh.org, then click on the Clean Air Dash logo. Registration, \$15 for students, \$20 for adults, is through Active.com's safe and secure site.

Sponsored athletes with Swim & Water Polo Camp can get a scholarship entry based on training and behavior guidance from the coaches. Parents and friends should begin to train now and sign up so they're ready for the 3.1 mile race.

Non-runners simply looking for a laid back Saturday can enjoy a festival of engaging vendors, delicious foods, and plenty of fun activities for kids and adults. Expect some football drills with a member of the Pittsburgh Passion, test vertical limits on the Venture Outdoors Climbing Wall, and more. Come to run. Come to have fun. And come to learn about how you can become a champion for cleaner air in our beautiful city. For more insights or to volunteer, contact Sam Thomas, sam@gasp-pgh.org.

A for Athlete Literacy Enrichment Wiki Project

The Swim & Water Polo Camp's enrichment activity has flexibility and allows campers to choose within a defined set of options, in order that they feel invested in the project.

Each camper squad and coaches gets to make its own A-B-Cs with 2-foot letters, decorated with a theme as per brainstorming and collaboration. Use action words, perhaps. Foreign language words too. Squads build both online (wiki) and physical A for Athlete books with photos of themselves, their words and their letters.

Finished letters get repositioned too. Letters are can be placed at different spots along the 1-mile road race -- the Liberty Mile. Then runners can travel the A-B-Cs to the finish at Z, with booster cheering and holding the letters in the proper spots. Next year, the A-B-Cs get to mark different miles along the 26 mile Pittsburgh Marathon.



GASP Brings EPA School Flag Program to Swim & Water Polo Camp

by Karrie Kressler

While our region's air quality is steadily improving, we still have some of the most polluted air in the nation, and we regularly fail to meet the EPA's national standards for ozone and particulate matter. Breathing isn't a choice, and youth are especially susceptible to unhealthy air in summers afternoons while outdoors.

Group Against Smog and Pollution (GASP) and the EPA School Flag Program is part at all sites in 2013. This program is a hands-on activity that makes air quality conditions visible to students and the community so that schools can take steps, if necessary, to minimize their exposure to high levels of air pollution.

Every day, students check the air quality forecast, found at airnow.gov, and raise a flag that corresponds to the air quality conditions for that day. The flag colors are based on the Air Quality Index (AQI), which measures the amount of pollution in the air. By observing the flag color, school personnel can take actions if necessary to protect the health of their students. Having an alternative indoor activity, shortening practices, having an asthma action plan, or decreasing the amount of deep breathing during activity are all actions that can be considered during days of high air pollution.

A green flag indicates satisfactory air quality that poses little or no risk to health. Yellow signals moderate health concern, and orange means unhealthy for sensitive groups (like children and people with asthma). A red flag announces unhealthy air for everyone. A purple flag means the air quality is very unhealthy and everyone should avoid all outdoor activity.

By tracking their symptoms and correlating them to the flag colors, asthmatic students can determine their own sensitivities and tolerances to air pollution, and take appropriate action to safeguard their health. The flags will also help teachers know when to shorten outdoor exercise or to move activities indoors to keep students out of unhealthy air.

The School Flag Program focuses on two main air pollutants: ground-level ozone and fine particulate matter. Pittsburgh experiences many days when either or both of these pollutants are at dangerous levels.

Ground-level ozone is created through chemical reactions between volatile organic compounds, carbon monoxide, and nitrogen oxides emitted by motor vehicles and industry, in the presence of UV radiation. Ozone is highly reactive and damages cell linings causing swelling and inflammation in lungs and airways.

Fine particulate matter, also known as soot or PM2.5, comes from many sources, including diesel and gasoline vehicles, coal-fired power plants, industrial activity, and wood burning. PM2.5 has significant impacts on human health, such as increased risk of asthma, strokes, heart attacks, cancers, and premature death.

The daily air quality forecast for ambient air will not necessarily inform you of point source air pollution. To help protect yourself and others during outdoor activity, everyone is encouraged to choose exercise areas away from busy streets and idling vehicles. See the EPA's site: airnow.gov/schoolflag. Visit: gasp-pgh.org. Email schoolflag@gasp-pgh.org to bring the School Flag Program to your school.

	Green means air quality is good.
	Yellow means air quality is acceptable.
	Orange means air quality is unhealthy for sensitive groups -- people with lung disease such as asthma, children, and older adults.
	Red means air quality is unhealthy.
	Purple means air quality is very unhealthy.



A project of Venture Outdoors

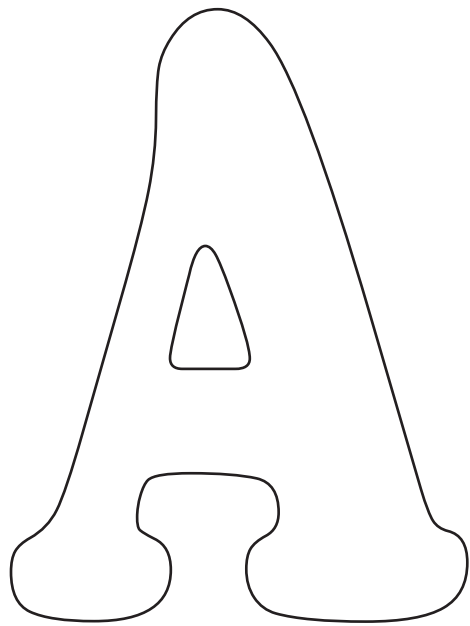
Three Locations for Convenient Paddling
 May - October
 North Shore, North Park, Millvale
www.kayakpittsburgh.org

process includes collaboration, team theme crafting, research, a confirmation/validation process, translating, font selection, cutting of canvas/vinyl, creation, sketching, rendering, coloring, photographing, finishing, staging, displaying, installation and deinstallation and wiki writing.

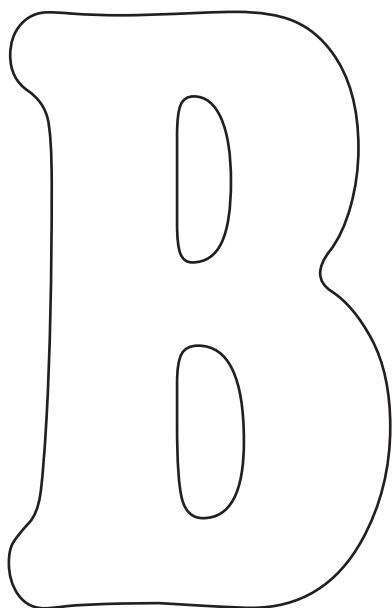
Campers need to hustle in their daily work in time to showcase the A-B-C at end of season competitions. Our culminating event, a one-mile road race, broken into 26 segments gets runners breezing through Downtown and our A-B-Cs along the race.

What letters and words are going to fill your summer?

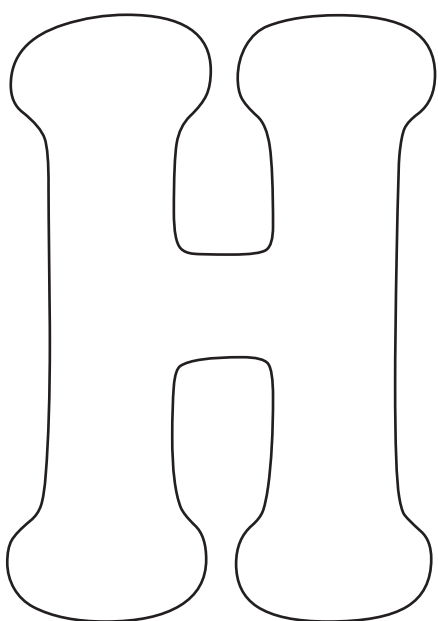
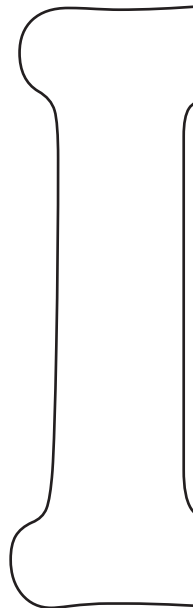
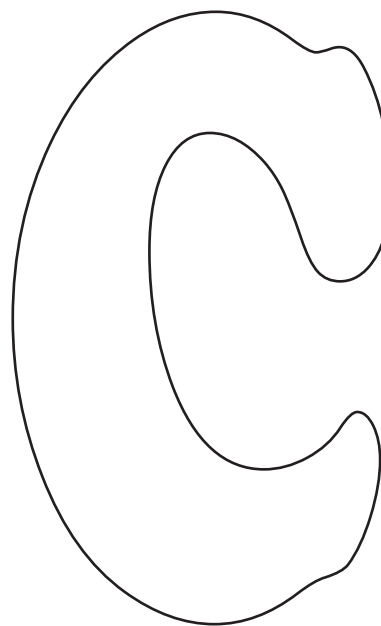
Writing includes brainstorming, drafting, editing, revising and publishing. Our



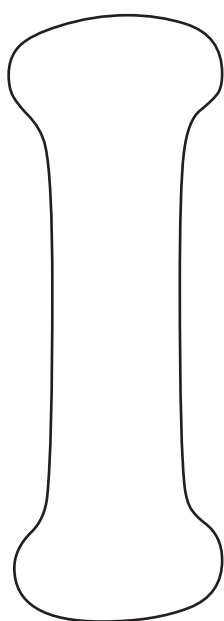
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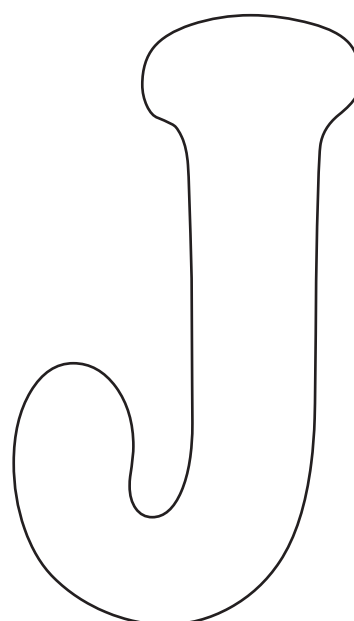
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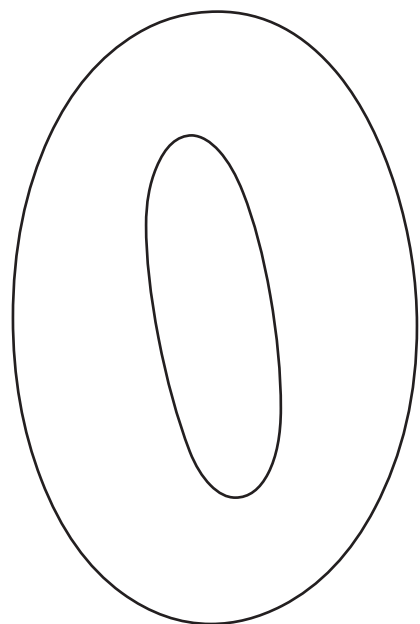
Collaborate



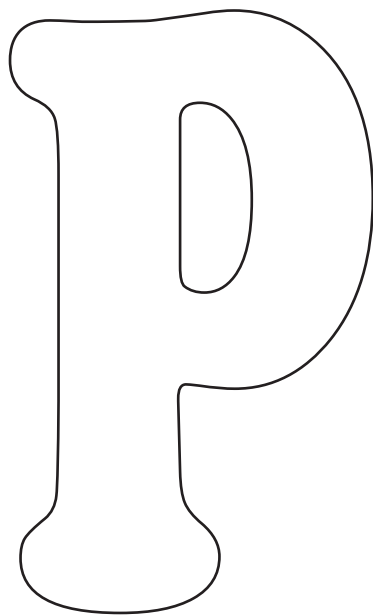
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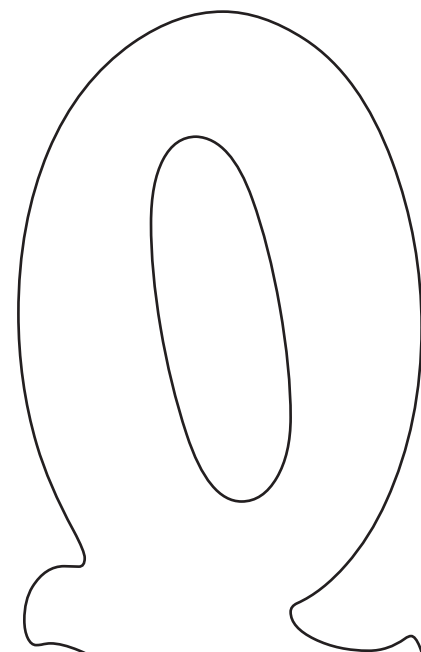
Watch letters like these come to life this summer at CLOH.wikia.com.



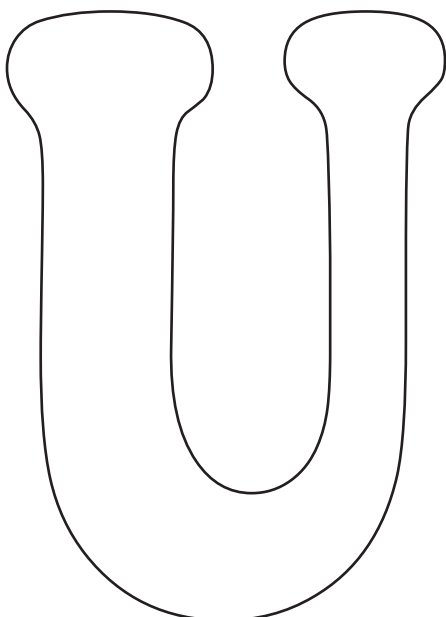
Judge



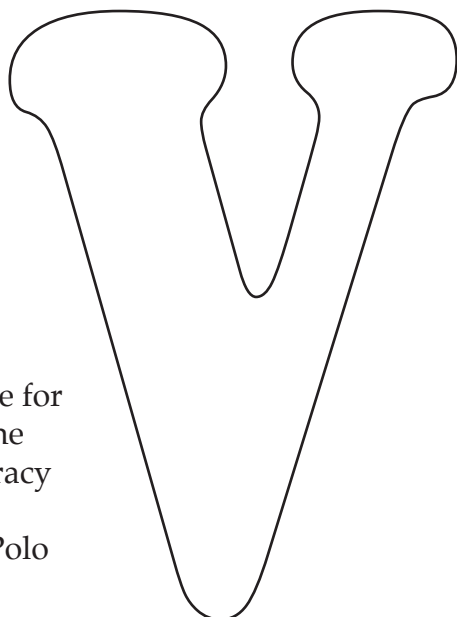
Research



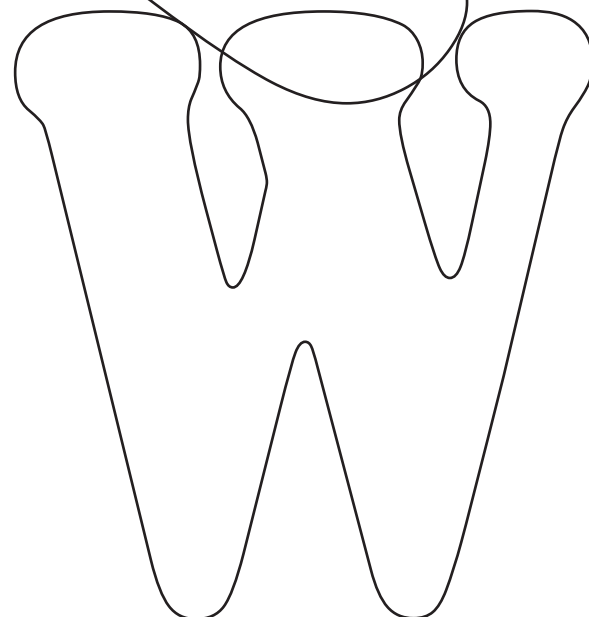
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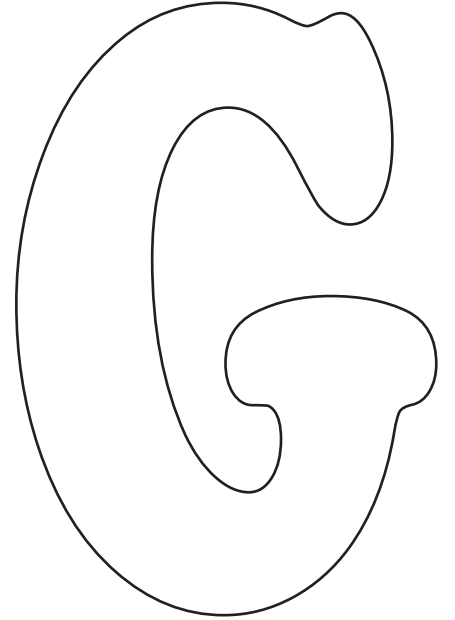
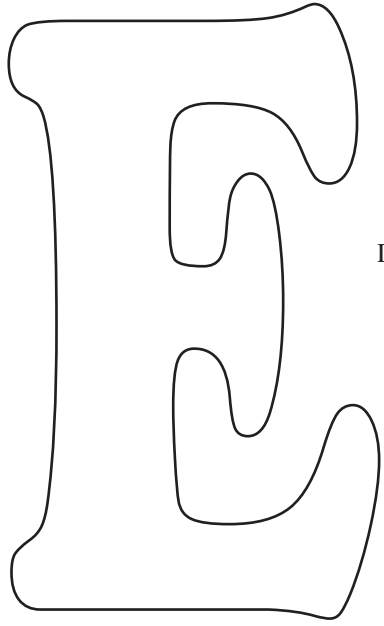
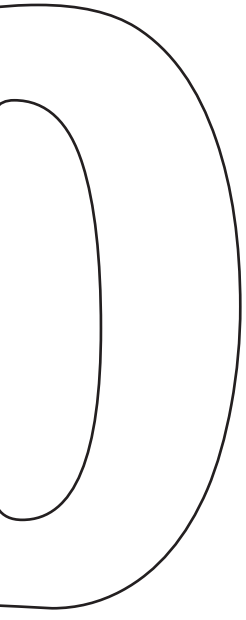
See previous page for insights into the AforAthlete literacy project for Swim & Water Polo Camp.



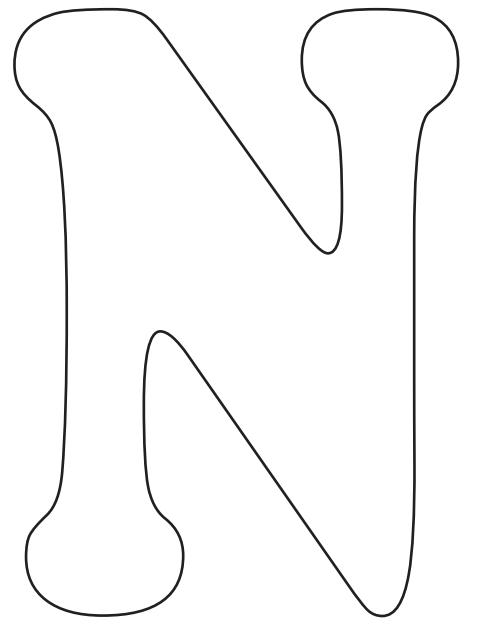
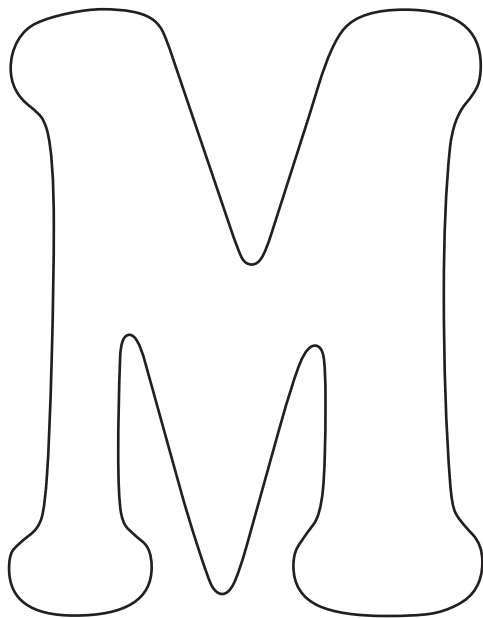
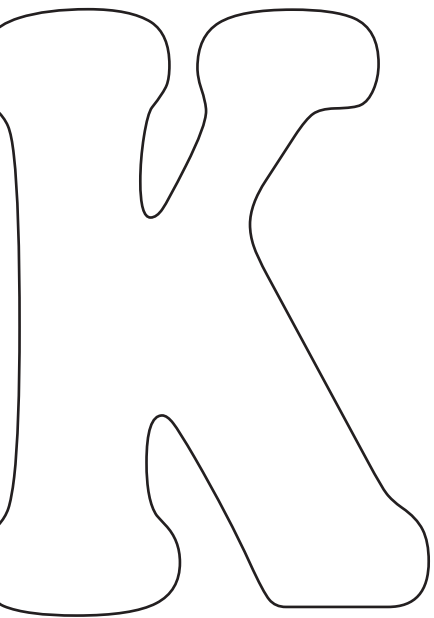
Refine



Prototype

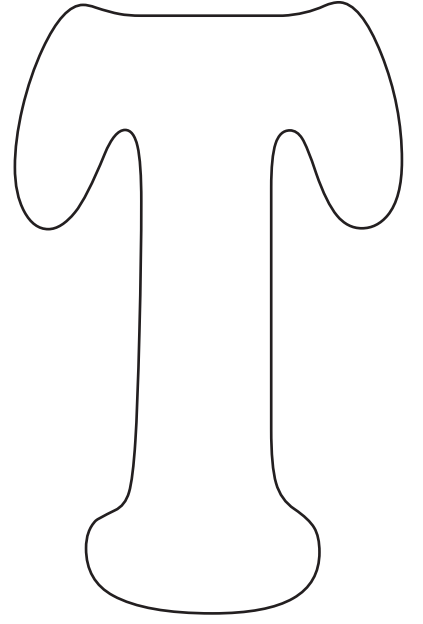
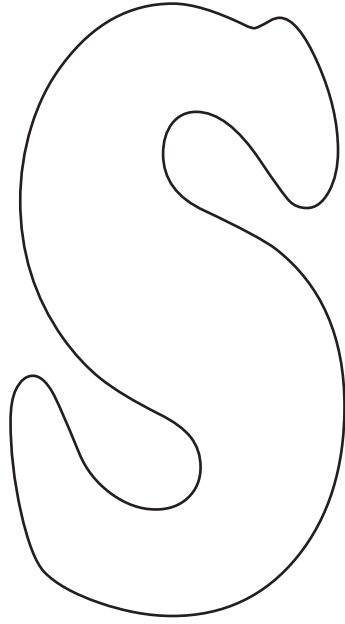
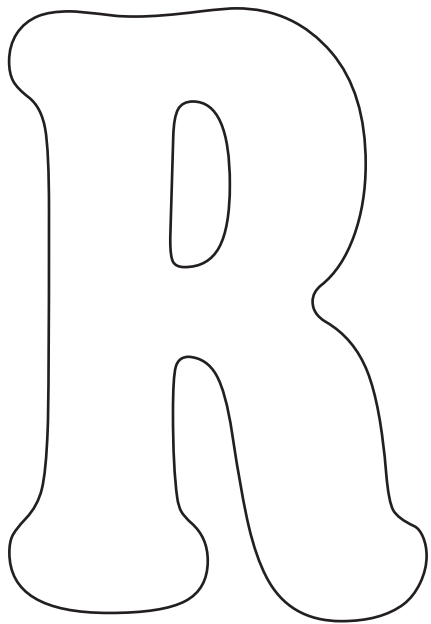


Develop character



Clean up too

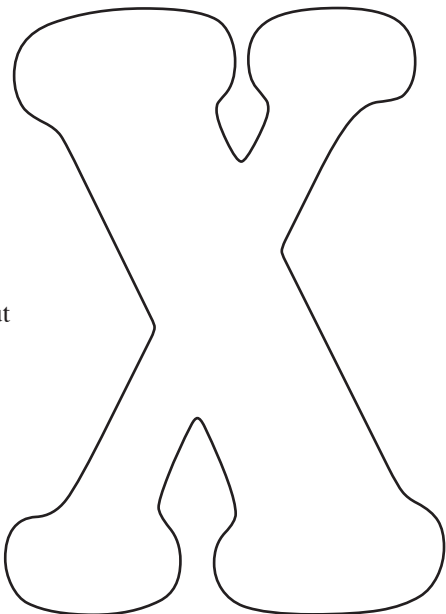
Describe



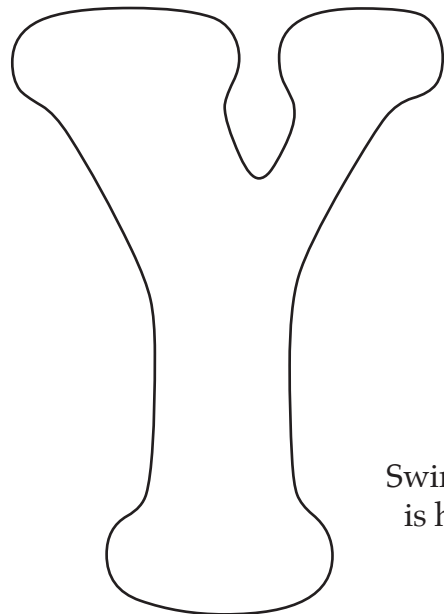
Deliver

Display

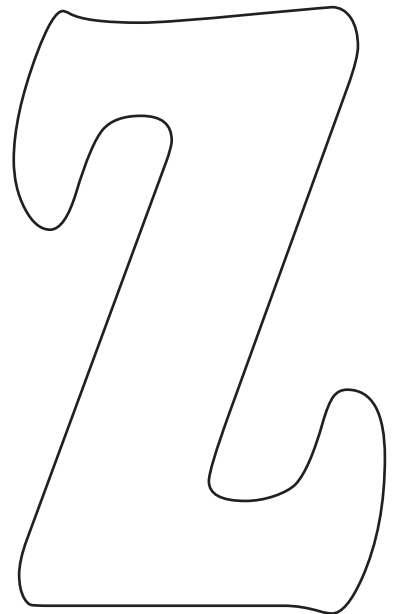
Cut out



Vocabulary



Swim & Water Polo
is hard work and
fun too.



Disk Golf, Real Golf, and Cross-Training

Please don't call it "Frisbee golf." And for the love of all that's good, don't ever call it "Frolf!"

Camp Carmalt squads of Swim & Water Polo take a bus to various swim pools and park settings for daily workouts. One destination is Citiparks' Phillips Park next to Carrick High School, home to a nine-hole disc golf course. Our swimmers at that site will get to play some disc golf in addition to their regular exercises, running, swimming and A-B-Cs.

On July 30 and 31, the Disk Golf Championships is going to take place with our students. We'll be joined by some of the students from the First Tee Program. Golf can be a team sport.

Pittsburgh Public Schools offers varsity sports programs in the middle school and high schools. Erik Rauterkus was one of the captains of the Obama Varsity Golf Team (as well as PIAA swimmer for four years) and he'll be one of our coaches. Plus, Daniel Goldstein, another

coach, was captain of the Obama Ultimate Frisbee Team at Obama Academy. His squad played a winning record in a regional league and finished in the final four in the overall standings. Daniel is excellent at Frisbee.

Schenley Park has an 18-hole course. In the future, as Swim & Water Polo grows to include up to 1,000 young athletes, the aim is to have all the kids exposed to other sports such as disc golf and ultimate frisbee. Visiting the course once a week to learn the game, rules, skills and vocabulary makes sense for helping kids have a new competitive experience and develop new problem solving skills in hands-on-activities.



Community members from the Pittsburgh Flying Disc Society,

www.PFDS.org, are invited to lend some help with this summer's two day disc golf tournament among Summer Dreamers. Carrick High School sponsors a scholastic team that competes in the fall. That team is coached by Mr. Dropcho, a Carrick teacher. In two years Pittsburgh is going to host a national championships in disc golf.

J. Gary Dropcho, 2015 PDGA Pro Disc Golf World Championships Tournament Co-Director, announced Pittsburgh gets to host the Professional Disc Golf Association 2015 World Championships from July 25 – August 1, 2015. Four courses in our region will host the World Championships: Deer Lakes Park, Knob Hill Community Park, Moraine State Park Lakeview and Slippery Rock University, with the final day's events being hosted by Slippery Rock University.

"We are really excited to host the PDGA World Championships here," said Mr. Dropcho, who also serves as Course Superintendent of the Pittsburgh Flying Disc Society. "In addition to having an opportunity to showcase our region to

the competitors and visitors, the event will have a significant financial impact."

The Summer Dreamers flying disc matches are July 29, 30, pending weather and schedule.

Fencing and swimming mixes with running in a Modern Pentathlon opportunity for our students on the last full week of camp.



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Pittsburgh's Premier Modern
Olympic Fencing Club
classes@threeriversfencing.org

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Pittsburgh, PA 15208
Call us at: 412-731-4454
Register Now For
January Classes!
Ages 5 & Older Welcome!



Some staff bios:

Cassie Mader

Coach Mader is working with Faison in Homewood, went to Dickinson College and got her masters degree at the University of Pittsburgh. She has studied in India and Cameroon (sub-Saharan Africa) and has recently travelled to Belize, Germany and Brazil. Currently works as an elementary librarian at Jefferson-Morgan School District (though there are hopes that she might be at Mt. Lebanon next year!). This is her third year with SDA and second year with Swim & Water Polo. In her spare time she likes to exercise, read and hang out with her dog, Sawyer. She also just completed her open water SCUBA certification and can't wait to dive this summer!

Nick Rabuzzi

A head coach for Swim & Water Polo at Camp Faison in Homewood is a Psychology Major at the University of Pittsburgh and has experience teaching kids in both academics and sports. This year marks his third year with Summer Dreamers' Swimming & Water Polo. He has worked with CMU's C-Mites program and coached swimming for local Pittsburgh teams. Nick loves to read, swim and play frisbee, although he prefers Winter to Summer! Nick was a captain of the Schenley High School swim team, too.

Ben Junker

This is Ben's second year working at the Summer Dreamers. This past school year, Ben graduated from Obama Academy. Next year, Ben will be attending Carnegie Mellon University. As of now, major is undecided; however, possible interest include economics, psychology, or

political science. Ben has been on swim teams since sixth grade, mostly for school; though, did swim for the Kingsley Stingrays (now Pittsburgh Stingrays) for a few years. He played water polo with Coach Mark for the duration of his tenure at high school; this past fall, the team won our section at the Ohio Cup tournament.

Ben, along with Erik Rauterkus and Grant Rauterkus, are missing the first week of camp to attend the Conference on National Affairs (CONA), in North Carolina. This past year, Ben served as Lieutenant Governor of the Youth & Government (YAG) program; Erik served as Governor. YAG is a statewide program that facilitates youth involvement in the political decision making process and focuses on contemporary political issues; CONA is its national counterpart.

Martin Eddy-Harvey

Martin is currently attending the University of Pittsburgh as a junior studying history. Martin attended Schenley High School and was the last class to graduate with the Schenley name. He swam all throughout middle school and also all four years at high school. Martin enjoys working with kids and the past four summers he worked as a lifeguard for the Pittsburgh's Citiparks. Also this past semester he tutored kids in the 1st and 2nd grades who needed help with their reading and writing skills. He is looking forward to working at Summer Dreamers and creating good relationships with the kids he will be watching.

Destin Groff

Swimmer with the JCC Sailfish, along with Erik Rauterkus, is going to coach in the first weeks at Camp Carmalt and then depart to swim

in an international meet in Israel. She recently graduated from Shady Side Academy and will attend college in the fall and swim. It is going to be exciting to meet Destin and follow her progress in her travels and swim meet results later in the summer. Then after Summer Dreamers ends, our students get to swim at two different open-house events hosted by the JCC Sailfish. One is slated for the Squirrel Hill pool and the other for the outdoor Family Park in Monroeville. See details and dates elsewhere in this newsletter.

Coach Smith

Donald Smith is a product of Schenley High and also Herrin Hill! He went to the school where he'll be coaching for Swim & Water Polo. He participated in swim, football, track and volleyball as a high school student. Then he went on to play football for the University of Pittsburgh on the late 1980s. He is a PPS teacher and works at Linden. Coach Smith is also a coach of football at Gateway High School, a traditional powerhouse in the WPIAL.

Isaiah Moran

An incoming sophomore at Obama Academy, Isaiah attended Summer Dreamers in the past, and he reports, "and had a pretty good time." His younger sister also was a Dreamer. "I am no longer in the age group permitted to attend, so this is my first time working there."

"In general, I like to be active, running, swimming, playing sports, etc. I was on my school's swim team for two years, and would have continued for a third this winter, but was unable to due to a broken leg and all of the ailments (weakened muscles, tender bones, etc.) that came with it. Before 7th grade, I had no

knowledge of how to swim at all, but through the swim team and an after school water polo program I was able to win two medals in the championship swim meet that year."

"I look forward to helping others learn how to swim, play water polo, and learn how to maintain an active lifestyle." This year Isaiah is starting the summer on the sub list and is still unsure what pool he'll be working at most of the time this summer.

Max Murrell

This is the second season for Max with Summer Dreamers Academy. During the school year, he is a student at Temple University in Philadelphia. Max loves to be active and outside and his favorite sports are basketball and water polo. His goal: to make this summer an enjoyable and positive experience for our campers. Max is joined this year by his older brother, Sam.

Noah Vito

Noah lives on the South Side Slopes, and attended Pittsburgh Public schools through 8th grade. He is currently studying Computer Science at NYU, and has been involved in similar projects in the past, but has not had prior experience with LiveCode. With Noah's knowledge of programming principles, Swim & Water Polo Camp is able to greatly improve its communication infrastructure.

Though he is studying Computer Science, he's far from certain what he'll end up doing. This is one of his favorite elements of NYU. He gets to spend a lot of time exploring other subjects, and is not worried about being decided, yet.

Afternoon Routine

Begins at Lunch:

Gearing up with mind, body, and belongings

Lunch provides a great time to huddle and collaborate on A for Athlete. The afternoon routine begins when students "gear up," store school belongings, switch into sports clothing and suits, and perhaps, new running shoes. Bring sun screen, hats and water bottles. Students visit with the coaches and the device(s) running the Attendance Application. Interactions occur with the School Flags. Announcement and the day's plan is shared. Before running, swimming and perhaps a bus trip, warm-up exercises happen.

Affordable, basic, black, Finals brand, swim suit and goggles for sale via credit card, 1-888-326-8643 then press 4 for TeamUnify / GetOutSwim. Online pointer to store pages from CLOH.org. See clearance too. Mention "PPS H2O" with order.

For full calendar, go online to CLOH.org. See extra events and details.

---- July 1, Day 1 of 27 for SDA. AM = Academics. PM = activities.
---- July 2, Get and read the **South Pittsburgh Reporter**. Faison: School Flags
---- July 3, Squad name? A for Athlete theme? Top letter assignments. CAPA: Coach Spell visits for run. U-Prep: School Flags
---- July 4, No School. Staff and friends invited to Coach Mark's to watch fireworks on deck. 108 S. 12th St, South Side. Ts?
---- July 5, U-Prep to Pitt as spectators Senior Meet. CAPA: Coach Nikola for polo. CAPA: School Flags
---- July 8, CAPA: Coach Nikola. Faison: Coach Spell leads running. Carmalt: Destin's last day before departing to swim in international meet in Israel. Go, Destin, Go. Carmalt School Flags.
---- July 9, CAPA: Coach Nikola. U-Prep runs with Coach Spell.
---- July 10, U-Prep: Coach Nikola visits for water polo. CAPA: Coach Spell leads run
---- July 11, CAPA: Coach Nikola. PCA: School Flags
---- July 12, CAPA: Coach Nikola. PCA & Carmalt join to hear about Athletes United for Health Air help with A-B-Cs plus tell about the fall's 5K.
---- July 15, Faison: Coach Spell leads run. Carmalt: Athletes United for Health Air help with A-B-Cs plus tell us of the fall's 5K.
---- July 16, U-PREP: Athletes United for Health Air help with ABCs plus tell about the fall's 5K.
---- July 17, CAPA: Coach Spell visits for run. PCA: Coach Nikola for water polo.
Film night for older kids, adults and community members at 7 pm, social, 8 to 9 pm film: Not Just a Game -- Power, Politics & American Sports. by

Dave Zirin. Discussion from 9 to 9:30 pm. Hosted by the BGC and others at 113 North Pacific Avenue, (Bloomfield) Pittsburgh, 15224.
---- July 22, Faison: Coach Spell leads run. CAPA: Coach Nikola's last day. Then he departs for California for USA Water Polo's Junior Olympics. Nikola is leading Pittsburgh's Tiger Water Polo squads, boys and girls, including PPS player and Summer Dreamers assistant coach, Grant Rauterkus, 10th grader at Obama Academy. After the JOs, Nikola departs for Hungary with Team USA's junior squad for an international tournament. Many in the Pittsburgh region are play water polo at a high level, including college. Perhaps those in Summer Dreamers in 2013 will be playing in water polo tournaments out of state in September and in California next year? Perhaps Pittsburgh can host visitors in water polo games soon.
---- July 23, Citiparks Ammon Water Carnival. Come after school for evening swim on Bedford Ave.
---- July 25, 26, U-Prep campers can visit Pitt's Pool to spectate Jr Olympic Swim Meet
---- July 29, 2013 Camp Classical @ 7pm Pirates vs. St. Louis. Faison: Coach Spell leads running
---- July 30, 2013 Camp CAPA @ 4 pm Pirates vs. St. Louis. Carmalt campers have day 1 disk golf

challenge at Phillips Park / Carrick HS
July 31, Carmalt, day 2 of disk golf challenge at Phillips Park / Carrick HS. Camp Carmalt @ 7 pm vs. St. Louis
---- August 1, **Film night** for older kids, adults and community members at 7 pm, social, 8 to 9 pm film: Race, Power & American Sports by Dave Zirin. Discussion from 9 to 9:30 pm. Hosted by the BGC and others at 113 North Pacific Avenue, (Bloomfield) Pittsburgh, 15224
---- August 3 - Citiparks Swim Meet @ Highland Park.
---- August 6, Camp Faison @ 7 pm Pirates vs. Miami Marlins
---- August 7, Last day of school. Camp UPrep @ 7 pm Pirates vs. Miami Marlins
---- **August 8, Ammon's All-City & County Game Day with visitors. Arrive at 9 am. Water polo in morning. Modified SKWIM in afternoon.**
---- August 9, All to Sue Murray Pool on North Side at 1 pm. Kayak Pittsburgh at 4 pm. Meet elite runners at 5 pm. Eat at Sal's, Liberty & 9th. Liberty Mile Road Race, Downtown. Go to the race start at 6:15. Race at 7 pm. Pros race at 8 pm. Students and families go ON YOUR OWN. No bus home. Race day van to town with RSVP in prior week. Get your home team to support you in this outing.

---- August 12, Possible shift of practices to Peabody / Obama in AM. Else at Ammon.
---- August 13, Debrief & planning. Gather sports boosters to talk about technology, recreation, open-source software at 7 pm at CLOH.Org home office, 108 South 12th Street, South Side, Pittsburgh, 15203. 412-298-3432. RSVPs welcome at Mark@Bloomfield-Garfield.org.
---- August 17, to Allegheny County's North Park Pool
---- August 20, Open House for Swim & Water Polo Camp participants and families at the JCC in Squirrel Hill from 2 to 4 pm. Dash around the gym + swim indoor pools + membership talk. www.jccpg.org
---- August 22, Swim, Bloomfield Citiparks pool.
---- September 3, Swim a Time Trial in a 50-meter, heated, outdoor pool in Monroeville at the **JCC Family Park**. Arrive after 4:30 pm. Then a swim workout. See how the Sailfish team trains.
---- September 7 & 8, Varsity and JV high school to Worthington (Columbus), for Ohio Cup Tournament, boys.
---- September 14 and 15, Ohio Cup Tournament for GIRLS High School and Masters.
---- **Saturday, October 19, 8 am arrival, 5K race at South Side Riverfront Park at foot of 18th Street. All the Summer Dreamers get to race, 3.1 miles.**

Community (not Summer Dreamers) swim & water polo practices in July & August *

M-W-F at Ammon Swim Pool, 9 am to 11:30 am. T-Th-F at PCA (Classical) in West End on from 8 am to 11:30

Summer Dreamers run, swim and play water polo for 27 days, M-F (except July 4) from July 1 to August 7, 2013.

* Exact dates, times and activities are fully documented at online calendars. August and fall practice details for Dreamers and everyone else are expected but not resolved yet, sadly, at the time of the printing of this newsletter. Special dates, subject to change. Full Calendar, see link, CLOH.org.

Athletic Reform -- Pittsburgh stalls, Chicago notices

by Dr. Mark A. Simmons, a vice principal in Chicago Public Schools, former professional baseball player

Pittsburgh Public Schools efforts for Athletic Reform, and the operations of its special task force, formed by former superintendent, Mark Roosevelt, have drawn the attention of educators from around the country. Many are interested in the student experience, especially with inner city settings in larger urban districts.

The benefits of sports participation are well documented. Studies on high school sports participation suggest a plethora of positive outcomes for the participant, including increased academic achievement, enhanced leadership ability, improved self-esteem, development of peer relations and post-secondary aspirations (Bowker, 2006; Findlay & Coplan, 2008; Hansen, Larson & Dworkin, 2003). However, many of the nation's public (inner city) high school districts are facing serious challenges when it comes to interscholastic athletics. While issues concerning high school athletics in these districts are not new, they continue to get worse. In the last few years, multiple acts of violence have unfolded at high school athletic competitions in Michigan, New York, Pennsylvania and Illinois.

In 2010, athletic reform was important to Pittsburgh Public Schools (PPS). Superintendent Mark Roosevelt, who had become a leading advocate of reform, put together a special committee of community stakeholders to examine the problems and develop solutions. Unfortunately, Roosevelt left the school district. Soon after, other committee members retired and the Administrative leader, Jake House, departed Pittsburgh for another opportunity. Now, in 2013, the idea of athletic reform is on the back burner again. Since issues among students, sports, coaching, participation, facilities, academics, and finances continue to worsen, reform should be considered a priority, not a pocketed entity.

Athletic reform may look different in certain inner city school districts but if properly implemented, and with a focus that is driven by data and aligned with district priorities, it could be successful. Key topics in the reform efforts should include 1.) Violence prevention, 2.) Athletic department upgrades and 3.) Academic support for student-athletes. While some of these issues may only call for minor reorganization and monitoring, the other more pressing issues may necessitate more time, planning and additional funding.

Violence Prevention

Part of every school district's vision is providing students with a safe learning environment. This too, can be said for student-athletes, during interscholastic competition. Since recent acts of violence have plagued inner-city athletic competitions, a more proactive and systematic approach

should be taken with violence prevention.

Before the school year begins, the AD should conduct prevention and intervention planning sessions for violent behavior that sometimes occurs at high school athletic events, with the school administrative team and local law enforcement officials. Each year, these plans should be revisited and updated if needed. Also, emergency plans for situations that could occur at athletic events should also be developed, in addition to general plans. This is especially true for events that feature rival schools or highly competitive teams. In this case, the site of the event, past concerns and the nature of the sport itself should be considered. Taking this type of proactive approach to preventing and intervening with violent situations, which may occur at schools sponsored events, should be developed. The following recommendations are just a few of many steps that may be of use when developing a violence prevention plan.

Long-range planning, which should include: Developing crowd control guidelines, developing response plans for any altercations, banning all gang related activities, and developing sportsmanship messages.

At least a couple of weeks before the game, pre-game planning should take place. Administrators, coaching staff, security staff, law enforcement, and student leaders should all be involved in this meeting.

Management of spectators during games: Local police should be attentive and highly visible throughout the facility. The possibility of barricading streets and/or sections of parking lots should be an available option. Gang related clothing and other known gang identification symbols should be prohibited. Perhaps, providing some form of entertainment, i.e. cheerleaders, dancers, raffles and/or other contest will keep the attention of restless spectators.

If an incident should occur, all communication should flow through one pinpointed person, who coordinates both inter and intra security staff. Once involved, police should remain involved with all investigations. Keep others from becoming involved.

School Athletic Department Upgrades

In many school districts, athletic reform could very well begin and end with the school's athletic department. If one were to survey some of the nation's higher functioning high school athletic departments, it would become apparent how well managed they are. Sure, many of these quality athletic departments can be found in affluent school districts where a wealth of resources are available. However, there is one common thread found in all of them and that is that they have an AD, who is a full-time, state certified school administrator. AD's are often viewed as the chief executive officers of their athletic departments and they are either being

commended for their school's achievements or held responsible for their failures (Davis, 2002). With this being said, the AD should be a full time, administrative position, with the primary task of leading the school's athletic department. Unfortunately, this is not the case for most inner-city, public school districts whose extracurricular programming options are limited due to budgetary constraints. In these districts, the AD is a usually a teacher, whose primary function is teaching and not athletics. This could be problematic when tasks like safety and security, facility management, providing professional development, monitoring coaches and overseeing the department website has to be done. Even the important task of effectively evaluating coaches could be difficult if the AD and the coach are both teachers. When the AD possess no true administrative authority, how could the task of mentoring, evaluating, hiring and retaining coaches be effective? Since having a full time AD is not a reality for many school districts, it is of utmost importance that non-teaching time, devoted solely to athletics is provided.

A district's Sports Administration department should also require the development of mission and vision statements for all school athletic departments and it should be a non-negotiable. This is a vital piece of evidence that is found in high functioning athletic departments. A mission statement defines the objectives of an organization, while the vision statement defines the organization's values. Consequently, many public school athletic departments do not have them. Top athletic departments develop their mission and vision statements in alignment with school and district priorities. When properly aligned, the allocation or reallocation of additional funds and resources are justified. Proper alignment also makes it clear to stakeholders and the community that the school intends for its academic program and the athletic programs to complement each other rather than compete with each other, thus enhancing the student experience.

Additionally, the inclusion of values like sportsmanship and fair play should be a huge part of each athletic department's vision statement. Hedstrom & Gould (2004) suggests that when fair play, sportsmanship and moral development information is consistently taught to children in sport and physical education settings, character can be enhanced. When this occurs, a decrease in deviant and violent acts, on the field of play may result. This too, would tie into a school district's vision, where setting up systems of supports that meet the needs of students by expanding the social and emotional learning, is a major goal.

Student-athletes leaving the inner city schools for other school districts with better athletic departments is also an issue that could be addressed with athletic department upgrades. In recent years, PPS has lost hundreds of students to neighboring districts due to unpopular policy changes (Symbo,

2008). Many of these students are athletes that chose to attend schools in districts where the athletics is taken seriously and departments are well organized. Varsity coaches, in these districts, are held to a greater degree of accountability and the hiring and retention of coaches generally gets close scrutiny from board members, school administrators and the community at large. This ultimately makes for a better department. The aforementioned athletic department upgrades and others could help to lessen the disparity between inner city athletic departments and the more affluent district's school department, which could decrease flight from inner city schools suburban districts. By retaining talented students, who increase the affinity for athletics programs with values that align with the school and district, they will increase participation sports participation overall. All of this begins with a dynamic AD.

Academic Support for Student-Athletes

One of the most vital elements of athletic reform must include improving academic achievement for student-athletes. Reform measures should require each athletic director to develop an academic support system for the student-athletes in their school. This is a realistic idea that can be accomplished, especially if the athletic director is an administrative certificate holder, equipped to develop and implement academic programs. Most Division I colleges and universities have academic support systems in place to support student-athletes, who devote countless hours to intercollegiate athletics. Such a system could also work for high school student-athletes, who too, spend long hours practicing and training. Tutors equipped with individualized learning plans (based on student data and teacher recommendations) can provide additional academic support, which would ensure that student-athletes have the help they need to maintain or even improve their G.P.A. Even graduation rates and college matriculation rates will increase as a result. Additional academic support could also boost district-wide assessment scores. Regular ACT exam prep courses provided for student-athletes will improve opportunities for college scholarships. An academic support system designed to support student-athletes is evidence that school athletic departments are aligned with the school and district academic goals, thus justifying its existence and additional funding.

In the case of high school athletics, the aim of reform is not negative, but a necessary act that can draw out the positive facets of interscholastic athletics. If adequately funded and implemented properly, interscholastic athletic reform lends itself to the individual development of student-athletes, allows student-athletes to identify with the school and the educational process as well as contribute to connections within the community.

Zirin Films and Community Sport Discussions: July 17 and August 1

Community members and guardians of participants in swim programs are invited to two film nights, each starting at 7 pm, slated for Wednesday, July 17, and Thursday, August 1, 2013, at 113 North Pacific Avenue, (Bloomfield) Pittsburgh, 15224.

Dave Zirin's two films are both highly entertaining and last less than a hour. They cover issues where sports and politics collide.

July 17 film is: *Not Just a Game. Power, Politics and American Sports.*

August 1: *Race, Power & American Sports*, recently released.

Pittsburgh's Mayor Candidates Wander and Peduto have both been invited to attend and share insights on Citiparks and opportunities for youth. Moderators and discussion leadership provided by a panel of our SDA youth coaches that includes Erik Rauterkus, recent PA Youth Governor.

Arrival and lemonade social begins at 7 pm, movie at 8 pm, short presentations and discussions follow from 9 to 9:30 pm. No charge. Please RSVP on the Facebook event at the open group, Pittsburgh Schenley Waterpolo." Hope to see you then at 113 North Pacific Avenue, (Bloomfield) Pittsburgh, 15224.



Erik Rauterkus, one of our Swim & Water Polo Coaches, won the first Liberty Mile last summer. Some others earned race medals too!

Do sign up for the Liberty Mile so you can run with us in the first heat called, Just For Fun at 7 pm on Aug. 9. Best to sign up online. Mail in forms not accepted after July 26. Registration saves \$5 before July 5. Cost is \$15 for 13 & younger and \$20 for 14 & older. LibertyMile.org

www.LibertyMile.org

FIRST NAME	MIDDLE INITIAL	LAST NAME	GENDER	Female <input type="checkbox"/>	
ADDRESS			Male <input type="checkbox"/>		
CITY	STATE	ZIP			
PRIMARY PHONE	DATE OF BIRTH	AGE ON RACE DAY (8/9/13)			
EMAIL ADDRESS	EMERGENCY CONTACT NAME		EMERGENCY CONTACT PHONE		
ADULT, GENDER-SPECIFIC SHIRT		YOUTH, UNISEX COTTON SHIRT			
<input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL				
PARENT OR GUARDIAN NAME (IF UNDER 18)		CONTACT PHONE NUMBER			
TEAM NAME (FOR IT'S ALL BUSINESS TEAM CAPTAINS AND MEMBERS ONLY)					

PAYMENT	
METHOD OF PAYMENT	
<input type="checkbox"/> CHECK (MADE PAYABLE TO PITTSBURGH THREE RIVERS MARATHON, INC.)	<input type="checkbox"/> CASH <input type="checkbox"/> CC
CARD #	SECURITY CODE
NAME ON CARD	SIGNATURE
	DATE

LIABILITY WAIVER AND RELEASE	
I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release organizers of the GNC Live Well Liberty Mile, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable.	
Signature (Parent/Guardian if under 18)	Date

Safety by Cassie Mader

The staff hopes that all the students in Swim & Water Polo are as pumped as we are for another exciting summer of water and dry-land activities. As fun as it is to swim with friends, it is important to always stay safe and focused when in and around the pool. We expect plenty of performance for following rules and guidelines. Every person is expected to follow every rule at all times during camp. After a verbal warning, second and third infractions result in a call home and potential removal from the program. These guidelines are in place to make this summer great for everyone!

Close your lips. In the water, your lips need to be closed so water doesn't rush in. In other times, coaches need to communicate to quiet, non-talking, swimmers with their lips closed. When an adult is talking, students are listening.

No running on the pool deck. The water and wet skin are slippery. In places, walking is difficult. Cement burns! We want swimmers in the pool. "Stay in the pool."

Keep valuables at home. If you need to bring a phone or other items, you need to provide a lock and keep items in a locker for the day. Phones and other electronic devices are not to be seen, and they can't go into the pool.

Wait for directions from your coach before

entering the pool. Lifeguards must be in position when you are in the water. They are the boss.

No gum. Don't want to choke on gum. Respect the pool equipment. Treat goggles, balls, clothing water bottles and everything else, including the property of others, the school and the parks with respect..

Respect one another. We are all in this to have a good time. Please treat others as you would like to be treated. Keep your hands to yourself. We won't wrestle. We'll work together and battle against the water and get set for big time competitions to come.

The success of our program depends

on you! Let's swim. Let's run. Let's form fun, tight, team experiences.

2013 Eagles, WPIAL AA, undefeated in section, with 3 former Summer Dreamers and 10 on staff.



Scoreboard, Results, Records

Clicks, beeps, and flashes of glory are now seen in the scoreboard lights and heard from stadium speakers as 2013 Swim & Water Polo athletes train and compete at Summer Dreamers. Students and athletes get to run every day, but this year, their effort comes with extra support.

Camp staff includes a dedicated, experienced running coach who shares his talents via the Swim & Water Polo partnership with the Pittsburgh Marathon. A detailed, comprehensive program is getting kids in shape and better prepared for the August 9, 2013, Liberty Mile. Daily runs with camp-site coaches include weekly visits from our expert coach, David Spell. Coach Spell, a 7th grade teacher in the Shaler Area School District, is a running coach who has done marathons and last year's Liberty Mile.

Focused lessons and training sessions with experts happen in Homewood / Camp Faison on Mondays, U-Prep on Tuesdays, Downtown's CAPA on Wednesdays and West End's PCA / Camp Classical on Fridays. Camp Carmalt kids come to PCA on Fridays.

Elite Runners and Walkers and its store



owner, Kevin Smith, is helping to sponsor athletes within Summer Dreamers Swim & Water Polo Camp who are top performers in both their running and behaviors. Sponsored athletes can end the Liberty Mile race with a new pair of running shoes and tech-shirt. Shop helpers are slated to visit every camp location on July 5 for sizing specifics. Don't miss any days.

Another enhancement: AutoCoach's electronic timing. A new system with powerful

stopwatch, scoreboard, audio speakers and wireless communications to a laptop are being put to use at some running workouts, in-house races and at poolside. Coach Rauterkus is delighted to be utilizing this revolutionary swim and fitness coaching equipment, called the AutoCoach Timing System. "We are one of the first programs in the US to deploy this tool for athletes." AutoCoach was developed in Australia and manufactured in China.

Unlike traditional timing systems, AutoCoach is wireless, portable and programmable. Consisting of separate wireless devices, the AutoCoach system was affordable for our team. It promises to give us innovative results. We can add or remove devices to fit our exact needs. It is easy to set up and use, giving coaches, runners and swimmers immediate feedback and a host of benefits. Other timing systems are far more expensive and full of hassles. The AutoCoach devices make training more effective. It can automate interval training, real-time split results, and communicate to participants.

In the pool, AutoCoach enables coaches to focus more on swimming technique instead of timekeeping without sacrificing data. The system

displays, collects, records and computes data quickly at many levels. The AutoCoach's ability to store data motivates everyone's progress throughout the season. If we have 40 kids run a quarter mile, we can get everyone's time.

The Swim & Water Polo Camp innovations with AutoCoach provide high-quality training for runners, swimmers, and even water polo games. With cutting-edge technology, our staff and youngsters sharpen a keen sense of time, space and relationships. The champions of the future are stretching themselves this summer with programs that push and pull their physical and mental abilities. The new technology tools, such as the AutoCoach timing system, help to deliver higher levels of accountability and excitement to our pursuits.

Later this season look for the AutoCoach scoreboard, watches and speakers at scholastic cross country matches at Schenley Park and the group runs to prepare for the fall 5K Clean Air Dash. More systems can be imported for future Swim & Water polo Camps so every day every site has these tools. Coaches from around the country at sports conferences will be hearing of our camp, its methods and AutoCoach.



Nonprofit Alphabet

A is for Athlete in 2013, but lots of letters and jargon surface.

"A" can stand for American Water Polo, a sponsor that organizes the sports and offers insurance to program providers, teams, schools, universities and individuals. American Water

Polo (AWP) is a nonprofit organization that has helped grow the sport. Leagues are established. University teams are formed. Broadcasting of tournaments happen on the internet because of AWP. AWP provides help in Pittsburgh in a number of ways beyond insurance. It has given plenty of equipment such as balls and caps. Plus, they offer publicity and technical help in

planning the camps. See: AmericanWaterPolo.org. "B" is for Bloomfield-Garfield Corporation (BGC). The BGC is 2013's nonprofit agency for Swim & Water Polo Camp. It helps in countless ways as a financial facilitator. Coaches' compensation comes from the BGC, and bills are paid by the BGC. The BGC has done many projects for more than 20 years in the city including sponsoring the

youth football team and cheerleaders, helping with school-based activities, running an employment center and hosting a computer lab. See: Bloomfield-Garfield.org.

In 2011 and 2012, Swim & Water Polo was hosted by the Neighborhood Learning Alliance, NLA. The NLA, formerly Wireless Neighborhoods, helps to staff and supervise credit recovery opportunities for students to meet graduation requirements. NLA efforts help to prevent high-school drop-outs. Learn about NovaNet and more at NeighborhoodLearning.org.

The swimmers at Pittsburgh's Obama Academy are superior students and by-and-large, swimming makes you smarter. Advice: If you want to improve your grades, get on the swim team. For many reason, those on swim teams do well in school.

The 14 seniors that graduated this year from the Obama swim team are all among the best academic performers of the school. Many of them are working with the younger students in the Swim & Water Polo Camps too. This academic excellence and its connection to athletics, and especially swimming, isn't unique to one school. Swimmers everywhere are often in teams of scholars. What happens in the water and in the sport provides rich lessons with transferable skills that help in other aspects of life: dedication, hard work, body awareness, discipline, etc.

Other summer camps, some with church

groups, enjoy water polo experiences. City kids need quality athletic programs and swim instruction even if they are not enrolled in PPS Summer Dreamers. If you work with a camp or have a group of young people who want to get involved, call, 412-298-3432.

Ozanam, famous for its basketball instruction and leagues, is supportive of water safety and swim instruction for its players and day-care people. Ozanam hoopers are encouraged to enroll into a water polo clinic organized for Ozanam athletes. We want more game opportunities to unfold in August. See: www.Ozanam-Program.org.

Many year-round water polo players and swimmers go away to sport camps. Navy is a frequent destination for local players, www.navywaterpolocamp.com/, as is Bucknell. In the past, our Pittsburgh Combined team has gone to play other teams as they were at a camp. In future seasons we want to send a van of all-star city runners, swimmers and water polo players to join an open-water camp in Canada, Camp Chikopi, www.CampChikopi.com.

Tiger Water Polo, a year-round club team, helps with Swim & Water Polo Camp too. Tiger holds practices and clinics at North Park in the summer. Its roots are at North Allegheny but Pittsburgh players can join Tiger. Teams and individuals from Tiger travel around the nation, and even the world, playing water polo. As a 9th grade polo player, Grant, has been to Colorado Springs, California, Navy, Greenwich, Florida, Las Vegas and played with peers and adults in games this winter against Notre Dame, Ohio State, Ball State, Cincinnati, Grove City, Pitt, CMU and Army.

Nikola Malezanov, Tiger's Head Coach, is working with our camp too. He'll be at CAPA most days but also visit U-Prep and PCA. Later this summer Coach Nikola will be at the USA Water Polo Junior Olympics in California with 29 players from around the region representing Pittsburgh. Then he'll be with Team USA's Under 19 squad in an international tournament in Hungary.

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and beyond!
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