

Aquatic News for Pittsburgh's Swimmers, Families and Coaches

Read about and sign-up for new opportunities, jobs and events.

Your attention and consideration regarding the aquatic news presented below is appreciated. If interested in any program, feel free to call, text or email Coach Mark Rauterkus:

Sign up: Play.CLOH.org
Cell: 412-298-3432 or MRauterkus1@PghBOE.net



Headlines:

- * A new, All-City, Middle School Swimming Team is forming. Try outs, practices and meets are expected in the spring of 2017 if more than 20 students sign up and agree to participate.
- * Saturday Swim School clinic with WPIAL Champion, Sead Niksic. Come out and meet and be coached by Pittsburgh Public Schools' first WPIAL Champion and help him complete a service project.
- * Learn and compete in water polo games and tournaments. Adults too!
- * Underwater hockey, fin swimming, adult triathlon training, and mentors welcome.
- * PPS Summer Dreamers offers Swim & Water Polo again in 2017. Alert: Sign-up methods are changing and spots are limited.
- * Lifeguard certification classes are coming in April. Job application link for summer work.
- * The Pittsburgh Project on Charles Street provides summer camps with swimming and water polo.
- * Get Fit Families' Youth Triathlon Team starts training events and a camp in the city in June.
- * Open Water Swim experiences happen Monday evenings in the summer at Moraine State Park.
- * Hockey's online course involves science and math concepts. Get 3 hours of education via the NHL.

A poster for Saturday Swim School. The background is a photograph of a lake with a fountain and a city skyline in the distance. The text is overlaid on the image. At the top right, there is contact information: 'Mark@Rauterkus.com', 'CLOH.org', and '412-298-3432'. The main title 'Saturday Swim School' is in large, bold, purple-outlined letters. Below the title, the location is listed: 'Oliver High School', '2323 Brighton Rd.', 'Northside'. To the right of the location, the schedule is listed: '9 am = Triathles & Varsity Swim', '10 am = Games', '11:30 = Group Lesson', 'Noon = MS Games', '1 pm = Underwater Hockey'.

All-City, Middle School Swimming Team needs 20 or more to sign up and participate.

In PPS, our middle school swim season happens in the December and January. But in the WPIAL, many middle school swimming teams compete in the spring. Various suburban swim programs including Montour and Carlynton are excited to host swim meets in the weeks and months to come with a pending, All-City Swim Team. However, for these competitions to be realized, a squad of at least 20 swimmers is needed. We'd have to practice, keep improving and pledge support to participate. For families to get their students involved in extra swim competitions both the student(s) and guardians need to make commitments and become more devoted with scheduling, traveling, car-pools and attention to fitness.



Try-outs for the All-City Swim Team are going to happen from 11:30 am to 1 pm on Saturdays, January 28, February 4 and February 11 at the swim pool at Oliver High School, 2323 Brighton Road, Northside, Pgh 15212. Open to boys and girls from any school. Cost \$0. Complete the sign up form at Play.CLOH.org and show up.

Guest Coach attending Saturday Swim School

The Saturday Swim School on Feb 4 and Feb 11 is going to feature clinic sessions with WPIAL Swim Champion, Sead Niksic, of Obama Academy. Sead was a PIAA Finalist in both the 100 backstroke and 100 butterfly in 2016 and is Pittsburgh Public Schools' first WPIAL Champion in any sport. Attend the session from 11:30 to 1 pm and help him complete a service project in the wake of his international travel with a State Department scholarship.

Sign up at Play.CLOH.org.



Water polo games and tournaments

Competitive swim training and races are just part of the aquatic offerings. City kids also have the opportunity to learn and play water polo and SKWIM, a disk-based game. In the fall of 2016, water polo practices and games happened at Pittsburgh Obama, Pittsburgh Arsenal, Sarah Heinz House, Kingsley Center, Manchester Academic Charter School and a squad of players went to play games at North Allegheny too. Water polo is expanding in the city and is expected to be a part of the after-school offerings at Westinghouse in the spring and resume at Obama too.

Adults, coaches and teachers are playing water polo too, often at CMU at 9 pm on Tuesdays. High school students, lifeguards and recent graduates are encouraged to join. '

Sign up at Play.CLOH.org.

Underwater Hockey

Pittsburgh has an Underwater Hockey team for adults. Get in shape with your fins on and join practices between 9 to 11:30 am at the Saturday Swim School at Oliver High School. Other practices happen in other area pools too. See the details and the google calendar at CLOH.org.

Swim & Water Polo at PPS Summer Dreamers

Some students (grades 3 and older) have been able to enjoy 27-days of Swim & Water Polo Camp as part of the afternoon activities at PPS Summer Dreamers for the past nine years. In 2016, the swimming was done at Brashear High School. In 2017, the offerings and sites are going to expand to include U-Prep and PPS King.

Every year dozens of kids who can't swim at all are transformed into powerful swimmers and aquatic athletes who can then zip around the deep end of any pool. Pass the word to the guardians of younger students. Encourage those you

know to sign up for Swim & Water Polo as part of Summer Dreamers and master a life-saving skill.

In 2017, the sign-up methods with the district are changing. Spots are limited. Put in a word to your school principal asking to be recommended for Summer Dreamers. Stay in the loop so when the new, online registration opens you'll be able to reserve the spot for your child.

Lifeguards, Swim Instructors, Trainings and Jobs

We offer classes at the Saturday Swim School for lifeguard training and a new Sports Safety Course that all coaches in PA need for 2017-18. Lifeguard jobs pay well and are plentiful at various sites including: Sandcastle, Allegheny County Parks, Citiparks, The Pittsburgh Project, Hosanna House, Sarah Heinz House and elsewhere.

Apply for a job: <http://cloh.org/wp/archives/873>

Get Fit Families' Youth Triathlon Team and Pittsburgh Branch

The triathlon includes swim + bike + run. A biathlon can be two parts of the race, such as swim and run. Pittsburgh has some fun youth triathlons in the summer, especially at North Park and South Park. Expect to gear up as city kids are going to be able to start training events and have an opportunity for a week-long camp in the city in June. Scholarships are available too. See: <http://getfitfamilies.com/category/youth-training>

Open Water Swim experiences happen on Monday evenings at Moraine State Park throughout the summer.

In 2016, some of our staff and swim team members went north for open water swim practices in a big, beautiful lake. In 2017, we hope to have regular van service to these long distance open water swims. Those that are not too strong in the water are able to paddle a canoe and assist on the course.

Next year you can realize that a 200 yard freestyle race is a snap after swimming 1 and 2 mile distances this summer. We'll build up to it.



Like Hockey? Learn and review Math and Science, thanks to this NHL online program.

Lessons on science and math that feature examples and problems surrounding hockey make up a course developed with the NHL. Send email to Mark@Rauterkus.com.

The Pittsburgh Project Summer Camps

TPP is on Charles Street on Pittsburgh's Northside. Their summer camps utilize their swim pool and travel camp is on a lake. If you're seeking swim instruction and water polo, consider that camp. See PittsburghProject.org.





Play.CLOH.Org

Middle-School students are invited to try out for a new, ALL-City Swim & Water Polo Team from 11:30 am to 1 pm on Saturday(s), Jan 28, Feb 4 and Feb 11 at the swim pool of Oliver High School, 2323 Brighton Road, Northside, 15212.

No cost to attend. Hope to see you there.