

## Dear Fellow Coaches and Aquatic Fans in Pittsburgh:

Best of luck to you in this championship season. Thanks for reviewing this letter after the meet at your lesiure. Your help and involvement is ap-  
prenticed.

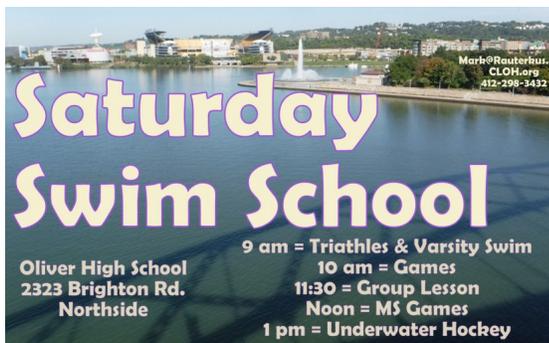
**Lifeguard Classes** (with Coach Dale Ross, presently at Knock) are slated for March and May as part of our Saturday Swim School on Pittsburgh's Northside at Oliver High School. Announcements of Lifeguard Classes, Jobs, News and PR help at [Guard.CLOH.org](http://Guard.CLOH.org).



American Red Cross Lifeguard Certification (and Recert) with [CoachLongwell@gmail.com](mailto:CoachLongwell@gmail.com) is on for April 20-23rd at **Beaver Area High School**.

A new PA law that goes into effect next year requires all high school coaches (even volunteers) of all sports to be certified (once-in-a-lifetime) for **Sports First Aid**. We'll offer this course on a monthly basis as part of a digital badge program at [Play.CLOH.org](http://Play.CLOH.org).

Coaches, lifeguards, junior guards, swim instructors, and middle-school captains are being hired to teach Swim & Water Polo to 3rd and 4th graders in the afternoons with Pittsburgh Public Schools Summer Dreamers. Join a staff of 40+ to



teach more than 100 kids in June, July and August. Work at U-Prep (just behind Pitt's Trees Hall) and Allegheny (next to Aviary). **Get good pay and experiences that do not conflict with morning nor evening workouts** and meets and allows for meet and vacation travel too. Apply at link at [CLOH.org](http://CLOH.org).

**National Drowning Prevention Alliance's** annual education event happens at the Wm. Penn in Pittsburgh from April 11 to 14, 2017. See [NDPA.org](http://NDPA.org). You're invited to join a team of locals to socialize

and play games of SKWIM with the expert/visitors. Learn and interact with the SKWIM game's inventor, Kevin McCarthy. SKWIM is a two-team game played with a water-disk, fins and goals – a cross between Ultimate Frisbee and water polo, but easier. Sign-up with an email.

Coach Joelle of Get Fit Families offers a Youth Triathlon Team and events in Zelienople and at Moraine throughout the year. A **new Youth Tri Day-Camp is coming to the city on July 5, 6, 7**. Furthermore, join us for open water swimming (with kids and adults) every Monday evening throughout the summer at Moraine State Park.

If your summer team/summer camp is looking for a field-trip, let's schedule a water polo clinic (or SKWIM clinic) and then get the squad(s) to come to the outdoor pool at **The Pittsburgh Project for Rookie Game Days** on Fridays throughout the summer. Details on a plan with the United Way's FitUnited is pending.

The 7th **Three Rivers Swim Camp** at the long-course, JCC in Monroeville with Al Rose, Camp Director, 412.906.2583, [Threeriversswimcamp@gmail.com](mailto:Threeriversswimcamp@gmail.com), is slated for June 13 to 15 with half (\$175) and full day (\$325) options. Coaches include John Lynch, Mike Meyers, Pete Barry, Bill Kennedy and Jeff Berghoff.

Adults and varsity swimmers in Pittsburgh play **Underwater Hockey** on a regular basis, often at Mt Lebo, West Allegheny and even in the city. With fins, mask, snorkle, glove, a small stick and a good gulp of air, you too can push a puck around the bottom of a pool. The team travels too. If interested, send an email. **We are looking for additional players.**



Pittsburgh's **Masters Water Polo** team is open for new players too. Lots of kids who swim in high school turn to water polo for fun in college. Masters water polo programs often accommodate high school players too. Practices and matches often are held with the teams at CMU, Pitt and W&J. A combined team of high school players from various schools can often get games in Ohio and with Masters and college tournaments. If interested,

email and then we should meet.

Avid paddlers, Outkast Paddlers of Pittsburgh, host a **Kayak Safety Weekend** is from 5 pm, Friday, June 23 to 11:30 am on Sunday the 25th at Pymatuning State Park. Sea kayakers and recreational flatwater kayakers practice safety skills (wet exits, self-rescues, assisted rescues, towing). Beginners with their own boat and gear can actively participate, but all can observe and receive instruction. Some participants may also be willing to lend a sea kayak for a short time. More on MeetUp or ask.



**Venture Outdoors** is running kayak training for trip leaders this spring the pool at Pittsburgh Obama. These classes are not publicly advertised, but if interested, email..

**Manchester Academic Charter School** hopes to start new water polo and swim teams (grades 6, 7, 8) in 2017-18. MACS, a WPIAL member, seeks friendly rookie games and meet opponents. Visitors can be hosted at the 6-lane, 25yard, **Sarah Heinz House** on Pgh's Lower Northside.

A new HS **diving** meet and perhaps a new JV swim invitational could be established in the 2017-18 season at Westinghouse High School – if we had some interest and support among some other teams and coaches.

PUMP (Pgh Urban Magnet Project) and its PSL (Pittsburgh Sports League) is interested in expanding its activities to include competitive swimming next year. This opportunity can provide an ongoing sponsor for **WPIAL ALUMNI Swim Team(s)** with meets and occasional practices. Sustaining alumni swim activities present challenges in most settings, but the benefits can be great. Volunteer organizers are needed to help with a steering committee. Masters Swimming in the region is doing well with new (Moon) and established teams. Alumni swimming could add to that movement.

Monthly, **one mile time trials**, (RSVP re-

quired) geared for triathletes (Pittsburgh Triathlon Club) are starting on March 11 at the **Saturday Swim School**. Out-of-season varsity swimmers and lap swimmers are welcome to participate. **April 2 is the CMU 1650 fundraiser**, open to everyone. That is a USMS (United States Masters Swimming) recognized event. Contact CoachLongwell@gmail.com.

Blast from the past: Download the **free, PDF book, SprintSalo**, by David Salo, at [http://CLOH.wikia.com/wiki/Sprint\\_Salo\\_\(book\)](http://CLOH.wikia.com/wiki/Sprint_Salo_(book)).

Another, free ebook, "Time Out! I Didn't Hear You," is being revised and updated for a release at a scientific meeting in April 2017. That book is a must-read for every athlete, family, coach and administrator, as well as audiologist, for **understanding, dealing with and providing solutions to hearing challenges in sports** settings, especially with athletes with **hearing-issues**. Learn more about the communication process from Archery to Wrestling and what can be done to improve communication within the rules.

*Get well soon to Coach Mike Schneiderlocher of Carlynton. Missing you this weekend.*

Summary: With my sons now in college, I am rekindling my grant-writing and publishing efforts with a focus on service to community aquatics. Thanks for reading and do not hesitate forward and to continue the conversations at CLOH.org or with Mark@Rauterkus.com, 412-298-3432.

Thanks Again!



**Coach Mark Rauterkus**

Varsity Boys Coach, Pittsburgh Obama Academy  
Mark@Rauterkus.com, 412-298-3432  
CLOH.org