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1606 N. Peoria Avenue
Apartment A
Peoria, IL 61603
April 22, 1986

Mr. Ron Ferguson
Athletic Director
Bradley University
Peoria, IL 61625

Dear Mr. Ferguson:

Please consider this letter and the following proposal as my application for a Swim Coach position at Bradley University.

It is my hope to present an honest, personal assessment of myself as a prospective staff member. Next, the program for the aquatics expansion will be outlined. As you will see, our choices are plentiful and complicated when addressing the complete network which I feel confident will be a pathway to program excellence and excitement. The length and broad scope of this document may include too much information, but it should also serve as a point of origin in our negotiation process for an expanded program.

Above all, my primary mission is to be hired as a Bradley University Swim Coach. After months of self examination and continual investigation into the University, the swim community and the Peoria Park District, I am certain of my aspirations to this position. As "Acting Swim Coach" these past months, I have been afforded a privileged perspective. I wish to pursue these opportunities. As you previously speculated, the swim coach position might pay approximately \$9,000.00 to \$12,000.00 and be a part-time position. Regardless of this base salary, my professional move to Bradley would be worth the original pay reduction.

A professional move to Bradley University from the Peoria Park District's P.A.W.W. Team can be reviewed in this manner.

The challenge of resurrecting a dead program into state championship contention has been completed. The P.A.W.W. program has been built, and my duty is done. The future for P.A.W.W. is favorable as far as stability is concerned. However, any further growth will be severely limited by the restrictive management of the Park District. I feel the team has recently reached its full potential, and the P.A.W.W. program could stagnate and face frustration even under the best of coaching due to insurmountable public agency policies. An example of such is the travel policy. Now, the coach cannot even participate with a parent in escorting swimmers to national meets.

Not only is this the opportune time for a career change, but professional time and personal time become important reasons for the change. Personal time is non-existent with the Park District's position of Head Swim Coach/Assistant Manager. Loyalty to myself has been "on hold" throughout the recent years. Such dreams of a family and a writing career need a devotion in personal time, which has been scarce. Additionally, I would love to better apply myself in a coaching situation with more manageable numbers of publics and pressures. It is a killer to coach 150 on the team, 100 in lessons, 20 on a part-time staff, not to mention the white-glove building inspections. By choice I have worked with my experiences and dedication. I am proud of these flourishing times, but I am reaching decisions to turn efforts toward other frontiers of a more personal, specialized and quality-based nature.

I am a dreamer, but I do not want to be biased and avoid the negative side in the comparison between P.A.W.W. and Bradley. P.A.W.W.'s present exposure level is considerable. Our performances have demanded swimming-world attention and recognition. Meanwhile, the Bradley team's overall posture is suspect. B.U.'s team is in the early stages of deterioration and headed into possible obscurity. The successes of past seasons are highly commendable under Coach Spink's direction; however, they occurred under Coach Spink and within the NCAA Midwest boundaries, a minute cross section of the swimming world.

Also, the threats of financial troubles within the University are real. A private Division I University needs financial scholarship money to offer to its swim recruits. Bradley competes with Iowa, Wisconsin, Purdue, Missouri, and Illinois. At present levels, Bradley can be competitive only in good years. If we lose scholarship monies, the program is doomed.

Any destiny for BU swim success has to be centered on better use of what is available. Eight thousand dollars in scholarship monies went unspent this past semester due to a noticeable lack of depth on the squad. The team size needs to double to fill the ranks. This Spring we graduate four seniors and have only one freshman. We need to reverse this trend immediately by aggressive recruitment of talented student-athletes with underdeveloped potential. The coach who takes the team next year is going to face a depressed squad and top-notch competition. It will take a few years to get established as a competitive team once again.

With a bleak outlook, some type of success from within the program will be critically important, especially in the early stages. This is why we have to incorporate a dynamic U.S.S. Team into the program. I can guarantee immediate success through the U.S.S. Team. Their accomplishments, on the Olympic level, will foster improvements throughout the entire program at a much quicker pace.

Mr. Ron Ferguson

Page 3

A Bradley coach who coaches state champion and national swimmers, even though they are in the U.S.S. setting, will still be regarded as a superior coach as compared to a losing Division I coach who has nothing to verify his measure of ability. It is an important step for me to become a Bradley Swim Coach, but it is also important to bring part of a successful program along to Bradley. By implementing the following program expansion under the Athletic Department jurisdiction, we will show a commitment to swimming excellence and build a distinguished destiny.

Everyone involved from the community, Park District, Illinois Swimming, University Public Relations, and even Jim Spink will benefit. Without a doubt, we are in a WIN-WIN situation if we are willing to take the risks and act. As you will see in the proposal, we do not even have to take the risks of spending more money. In fact, this proposal is most likely to make the University or Athletic Department thousand of dollars annually.

I look forward to meeting with you concerning the proposal on Wednesday, April 23. At this time, I would love to answer any questions you might have for me.

Thank you in advance for your consideration of this proposal.

Sincerely,



Mark Rauterkus

enclosures

MARK RAUTERKUS

1606 N. Peoria Avenue
Apartment A
Peoria, IL 61603
(309) 685-4308 home
(309) 685-6207 pool

EXPERIENCE

ACTING COACH FOR BRADLEY UNIVERSITY

Substituted at mid-season for Head Coach Jim Spink upon his health emergency, 1986.

ILLINOIS ALL-STAR COACHING STAFF

Selected coach for the Illinois Team at the Mid-States Swim Meet, 1986.

HEAD COACH for the Peoria Park District's U.S.S. Team, PEORIA AREA WATER WIZARDS; honored as Illinois Spirit Champions in 1985 and 1986 including five state records and a National Age-Group Champion, 1983-.

LESSON COORDINATOR for the City of Waco Parks and Recreation Dept., 1983.

ASSISTANT COACH for Baylor University's Swimming and Diving Teams plus INSTRUCTOR of weight training, softball and all aquatic fields, 1982-1983.

ASSISTANT SWIM COACH for the Ohio University Men's Varsity Squad; assisted with all team practices, meets, trips and training; supervised flexibility program, had complete charge of in-season recruiting, 1978-1982.

HEAD COACH for the Athens Swim Club; produced national recordable times, state records and high-point champions in three age groups, 1981.

ASSISTANT COACH for Bernal's Gator Swim Club; assisted full time at all levels and instrumental in Harvard's Summer Aquatics Program, 1980.

HEAD COACH AND ASSISTANT COACH for the Athens Swim Club, Greater Pittsburgh Swim Club and a Pittsburgh summertime team, 1976-1979.

EDUCATION

Graduate Student and Teaching Assistant in Physical Education at Baylor University, Waco TX, August 1983.

Bachelor's of Science in Journalism with honors, Ohio University, Athens, OH; minor in photography, psychology and sport studies, June 1982.

PROFESSIONAL

Downstate Editor for Swimming in Illinois magazine
Certified Water Safety Instructor, First Aid, CPR
Member of American Swim Coaches Association
Attended more than ten various coaching clinics
Hosted eight multi-day swim meets and two triathalons



PEORIA PARK DISTRICT

Glen Oak Pavilion • 2218 North Prospect Road
Peoria, IL 61603-2193 • Telephone (309)688-3667

January 31, 1986

To Whom It May Concern:

Mark Rauterkus has been under my direction as assistant manager/head swim coach since August, 1983. While at the Peoria Park District, Mark has turned a dying program into one of the top five competitive swim teams in the state of Illinois. Mark has proven to be an extremely dedicated and reliable employee. He continually strives for improvement within the program and the community. Through his efforts he has coordinated special events and meets that have been extremely successful. He is respected by his fellow employees, swim team parents, and athletes within the state.

Intensive efforts have been made by Mark in an attempt to monitor and control his budget. In addition, Mark consistently solicits donations from civic groups and businesses to better the team. Mark has been effective in developing joint ventures with Pepsi, Vitesse Bike Shop, and Methodist Wellness Center.

Mark's creative ideas are endless. He consistently strives for the best and sets high goals for himself. His list of accomplishments speaks for itself.

As depicted above, Mark has without question been an asset to the Aquatics Division of the Peoria Park District. He is completely reliable and dedicated to his performance. I truly believe Mark could excel in any task he undertakes.

Sincerely,

PEORIA PARK DISTRICT

Laura Forstall

Laura Forstall, Manager
Central Park Pool

jm

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PEORIA PARK DISTRICT


GLEN OAK PARK PAVILION
PEORIA, ILLINOIS 61603-2193

Administration 682-1200 Recreation 688-3667
Purchasing 682-6684

MEMORANDUM

TO: Board of Trustees

DATE: January 16, 1986

FROM: Rick Dorsey 

SUBJECT:

SWIM TEAM REPORT

In 1983, the Peoria Area Water Wizards swim team was struggling through a transition year. Part-time coaches were temporarily employed to keep a group of 30 swimmers active at Central Park Pool.

On August 23, 1983, Mark Rauterkus was hired as the new Head Coach and was introduced to a gathering of 50 swim parents on "Meet the Coach Night." News of Mark's coaching background was warmly received; program registration skyrocketed. In the following weeks, two pools and five part-time coaches were needed to accommodate the 200 swimmers. Since then, membership has leveled out to approximately 150 swimmers.

Immediate program and management changes were made to ensure the development of both the individual swimmer and the swim team program. Practices were reorganized and were conducted according to five specific ability groups. Then the coaching staff emphasized the three major strengths of the program at practice sessions on a daily basis. The heart of the swim team became proper swim techniques, intensity of training, and exciting teamwork.

Many changes were part of the overall program revision including: weekend workouts; active parents in support roles; challenging swim meet; dryland exercises; and a social schedule for swimmers and parents alike.

The team's improvements throughout the past two and one half seasons are clearly evident; revenue collected from monthly swimmer fees and hosting swim meets has nearly tripled. In past meets that required championship qualifying times, our teams failed to produce any qualified swimmers.

Now, our championship swimmers are regularly qualifying for these meets.

With Mark's arrival, the team was reorganized as one of the most improved.

SWIM TEAM REPORT

January - 1986

A. MAJOR PROGRAM IMPROVEMENTS INSTITUTED BY MARK RAUTERKUS

The organization of a team with 150 swimmers, ages 6 to 19, included specifically designed programs for achieving positive results. New activities unique to P.A.W.W. include:

- the team is divided into skill groups for better practices (Novice, III, II and I)
- Rookie Camps for beginners are held every April and August
- a free Stroke Clinic is held for summer swimmers in July
- four bus trips are planned per year to various quality meets
- two meet schedules are conducted to challenge the developmental and the better swimmers
- P.A.W.W. holds a training camp called "Goon Week" every Christmas-New Year vacation period
- community interaction occurs at the special events such as the Master's Meets and Prairie Triathlon. These events are cosponsored by community agencies and organizations.

*Used bike shop
Meth. Med. Cn
PARC kids
Journal Star*

B. TEAM REVENUE BEFORE AND AFTER THE PROGRAM REVISION

Swim team revenue has increased due to the larger team size and bigger swim meets. These revenue figures include both seasonal and monthly P.A.W.W. payments made by the swimmers on the team, as well as meet entry fees generated from the Spooktacular Meet and the Park District/Journal Star Swim Meet.

<u>Year</u>	<u>Revenue</u>
1982	\$10,501
1983	\$21,170
1984	12,147
1985	\$24,700

C. COMPARISON OF ACCOMPLISHMENTS BEFORE AND AFTER THE P.A.W.W. REVISION

Major meets at the end of each year help to gauge the team's full strength within the state standings. The Lincolnland Swim Meet

Prior to P.A.W.W. Revision

1983	Lincolnland Swim Conference	6th place
	Illinois Junior Olympics	3 swimmers
	State Senior Swimmers	0 swimmers

Team Improvements since P.A.W.W. Revision

1984	Lincolnland Swim Conference	2nd place
	Illinois Junior Olympics	16 swimmers
	State Senior Swimmers	(10th place) 3 swimmers
1985	Lincolnland Swim Conference	^{1st} 2nd place
	Illinois Junior Olympics	21 swimmers
	State Senior Swimmers	(5th place) 23 swimmers
	United States Swimming Nationals	(9th place) 4 swimmers

D. ADDITIONAL TEAM AWARDS AND ACCOMPLISHMENTS SINCE P.A.W.W. REVISION

Some feats stand alone in the recent history of the team. Coach Rauterkus feels that a strong history and a winning tradition will keep breeding future successes. Currently:

- P.A.W.W. holds five Illinois State Swimming records
- P.A.W.W. has won 22 events at Illinois Junior Olympics
- P.A.W.W. was named the Most Spirited Team in Illinois in 1985 - J.O.'s
- P.A.W.W. qualified and sent swimmers to attend Nationals in 1985 to Syracuse, New York, and has done so again for 1986's meet in Orlando, Florida.
- Nineteen P.A.W.W. swimmers have been selected to represent the Illinois All-Star Teams.
- Coach Mark Rauterkus was one of the 1986 Illinois All-Star Team coaches.
- Coach Mark Rauterkus was named the Lincolnland Swim Conference Coach of the Year by his coaching peers in 1984.

E. THE P.A.W.W. PARENTS CLUB

The P.A.W.W. Parents Organization acts as a booster group to support the program for the Peoria Park District. The parents have a Board of Directors, numerous committees, and a 110-family membership list.

Major parental tasks are associated with home and away meets. The 1985 Spooktacular Meet and the 43rd Annual Park District/Journal Star Meet were the best ever in terms of the numbers of swimmers, meet organization and team results. Our P.A.W.W. Parents Club deserves much of the credit. However, the P.A.W.W. parents do more than meet management. Following is a review of some of their other activities:

- Recently, the parents have spent funds for a computer, printer, stop watches, record board, coaches jackets, coaches chairs, swimmer gifts, plane tickets to national meets, newsletters, team handbook, and swimmer recognition awards.

The various standing committees are: Social, Travel, Ways and Means, U.S.S. Registration, Best Times, Meet Entry, Health, Recognition, Community Service, Communications, Equipment, and Meet Directors.

F. 1986 GOALS OF P.A.W.W.

Program goals are listed in general terms in the P.A.W.W. brochure, which has been made available with this report. To be more specific; for 1986, Coach Rauterkus will work towards:

- Improving consistency of team size on a monthly and seasonal basis.
- P.A.W.W.'s winning tradition needs to continue in championship meets. More All-Star representation is desired. Team records should improve.
- The improved methods of training need further enhancement by use of the computer, swimmer profiles, video taping, and individual consultation with the coaches.
- The long term planning has to be started with the parents and staff to determine the possibilities of creating a "National-Caliber Program." We need to know if a program can be devised for the Peoria area which would be fully capable of making contributions to our U.S. Olympic Team.

Approved for presentation to the
Board of Trustees on January 22, 1986:



Leland O. Kew, Director
Parks and Recreation

BAYLOR UNIVERSITY

Department of Health,

Physical Education & Recreation

Waco, Texas 76798

April 25, 1983

To the Coach Selection Committee:

I have known Mr. Rauterkus for approximately 1½ years. As a graduate from Ohio University, he has come to the School of Education to complete the Master of Science Degree in Health and Physical Education. He has been a fine student, excelling most of the others in his classroom work.

Mr. Rauterkus, while completing his degree, was a teaching fellow at Baylor University. His responsibilities included instruction in a variety of aquatic courses, as well as Assistant Coach for both the Mens and Womens Swimming Team. He was encouraged to initiate his own flexibility and dryland workouts. He also assisted with in season recruitment and prepared season workouts for the Womens program.

Mark is a very personable young man and much more mature than many of his peers. He has a stubborn determination to achieve and an undaunted ambition to excel as a coach. Eager to undertake difficult tasks, I strongly believe he possesses all the necessary requirements to be both an excellent coach and instructor.

I hope the above remarks may be of some help in your selection of a superior candidate for your institution. If I can be of further assistance, please do not hesitate to call.

Thanking you sincerely for your consideration of his application, I remain

Very truly yours,

L. N.

Lawrence D. Newell
Coordinator of Aquatic Curriculum
Head Swimming/Diving Coach

With long hours, no pay, coach makes a big splash

by GORDON SYPOLT
news editor

There's this job opening, you see. Assistant swimming coach, OU men's team. Trouble is, nobody wants it. Of course, you'd have to do it for free. Isn't there *anyone* who wants to do it? *You over there. What's your name?* "Rauterkus. Mark Rauterkus. I'll take the job. For free."

No, Mark Rauterkus didn't get the assistant swimming coach's job this way. But you've got to wonder about a guy who spends as much as 30 hours a week at the Natatorium, doesn't get paid for it and also carries (gulp) 21 hours.

Rauterkus, a senior and Pittsburgh native, began the job as a freshman when he was paid with Work Study monies — which continued through his junior year — and is, he says, much of the reason he does it now for free.

But he is not by nature an avaricious person. Love of the sport has much to do with why he coaches in the first place — although he does say that the major reason for the large turnover among swimming coaches is due to low pay.

"I could go on for days (about why

he loves to coach)," Rauterkus says.

Indeed, he does expound on his love for the sport. But what he loves most about it — well, sometimes it's hard to pin him down there.

"Swimming is a sport where I don't have to discriminate between a starter and a sub. You don't have to be six feet tall to be a good swimmer," he says, his voice rising, becoming more intense.

"It's not like in football where you have a whole team. Nobody's going to go into your lane. You're always trying to beat your own time.

"It's hard to compare anything with swimming," Rauterkus says.

In short, swimming is, at least to Rauterkus, unique.

"Mark's going to be an excellent coach," says Head Coach Fletcher Gilders.

"A lot of things wouldn't get done without him. The recruiting would suffer," Gilders says. "And I've got him working with some of the kids in the far lanes. Without him, they'd have to do a lot of the work themselves."

One aspect which makes Rauterkus a good coach, says Gilders, is his excitable personality.

"I'm more calm, more casual; he's more excitable, and I think a combination of the two works well," Gilders says.

Rauterkus agrees he is a naturally excitable person. After all, anyone who throws a chair into the pool during practice in order to lift the team is either crazy or has a method to his madness. "Did I do that?" Rauterkus asks. "Oh yeah, I think I did something like that last year. I'm sure I did it for the first."

As a student assistant coach Rauterkus admits he does not command the same respect as Gilders.

"Sometimes a couple of the guys will be fooling around, but I'll go along with it."

Says swimmer Henning Klemp: "I don't have the same respect for the guy (Rauterkus) as I do for Fletcher." Klemp adds that this is "only natural" and is due to his age, not his coaching ability.

"I think he's a good coach," says junior Svein Engh. "but I don't think I could ever be scared of him. Right now I'd say he's a bit too young to be a college coach, but I think he'd make a good high school or AAU coach."

PHOTO BY JIMMYE L. HARRIS

With coac

by GORDON SYPOLT
news editor

There's this job c
Assistant swimming
team. Trouble is, not
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You over there. W


"Rauterkus. Mark
take the job. For free

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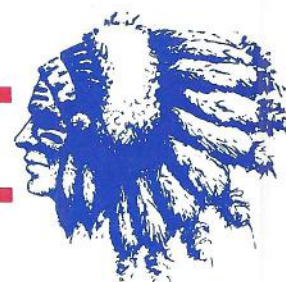


Mark Rauterkus, assistant coach for the OU men's swimming team, assists Dan Medvid with his stretching exercises. Despite his youth, the 22-year-old Rauterkus already has a wealth of coaching experience, and is considered by the Bobcat swimmers as a fine coach. Rauterkus says he uses his natural excitability to push the swimmers to better times, including one incident when he threw a chair in the pool "for the effect."

photo by JAKE WYMAN

BRADLEY UNIVERSITY

JIM SPINK



Peoria, Illinois 61625

December 23, 1985

Dear Bradley Swimmers and Divers:

Please allow me to introduce myself in these troubled times. I think everyone is aware of the health problems being suffered by Coach Jim Spink. At this time we can all hope for a recovery and give our prayers for him. Perhaps some of you can help him and his family in further ways? I just do not know.

Personally, my means of offering assistance is in the form of becoming the "acting" coach in his absence. I am going to hope, pray and above all work for the best that can be in this situation. Moreover, I need your help and support.

I have a hundred things I want to go over in this letter. However, please do not get any wild and crazy ideas from this correspondence. Try not to "read between the lines". Enjoy your holidays and come back for the remainder of the season with an open mind, in a good state of physical condition and with your written and calculated suggestions.

Today should have been a swim day. Did you get in the water? When was your last workout? How much are you swimming? Swimmers should be able to maintain conditioning levels on an hour of swimming a day. This small amount of swimming, either on your own or with area teams, will also make for a smoother transition to the training camp environment scheduled to start on January 2, 1986 at 2:00 p.m. in the Bradley Auxiliary Gym. We will formally introduce ourselves at that time and get in a 4,000 yard warm-up swim. We will also weigh-in and gather some physical performance measurements.

Upon returning we will want to know -

1. maximum number of sit-ups in 1 minute
2. number of continual pull-ups
3. number of lbs. lifted in 1 min. on Universal Bench Press
4. leg flexibility
5. arm flexibility
6. endurance via 5 mins. skipping with a "heavy rope".
7. total number of yards swum since finals ended.

The first week of practices together, we will hold a team meeting daily. These sessions will be most important for us to get to know what you want to do. You will have plenty of time to tell me everything. We will not be able to start out slow and easy and take some time to get to know one another. By January 2, there is only 63 days till Mid-West Championships.

SWIMMING

We will not be pushing the yardage and intensity in the water for a few days. On the other hand we will be more intense in the talking sessions together. However, by the 5th, our senior swimmers at PAWW will be doing 125 x 125 yards. (The last 2 years we did 100 x 100's). On special occasions we will be able to have a little overlap between the two programs.

What programs? As we will talk about it in the future and as some of you are already aware, I am the head coach for the Peoria Area Water Wizards, a United States swimming team sponsored by the Peoria Park District at Central Park Pool. I am in my third short-course season with the team. We have been 5th in the state, Illinois Most Spirited Team, Lincolnland Conference Champions and with Junior National Qualifiers.

Before moving to Peoria, I was a graduate assistant in physical education at Baylor University and worked with the swim teams. Then I was a four year assistant coach at Ohio University. So, I have five years of experience at the NCAA Division I level. I have worked NCAA meets, American Swim Coach clinics and many other swimming related experiences.

I plan to learn a lot from you. I would like everyone to design three consecutive days of double work-outs which would be performed during a typical week of practices and classes. Make these specifically for yourself and of a nature that you will be improving for the year-end meet.

Next, what are your goals for in-season and tapered swimming? What are your favorite practice milestones and challenge sets? What are your "Cruise Intervals?"

What tapers work for you? How superstitious are you? How much rest will you want and need? How can you tell?

Then there is the issue of technique. Where are you looking for help? What type and how drastic are the modifications needed to swim faster?

Finally, I have strong feelings about attitudes and affirmations. But that has to come in second when honesty is at a premium. My attitude for the rest of the season is centered around helping the individual, in whichever ways that he is responsive. I will work with you. This is your team and it is your career. Likewise, I am your "acting" coach.

I hope this letter did not blow you away! It was not intended to do that. I intended to ask you a lot of questions. Please return to campus with your answers prepared so we do not have to waste additional time. You will have to teach me about yourself before I can help you in return. It is a two way street. Also, I am sad to say that we are going to be alone for a while and missing Coach Spink. May God help us all. Take care.

Yours truly



Mark Rauterkus

Phone: Pool - 309-685-6207
home - 309-685-4308
Parents - over Christmas break - 412-731-8958

TO: Mr. Ron Ferguson
FROM: Mark Rauterkus
DATE: April 22, 1986
RE: 1986 Winter Review

The preceding letter was my first correspondence with the Bradley Swim Team. That letter called the swimmers to our first team meeting on January 2, 1986. We were complete strangers. The Bradley Swimmers would prove to be a great group of men, and they deserve much of the credit for the success of the season.

- We had no major difficulties.
- We improved at a rate of 65% for life-time-best times.
- With less swimmers, we held the same position (4th) in the Championship Meet as in the previous year.

With recruiting, we made contacts with more than 20 senior swimmers. Many of them have or are in the process of making an application to Bradley and a few have even made campus visits. We could sign six or more swimmers and have the most competitive class in years. However, we have to move and make great efforts within the next few days.

Meanwhile, all was not calm and cool with the Park District. I was told in no uncertain terms that if I messed up even once, I would have to give up the Bradley position, "on the spot." I was under great pressure to perform at Central Park Pool and not offend anyone on my own team.

Then, on February 1, I became the "Acting Manager" at the pool as Laura Forstall moved to a new position in California. I was actually doing three full-time jobs. Thank God I was still a young man!

We now have a new Central Park Pool Manager and I have cashed my last Bradley paycheck. So, the most pressing issue today is the completion of the recruiting. I would love to follow through and complete this job as soon as possible.

The Bottom Line Financial Questions

1. Mark Rauterkus' base salary as B.U. Coach
2. Staff Benefits available to Mark Rauterkus
3. Available Pool Time for Aquatic Expansion Programs
4. Rental Fee to be paid to the University each year
or the percentage of profits or revenues due to B.U.
5. Contracts

Financial Facts for Revenues in the First Year

<u>Program</u>	<u>costs</u>	<u>x</u>	<u>number of participants</u>	<u>=</u>	<u>totals</u>
U.S.S. Team	\$300	x	30 swimmers	=	\$9,000
Rookie Camp #1	\$50	x	30 swimmers	=	\$1,500
Rookie Camp #2	\$50	x	30 swimmers	=	\$1,500
Private Lessons	\$10	x	50 lessons	=	\$500
Staff Lesson Percent	\$1	x	100 lessons	=	\$100
Assesment Appointments	\$10	x	52 appointments	=	\$520

Special Events

U.S.S. Meets	Fall Swim Meet entry fees (Profit)	=	\$400
	Winter Swim Meet entry fees(Profit)	=	\$400
Weekend Clinics #1	\$35 x 30 swimmers	=	\$1,050
#2	\$35 x 30 swimmers	=	\$1,050
#3	\$35 x 30 swimmers	=	\$1,050
Master Meet	\$4 x 25 swimmers	=	\$100
Triathlon	\$20 x 100 participants	=	\$2,000
Summer Camp	\$100 x 30 swimmers	=	\$3,000

\$22,170

FINANCIAL FACTS FOR EXPENSES IN THE FIRST YEAR

DURABLE GOODS FOR COACHING TOOLS -

- Video system
- Biomechanic Swim Bench
- Rowing Ergometer
- Bike Egomometer
- Pace clock
- Pace Lights
- Computer - IBM Compatible
- Printer
- Computer Programs
- Underwater Mirrors
- Surgical Tubing
- Free Weights
- Health Club Connection for Teams

EDUCATIONAL -

- Films
- books
- Magazines
- Guest Speakers
- Lab Fees

RECOGNITION -

- National Travel
- Hall of Fame

POOL CAPITAL IMPROVEMENTS -

- New coaches office
- PA System for the pool
- Timing Equipment for the meets*
- Display Scoreboard*

SMALL EQUIPMENT -

- Kickboards
- Pull Bouys
- Drag Suits
- Paddels
- Fins
- Suits
- Caps
- Uniforms

CLUB NEEDS -

- U.S.S. Charter
- Newsletter
- Starting Pistol
- Team Handbook
- Watches
- Clipboards
- Meeting Needs
- Office Supplies
- advertisement and PR
- Part-time Help
- Printing
- Postage/Phone

THE U.S.S. TEAM

DESCRIPTION:

The nucleus of the expanded aquatics program is an elite team of 30 hand-picked swimmers with the swimming talents and desire to reach National levels. A parent booster group will administer team functions and projects.

POOL USE:

The team will need daily practice time in the evenings and in the mornings. Utilizing the pool until 7:30 p.m. would be ideal.

PARTICIPATION:

The swimmers fees will be \$300.00. Other fees will be assessed from their personal escrow accounts.
30 swimmers x \$300 = \$9,000.

COMMENTS:

The team is the most important part of the program's expansion. The team will handle the special events, keep the competitive connection and be the showcase for success in reaching ones potential.

PAWW BUDGET

The P.A.W.W. Budget of 1985 is included to show the amount of money which can be generated from a swim team, \$26,979.73.

The P.A.W.W. program thrives on high registration levels and low fees. At Bradley, we would thrive on the opposite of that by charging a higher rate for a premium program and maintain small, controllable levels of swimmers.

Swim Meet revenues appear in the months of October (\$3,000) and July (\$800). All other monies are a direct result of registration costs paid by the parents of the swimmers.

Also, notice how we were able to set a realistic budget and still finish the year with greater amounts in revenues and a surplus of funds in the payroll and supply budget line-items.

month	revenue	BUDGETED			+/-	revenue(day report/print out)	ACTUALS			+/-
		payroll	supplies				payroll	supplies		
Jan.	1570	663	353.50	553.50		1515	1445	231.44	131.95	1151.69
Feb.	1420	663	364	393		1445	1490	451.84	8.00	985.15
Mar.	1060	663	287	110		2210	2210	451.84	134.82	1623.39
Apr.	2080	289	424.92	1366.68		1180	1226	225.42	425.40	528.60
May	820	289	151	380		737.50	737.50	149.85	386.93	200
June	820	234	430.10	155.90		1535	1327.92	300	106.81	1128.19
July	1595	234	1229.40	131.60		1577	1643	251.50	1637.22	-311.72
Aug.	1650	226	562	862		1540	1588	8.(150)	830.44	701.56
Sept.	2970	640.68	897.70	1431.63		9332.5	7132.50	270.75 est.	689.22	8372.53
Oct.	5508	640.68	2765.90	2101.42		1995	1995	624.65	138.68	1231.67
Nov.	1660	640.68	246.32	773		1650.60	1650.60	731.25	3057.65	-2138.30
Dec.	1350	640.68	345	319.32		2262.13	2302.13	487.5	+295.35	2069.98

Totals	22,518	6552	8601	+7365	26,979.73	24,747.90	4184.54	7280.02	+15542.74	<u>+13283.34</u>
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WINNING SWIMMING ROOKIE CAMPS

DESCRIPTION:

Youngsters from the ages of seven to twelve who are new to competitive swimming need to learn the proper techniques early and have a positive experience in competitive swimming.

POOL USE:

The Rookie Camps will be conducted in low use times such as September, Winter Break, April and July. Practices are one hour long and held five times a week for five weeks.

PARTICIPATION:

Thirty swimmers x \$50 each = \$1,500.

COMMENTS:

The five-week sessions are easily filled by willing youngsters of parents who can commit to a limited period of instruction as opposed to a year-round team. Moreover, the program is already quite popular and profitable. A low ability level is needed to enter the camp.



PEORIA PARK DISTRICT

Established for execution . . .

WINNING SWIMMING ROOKIE CAMP

Practice five times a week for five weeks under the direction of the P.A.W.W. Swim Team Coaches at Central Park Pool.

APRIL 7 - MAY 9, 1986

Monday - Wednesday - Friday 5:30 - 6:30 p.m.
Tuesday - Thursday 6:30 - 7:30 p.m.

Limited enrollment -- must be 6 years of age or older and
able to swim 25 yards --

Week by week emphasis:

Week #1 - Freestyle

Week #2 - Conditioning

Week #3 - Backstroke

Week #4 - Breaststroke

Week #5 - Butterfly

CALL 685-6207

CAMP COST IS \$35.00 PER SWIMMER

A successful program from the Peoria Park District

PRIVATE LESSONS

DESCRIPTION:

Private instruction from knowledgeable experts can provide the attention necessary to improve intricate swim techniques. This valuable coaching setting is needed by certain athletes before changes can be made.

Mark Rauterkus and assistant swim coaches will be able to teach half-hour lessons for \$10.00. High School or College swimmers will be able to teach for \$10.00 per hour.

We want to provide a teaching opportunity for our helpers and allow for personal profits with lessons under our organizational controls.

POOL USE:

Lessons can be taught in recreation times and during adult lap swims.

PARTICIPATION:

Each swimmer will pay \$10.00 per lesson. Lessons will have to be by appointment only.

COMMENTS:

Teaching will help our swimmers become better stroke technicians themselves. Summer jobs and weekend work is not possible for a dedicated athlete who is busy with practices and competitions. The program can make good contacts with younger swimmers who are not yet ready to join our U.S.S. Team but would like some special instructions.

FITNESS/SWIMMING ASSESSMENT APPOINTMENTS

DESCRIPTION:

Master Swimmers, Triathletes, and even the serious runners need to get some expert consultation on swimming and fitness factors.

In-depth knowledge provides further motivation and a purpose for swimming.

Many different computer programs can be managed from the coach's office to follow individual diets, swim workouts, body composition, and developmental studies. Other swim gimmicks can be provided for a service charge such as a video-tape file, stroke evaluations, and even newsletters.

POOL USE:

The appointments can be done during the lunch hour swims.

PARTICIPATION:

Different price scales will have to be designed but an average cost of \$10 is desirable for an appointment. Ten dollars for an appointment x 52 per year = \$520.

COMMENTS:

Education and high-tech training methods can easily be applied to the adults as well as the athletes, and the adults have the money to pay for the services.

U.S.S. MEETS

DESCRIPTION: Meets can be of any type, size and level of competition. The larger the meet, the more money it is able to generate. The \$400.00 estimate is a conservative figure as some meets have made more than \$3,000.00 at Central Park Pool.

POOL USE: The larger the meet, the more the facility and parents are needed. Smaller meets can be held on Saturday mornings, afternoons, or on Sunday.

PARTICIPATION: Meet entry fees are charged to the swimmers according to U.S.S. guidelines.

COMMENTS: Meets can be a great source of income. Hosting meets will bring people to campus. Home competitions are needed for any athletic team.

MASTERS' MEETS

DESCRIPTION: Adult swimmers like to compete in a meet every once in awhile to add some zip to their training routines.

POOL USE: These meets could be held in any open block of time, especially on the weekends.

PARTICIPATION: Each swimmer pays an entry fee of \$4.00 x 25 swimmers = \$100.00 in total revenue.

COMMENTS: Master Swimmers are often large benefactors to the competitive swim teams.

We should promote "Lifetime" sports.

The swim meets rally up the spirits of the adult swimmers and builds esprit-de-cor.

WEEKEND CLINICS

DESCRIPTION:

Age group swimmers from throughout the state will spend the weekend at Bradley in an educational setting instead of the usual competitive one. The camps will provide plenty of sports science information to the swimmers as well as the parents. Specialized testing and measurements will be utilized to provide much more than the home program can provide.

POOL USE:

The weekends will be needed for practices and either campus or community facilities could be used for meeting, meals, and lodging.

PARTICIPATION:

Each swimmer is charged \$35.00 for the weekend x 30 swimmers in the group = \$1,050.

Different Age Groups will come at different weekends.
Clinic #1 is for 7,8 and 9 year olds.
Clinic #2 is for 10,11 and 12 year olds.
Clinic #3 is for 13,14 and 15 year olds.

COMMENTS:

Our specialized swim techniques and scientific procedures will be easily tested with these swimmers throughout the winter months. There is a large trend toward camps. Overall, Sport Science information is still not reaching the average athletes and parents of such athletes.

NATIONAL AGE GROUP CAMP DIRECTORS ADDRESS AND LOCATIONS (as of Feb. 15, 1985)

GOALS OF THE CAMP

ABOUT THE CAMP

1. To inform swimmers about USS programs.
2. To provide swimmers with a variety of ideas that will help them improve their performance.
3. To collect data.
4. To provide a base for further USS developmental programs.
5. To help retain swimmers in the program.

REQUIREMENTS:

Age: Boys 13-14
Girls 11-12

QUALIFYING TIMES:

Must hold at least one National AA time (in either yards or meters) in one of the events offered during the camp.

GIRLS

	SC YDS	SC MTRS	LC MTRS
100 FREE	1:02.59	1:09.19	1:11.29
100 BACK	1:12.69	1:20.29	1:22.69
100 BREAST	1:21.09	1:29.59	1:33.19
100 FLY	1:08.99	1:16.19	1:18.39
200 IM	2:34.49	2:50.69	2:56.39
500 FREE	5:53.89	5:31.09	5:18.49

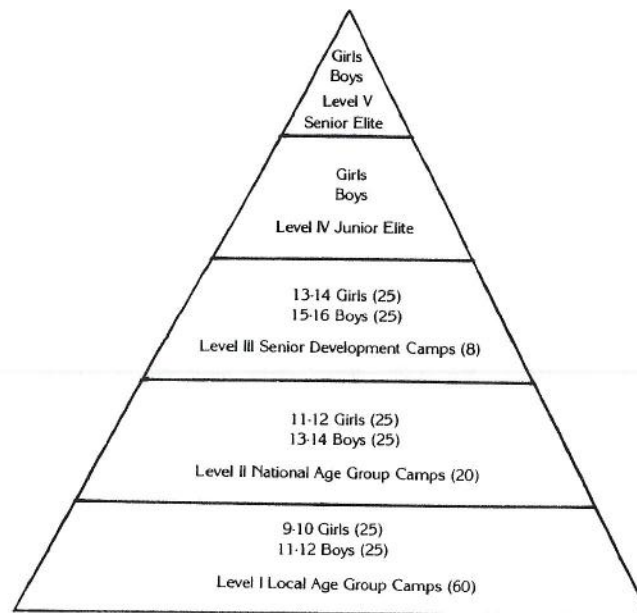
BOYS

	SC YDS	SC MTRS	LC MTRS
100 FREE	:56.29	1:02.19	1:04.89
100 BACK	1:03.99	1:10.69	1:13.89
100 BREAST	1:11.49	1:18.99	1:22.89
100 FLY	1:01.69	1:08.19	1:10.99
200 IM	2:18.49	2:33.09	2:39.29
500 FREE	5:26.99	4:46.19	4:53.49

All Times Must Be Achieved No Later Than
April 1, 1985

COSTS

Swimmers will be responsible for transportation to and from the camp site plus room and board. Cost for room and board will vary slightly depending on camp site, but average cost should be approximately \$70 for the entire weekend. Facility use, coaches salaries, handouts, and transportation to and from pool will be paid by United States Swimming.



The pyramid shown above describes the progressive steps offered by United States Swimming to swimmers working their way up the ladder, their goal that of being a national team member.

Doug Ingram Southern Illinois University Athletic Dept. Swimming Carbondale, IL 62901 (Southern Ill. University)	Frank Keefe Dept. of Athletics Swimming Yale University New Haven, CT 06520 (Yale University)
Maureen Sheehan LFC Sport Center Lake Forest, IL 60045 (Lake Forest College)	Mike Stromberg, Swimming University of North Dakota Box 8175 Grand Forks, ND 58202 (U of North Dakota)
Jay Chambers 5700 N. Road, 50 West West Lafayette, IN 47906 (IUPUI)	Steve Drozda North Jeffco Metro. Rec & Parks Dist. 6300 Simms Street Arvada, CO 80004 (Meyers Pool)
Mike Adams, Asst. Coach Cincinnati Pepsi Marlins 616 W. North Bend Road Cincinnati, OH 45224 (St. Xavier H.S.)	Andre Layral 720 Cardinal Ct. (SR# 15) Fairbanks, AK 99701 (University of Alaska)
Sam Freas Department of Athletics University of Arkansas Fayetteville, AR 72701 (University of Arkansas)	Rick Klatt, Aquatic Director Clovis Unified School District 5545 E. Herndon Ave. Clovis, CA 93612 (Clovis Swim Club)
Jack Bauerle, Dept. of Athletics P.O. Box 1472 University of Georgia Athens, GA 30613-2199 (University of Georgia)	Lyle Campbell 5203 228th S.W. Mountlake Terrace Washington 98043 (T.B.A.)
Bob Steele, Aquatic Director Justus Aquatic Center 8444 International Drive Orlando, FL 32819 (Justus Aquatic Center)	Ellen P. Johnston 1778 Lang Dr. Crofton, MD 21114 (Bowie State College)
Jack Nelson Ft. Lauderdale Swim Team 503 Seabreeze Blvd. Ft. Lauderdale, FL 33316 (Hall of Fame Pool)	Bill Wadley University of Iowa Swimming Iowa City, IA 52242 (University of Iowa)
Tracy Johnston Athletic Department Swimming Texas A & M University College Station, TX 77843 (Texas A & M)	Marc Williams City of Richardson Swim Team P.O. Box 5412 Richardson, TX 75080 (U of Tx. Arlington)
JoAnne Graham Athletic Department Swimming California State University Long Beach, CA 90801 (Long Beach State)	Don Gambil University of Alabama Swimming Box K University, AL 35486 (University of Alabama)

Typical Day Schedule

7:30 am	Breakfast
(30 Min)	Team Meeting
9:15	Loosen up/Stretching
9:30-11:30	Practice
(30 Min)	Team Meeting
	Lunch
2:15 pm	Team Meeting (30 min) Short Break (5-10 min) Team Meeting
	Relaxation
4:00 pm	Loosen up/Stretching
4:15-6:15	Practice
	Dinner
(30 min)	Team Meeting

Typical Workout

#4 Sunday P.M.

Warm-up Reverse 800 I.M.
 12 x 100 (3x fly/bk + 3 x bk/br +
 3x br/fr + 3 x 100 IM) @ 2 Min.
 100 Easy
 5 x 200 I.M. @ 5 Min. ***
 300 Back
 Kick 4 x 50 Free @ 1:30 ***
 8 x 50 free (decend 1-4 w/:20 rest)
 8 x 200 free @ 2:40, 2:50, 3:00, 3:10
 (Swimmers choose toughest set and move
 over when they don't make the send off.
 Record # on the toughest send off)
 200 Easy

5,400 Total

Dates To Remember

April 1st

Deadline for application to LSC
 representative for verification of
 registration and times.

April 11th

Deadline for verified applications
 to be forwarded to camp director.

April 27 8:30-5:00

Camp Directors develop rosters. Directors
 notify those swimmers who are accepted as
 well as those who are not accepted.

May 24th

Swimmers check-in at camp. 4:00 - 6:00 p.m.

May 27th

12:30 p.m. - Check-out

What They Said About The '84 Camps

"...I made lots of new friends."

"...I never thought I could train as hard as we did
 and still have fun."

"The camps proved to be a tremendous motivator
 and a very positive experience."

"... The best part was talking about the national team
 and seeing the uniform up close."

"We need a lot more programs this good in USS."

"...More coaches should become involved in the
 camp program."

"I wish I could come back next year."

"The Memorial Day camp was the greatest motivator
 my swimmer has had in two years."



For Further Information Contact:

1. Your LSC Chairman
2. The nearest Camp Director
3. United States Swimming
 1750 E. Boulder Street
 Colorado Springs, CO 80909

TRIATHLON

DESCRIPTION:

The fitness rage of the eighties - TRIATHLON! The race combines swimming, biking and running. The Iron Man is the long distance event, but many shorter events are getting people on the multi-sport bandwagon. The Waco, Texas event has a maximum of 500 people, and it fills up before the deadline at \$30.00 per entry. Even Galesburg has had Triathlons with 150 entries at an average of \$15.00 fee. Those one-day revenues without sponsors are \$1,500 and \$2,250.

POOL USE:

The pool use is limited to a few hours early on a Saturday morning. The other option is use one of the area lakes, such as Lake Camelot, for the race.

PARTICIPATION:

Cost is $\$20.00 \times 100 \text{ people} = \$2,000.00$.

COMMENTS:

The University of Illinois just staged the first intercollegiate triathlon. A track and swim team co-sponsored event is feasible.

SEVENTH ANNUAL

WACO STRIDERS TRIATHLON

Date, Time and Place

Eight O'clock A.M. (8:00 A.M.), Saturday, May 10, 1986 at Speegleville III Park at Lake Waco.

Eligibility

A TRIATHLON IS AN EXCEPTIONALLY STRENUOUS EVENT. DO NOT ENTER IF YOU HAVE NOT SUFFICIENTLY TRAINED FOR THIS TRIATHLON. The event is open to all individuals age 14 and older as of May 10, 1986, who are in excellent health and have trained for this event.

Event Description

The Seventh Annual Waco Striders Triathlon is an athletic event involving swimming, biking and running, done consecutively in this order. All segments of the event will start and finish in Speegleville III Park at Lake Waco.

Swim— .6 of a mile in open water, which was 72 degrees last year. Swim out to a turn-around buoy and make a left turn of 320 degrees to finish approximately 75 yards upshore from the start.

Bike— 28 miles of paved country roads of which 75% is relatively flat with about 25% considered to be mild hills. The route taken continues out of the Speegleville Park area, but returns to the park for the starting of the run.

Run— 6.5 miles out and back in Speegleville III Park.

Entry Fee

The entry fee will be \$30.00 per person. No refunds.

Entry Deadline

Entries are limited to the first 500 individuals. All entries must be received by April 15, 1986. AS A WORD OF CAUTION: Last year's race was filled well in advance of the entry deadline. Confirmations will be sent within ten days of receipt of application.

Packet Pickup

Packets may be picked up early at Knox Hall in Fort Fisher (see map), on Friday, May 9, 1986 from noon until 10:00 p.m. On race day, packets may be picked up from 7:00 to 7:45 a.m. at Speegleville III Park.

To pick up your packet, you must show your driver's license as well as present the race data card which will be sent to each participant prior to the event. Wrist identification tags will be attached at packet pick-up. *Participants must pick up their own packet.*

Rules

Triathlon Federation rules will apply. Due to the size of the race, and for the safety of the participants, support crews will not be allowed. Aid can only be rendered by race officials. No drafting by vehicles or other bikes will be allowed. HARD SHELL HELMETS must be worn during the bike portion of the race. Pace runners (escorts) will not be allowed. Violations of these rules may result in disqualification. More detailed rules will be mailed two weeks prior to the race.

Aid Stations

Aid stations will be provided at the start and finish of each segment of the Triathlon. Three additional stations will be provided on the run segment of the course, and two on the bike segment. Refreshments will be provided at the completion of the race. A first aid station will be available in the start and finish area with one mobile unit driving the bike and run course.

Awards

Participation souvenirs will be given to all participants. Awards will be presented to the top overall male and female finishers and to age group winners based on the number of participants in each age group.

Age Divisions (As of May 10, 1986)

Female 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-older
Male 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-older

Identification

All participants will be required to wear specified identification throughout the event to be eligible to compete. a write identification tag will be supplied in your packet and must be worn and shown when checking in your bike, before entering the swimming area, and upon completion of the race. Before entering the water, each contestant must have a race official mark their race number on their arms and legs. Swim caps which will be provided in your race packet must be worn during the swim portion of the event. Also, the numbers provided for your bike must be properly attached for proper identification. Race numbers must be clearly visible during the entire event.

Seeding

Please note that space is provided on the entry form for predicted times for each portion of the triathlon. These times are very important, especially the swim time. You will be seeded according to your swim time for the mass start, obviously with the faster swimmers to the front. For your safety as well as the safety of other participants, do not predict a time which is unrealistic in order to be seeded toward the front. You will be required to finish the swimming portion of the race in 45 minutes or less or be disqualified.



SPECIAL THANKS
Hind Performance Sportswear
KNFO 95FM
US Army Corps of Engineers

PROCEEDS FROM THIS EVENT WILL
BE USED TO BENEFIT THE SENIOR

KNOX COUNTY YMCA TRIATHLON-SPRING 1986

DATE: Sunday, June 1, 1986.
TIMES: 8:45 a.m. - registration/9:15 a.m. - instructions/9:30 a.m. - START
PLACE: Begin and Finish at Lake Storey.
EVENTS: 1/4 mile swim, 15 mile bike, 3 mile run (map will be sent upon entry).
ENTRY FEE: \$14.00 (entry fee must accompany entry form), \$16.00 after April 25, 1986.
DEADLINE: Limited to first 150 entries. No refund will be given under any circumstances.
BABYSITTING: May 9, 1986 (entries after this date will not be assured a T-shirt).
AWARDS: Available.
T-shirt for all participants. Trophy to top overall male and female.
Trophy to 1st, medals to 2nd and 3rd place participants in each age group (overall winners not eligible for other awards).
REFRESHMENTS: Following race.
PRESENTATION: Immediately following completion of race.
RACE RULES: -Course marshalls have the ultimate final authority to remove a participant from the race if rules are violated.
-Participants must be at least 15 years of age or older by June 1, 1986.
Must show proof of age.
-Signed waiver must accompany entry.
-Contestants will be required to wear identification number.
-All contestants must provide their own bicycles and are responsible for maintaining them.
-Participants may swim any stroke. No flotation devices are permitted.
-Swim goggles or face masks are allowed.
-No participant may be towed, pulled or in any other way helped during the competition. Violation will result in disqualification.
-Bicycling and running portion will take place on public access roads.
All participants are subject to the regulations that apply to public roads.
-No drafting is allowed.
-Bike helmets are strongly recommended.

TRIATHLON REGISTRATION FORM

Return completed entry form and \$14.00 entry fee to:
Fee After April 25, 1986 is \$16.00
(make checks payable to Knox County YMCA)



KNOX COUNTY FAMILY YMCA
1324 W. CARL SANDBURG DRIVE
GALESBURG, IL 61401
(309) 344-1324

ENTRY DEADLINE: May 9, 1986 limited to first 150 entries!
(entries after this date will not be assured a T-shirt)
NO refunds will be given - event will be held rain or shine.

NAME _____

AGE GROUP:

ADDRESS _____

CITY _____ ZIP _____

PHONE _____

WOMEN: 15-24 25-34 35-44 45 & over
MEN: 15-19 20-24 25-29 30-34
35-39 40-44 45-49 50 & over

ESTIMATED TIME FOR 1/4 MILE SWIM _____ T-SHIRT SIZE: _____ S _____ M _____ L _____ XL

WAIVER: MUST BE SIGNED

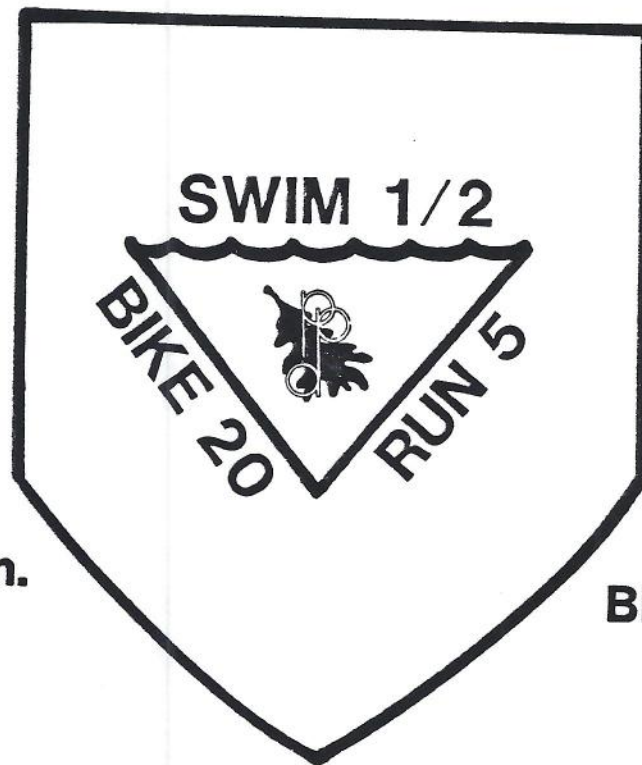
In consideration of my participation in the Knox County YMCA Triathlon, the undersigned, independently and collectively, and on behalf of himself, his heirs, legatees, personal representatives, and all those claiming by or through him, consent to and does, hereby, discharge, release and hold harmless the Knox County YMCA and all its sponsors, its distributors and all city, county and state governments from any and all claims, actions, losses damages, or expenses for personal or bodily injury (including death), and property loss or damage incurred by him or arising out of or in connection with his participation in the aforementioned Triathlon. (The male gender as used herein shall include females). I have read the foregoing and am of legal age to consent to the waiver (if not of legal age to consent a parent/guardian must sign).

SIGNATURE _____

DATE _____

PRAIRIE TRIATHLON & AGE GROUP BIATHLON

September 14, 1985 Lake Camelot, IL



Triathlon
8:00a.m.

Swim 1/2 mile
Bike 20 miles
Run 5 miles
Fee: \$20

**Age Group
Biathlon** 8:15a.m.

Swim 1 Kilometer
Run 5 Kilometers
FEE: \$10

Sponsors: PAWW SWIM TEAM PEORIA PARK DISTRICT
 METHODIST HOSPITAL VITESSE CYCLE SHOP

Each event is limited to 100 contestants!
Enter by September 1, 1985

Central Park Pool
415 West Richmond Ave

Race Director: Mark Rauterkus
(309) 685-6207



SUMMER CAMP

DESCRIPTION:

Everyone is familiar with the youth sport camps that are conducted by college coaches across the country. The swim camps are by far the most lucrative means for a coach to make a fortune for himself. The Doc Counsilman Camp at Indiana costs \$250.00 for five days. The Lincoln College Swim Camp costs only \$155.00. In our first year, I would not be too interested in operating a swim camp unless it was on a day-camp basis.

Area swimmers can get into great shape and benefit from excellent coaching and still not leave home for the summer. Practices will be in the morning and afternoon. Lunch and an afternoon activity will be provided for campers. Swimmers are free to go home each day after the conclusion of the afternoon practice at 5:00 p.m.

POOL USE:

Pool time will have to be available to hold the practices.

PARTICIPATION:

Each athlete pays \$100.00 for the summer. Only 30 athletes are accepted.

COMMENTS:

Local swimmers who are not already on the Bradley U.S.S. Team will try out for the camp and then be able to earn their position on the swim team for the next season.

INSTRUCTIONS FOR FILLING OUT APPLICATION FORM

1. Print name in block letters: last name first, first name next, middle initial (if any).
2. Print address as directed by your postal service. Don't forget zip code.
3. Phone number, area code first. Also provide day-time number, if different from home phone number.
4. Number the sessions you can attend in order of your preference. For example, if the first session is your first choice, place a 1 on the line in front of that date. If the only other session you can attend is the second session, mark it with a 2. Don't mark sessions you can't attend. Remember you may attend only one session.
5. Sex: print M for male or F for female.
6. Age on first day of your session.
7. Print first and last names of parents or guardian.
8. The dormitory rooms are planned to accommodate two people. If you want to share a room with a friend, both of you should state that preference on the application. If a group of friends want to room close to one another, indicate a roommate, then the friends you want to be nearby. If there is an odd number in your group, that person will be placed with the odd number of another group, if possible, in order that no one be excluded. If you are not coming to camp with a friend, you will be placed with a person your age as nearly as possible. Since you will not spend much time in your room, all this is relatively unimportant, but we know from experience that you believe it is important, so we try our best to keep you happy.
9. We would like to know at this time if you think you will be traveling by air to Indianapolis or by bus or air to Bloomington. If so, you may need to be shuttled by us to the Indiana University campus. If you indicate you will need this service, we will send you a form which you should use to inform us of your flight and time of arrival. Do this at least a week before your session begins or we cannot guarantee to be able to pick you up. Remember that Indiana is on Eastern Standard Time all year round. After the time change in the spring, we are on the same time as Chicago (CDT) and an hour behind the eastern states (EDT). We also recommend you check your flight for last minute change just before sending us your travel info. Make certain your agent hasn't booked you to Bloomington, Illinois. This has happened.

Cost of shuttle service from and back to Indianapolis is \$10.00 per person one way, \$20.00 both ways. The Bloomington airport or bus station trips are free of charge.

If you change your plans and decide not to be driven to Bloomington, as your lack of response on the application form indicated, call or write to the phone number or address on the front of this folder. We will send you a travel form. Last minute changes make it difficult for us and increase the chance of error, but we understand that they sometimes cannot be helped.

10. Print your date of birth, including month, day and year. A person who is 10 on June 9 should write 6-9-75.

11. We need your swim times in order to assign you correctly to the group with which you will be swimming all week. If you have only meter times, use them, but place an M in parentheses after the time.

12. Don't forget to send us both parts of the application form. One of those parts will be returned to you, marked with the session into which you have been accepted. It will also act as your receipt for the paid deposit. Please note that the balance of your camp fee is due within two weeks of the beginning of your session.

13. Return both parts of application to: **Counselman Co., Inc., 3806 Cameron Avenue, Bloomington, IN 47401.**



CLINIC FORMAT

Who can attend?

Boys and girls, 10 through 18, with the exception of male high school graduates (NCAA regulation). Applicants should presently be engaged in competitive swimming. This is not a program for beginning swimmers.

When are the sessions?

There will be six one week sessions. Each will begin on Sunday and finish the following Friday afternoon, beginning June 1, June 8, June 15, June 22, June 29, and July 6, 1986.

Where will the sessions be held?

The program will be held at Indiana University's aquatic facilities. We will have the use of the IU Indoor and Outdoor Pools, the exercise room and McNitt Residence Center.

What will the emphasis be?

As you will note under the format description, this clinic will emphasize technique improvement. There will also be two workouts a day in which swimmers will receive training commensurate with their ability to take the work. NO swimmer will be permitted to enroll in more than one session.

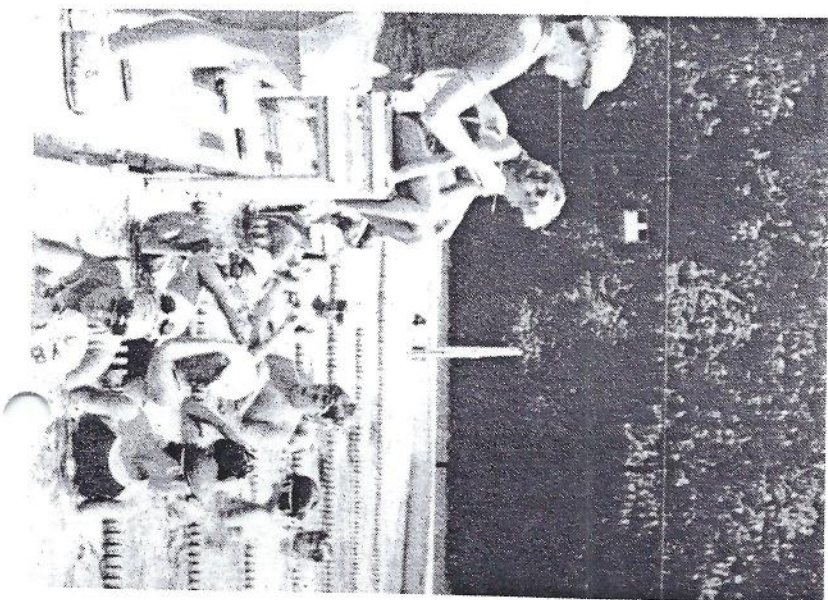
What will it cost?

1. The total cost of each five day session will be \$250.00, not including transportation costs to and from Bloomington.
2. \$150.00 of this amount is due with your application; the remainder within 2 weeks of your session. Half of the deposit will be refunded if a registrant cancels within three weeks of the beginning of his/her session. After that date the remainder of the deposit will be forfeited except upon presentation of a doctor's written statement, certifying the illness or injury of the registrant.
3. Once enrolled, the balance is not refundable except when a swimmer must withdraw for illness or injury on the advice of the camp physician.

FORMAT OF THE CLINIC

1. Stroke analysis and correction for each swimmer.
2. Underwater and out of water analysis.
3. Lecture sessions to acquaint the swimmer with stroke mechanics as taught by Dr. Counselman.
4. Each swimmer will have the opportunity to see his strokes via video taping technique.
5. A stroke correction chart will be completed for each participant. Strength, flexibility and explosive power of each swimmer will be tested and recorded.
6. An exercise program will be prescribed for each participant. Starts, turns and relay take-offs will be taught and practiced.
7. Twice-a-day training sessions will be held.
8. Upon completion of the course, an individualized critique booklet will be given to each participant.

**SAVE THIS FOLDER—
YOU MAY NEED IT FOR REFERENCE.**



1986
LINCOLN COLLEGE SWIMMING CAMP
JUNE 15 thru JUNE 20
APPLICATION FORM

Camper's name _____ Male _____ Female _____

Camper's address (street) _____
(state) _____ (zip) _____

Camper's phone () _____

Camper's birth date _____ month/day/year T-Shirt size S M L XL
circle one

Parent or Guardian name _____

Parent Guardian address (street) _____
(state) _____ (zip) _____

Parent or Guardian phone () _____

As parent or legal guardian of the above camper applicant, I hereby give my permission for said applicant to participate in the 1986 Lincoln College Swimming Camp. I understand and agree that Lincoln College assumes no responsibility for accidental injury or harm to said applicant while participating in the camp.

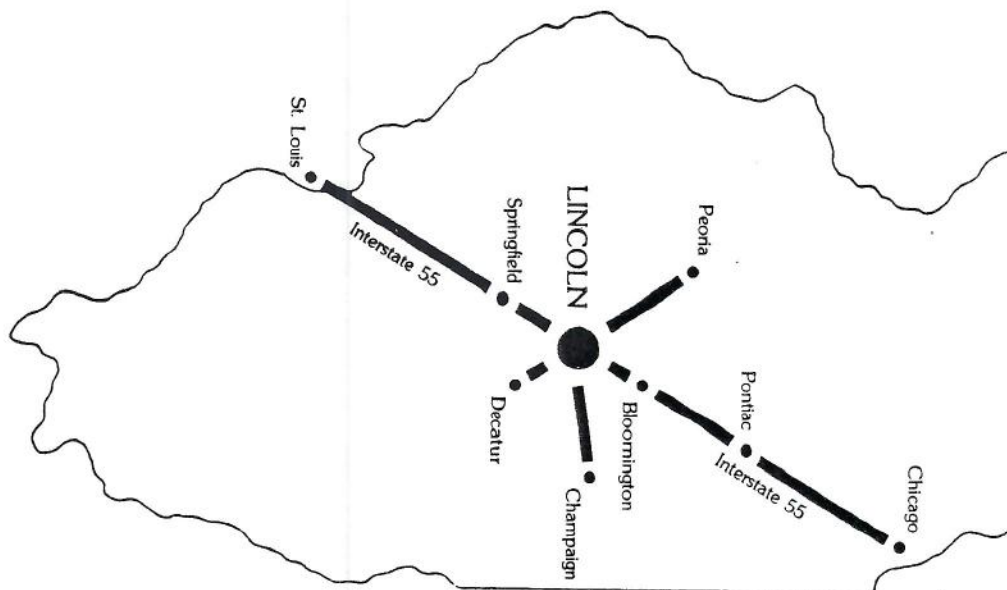
A \$25.00 non refundable payment must accompany this registration form in order to guarantee your admission to camp. Checks payable to "Lincoln College Swimming Camp". Your balance due upon arrival June 15, 1986 will be \$155.00.

Upon application you will be sent (in mid-May) complete instructions regarding what to bring, when to arrive, when to pick-up, and so on.

Parent or Guardian Signature

Date

CUT ALONG LINE AND RETURN ABOVE FORM



ACTION PLAN - AREA COOPERATION

If we do decide to build a swim program at Bradley, we should make efforts to turn Peoria into "The Utopia Swimming City of Middle America." We should solicit total cooperation with the various agencies presently involved in competitive swimming which includes the Park District, the YMCA, School District #150 and other smaller areas (Dunlap, Pekin YMCA, Olympia High School).

The opportunity to unify all the swimming teams in the area under one banner may never again present itself. If I had the full support of a neutral and powerful agency, such as Bradley, we may get everyone together to cooperate.

Besides these wholesome attitudes, we do have a great deal of leverage upon each agency to persuade such a move as an approach in their own best interest. We could say to the Peoria Park District: Your Head Coach is leaving and taking all the star swimmers, influential families and his programming concepts away from the P.A.W.W. team. We could say to the YMCA: You can no longer practice at the BU pool and the PPD needs a coach, possibly yours, and a new flock of swimmers (yours again) to fill its team. We could say to the School District #150: All the talented swimmers will quit the high school teams to swim for a National program since the high school teams are a hindrance to their advancement. This will leave the high schools with the slowest swimmers in town.

Finally, the other agencies get packaged programs and immediate recognition with our sponsorships and prominence. Besides, we will send our novice swimmers to your programs before they are able to join with the main teams.

The threats listed above are not what we really have in mind. I want what is best for the area's swimming. However, the threats will merit plenty of attention and cooperation from the various agencies and respective administrators. Also, by planning for a unified swimming program, we will be able to say we tried to make it work. Then, if it does not happen, and others reject the idea, we will not be blamed as the bad guys.

If we cannot establish a community-wide unified swimming program, we should make every possible effort to smooth out the transition with the Peoria Park District.

However, the Bradley program, which I have devised, can flourish if strictly on its own and without the help of the other agencies. We can build our own swimmers from scratch if we have to.

Further Questions

Sponsorships
Donations
Team Names
Student Body Times
I.M. program
Adult lap swimmers
YMCA rental
Public relations advantages
recruitment to the groups
college budget
starting dates
publicity time table
fund-raisers
supervision
secretarial assistance
planning meetings
other candidates
further interviews
meeting University administrators
Letters of Intent
facility modifications
contract reviews
health insurance
disability benefits
Sports Information Newsreleases
Alumni News
Seasonal Schedule
Winter Break Travels
Class schedules
Training Room
Vacations
office space
Steering Committees
probation employment
philosophy
Fun