

Mark Rauterkus

Present occupation: Ohio University student,  
Coach, Athens Swim Club  
Assistant Coach, Ohio University Men's Swim Team

Former employment: Technician Coach, Greater Pittsburgh Swim Club  
Summer pool Manager, Head Coach, Eastmont Pool  
Pool operator, Hospitality Inn, Pittsburgh, PA

My philosophy: Every kid can win. Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming. Giving it all, it seems to me, is not far from victory.

I always use my older swimmers to help the younger ones. This takes place both at practices and during the day. The older swimmers adapt to my style and program quickly. They learn, as I do, that being able to identify a child and call him by name, touch him on the shoulder and tell him how to improve is very important. For practices, I coach the older group. And in turn, we all work with the young ones.

I am independent and permanently reside in Athens, Ohio. Therefore, I am working my way through both graduate and undergraduate school. I am a freshman academically. And I will be in Athens for a minimum of six years.

References: Dan Sullivan (412)824-9474  
Head Coach/Owner, Greater Pittsburgh S.C. 793-8503  
Mrs. Jordan 593-5869  
Past President, Athens Swim Club

I am aware of the resignation of Mrs. J. Kappes as director of the "Learn to Swim" program. There will be a need to find a new director for 1979. This past summer, as oncoming coach for the Athens Swim Club, I was present at the city pool every morning and had the opportunity to observe the program, talk to the instructors, aides, and parents as well as swimmers. With this in mind, I would like your consideration of my proposal for an additional swimming program at the city pool which I would direct.

The program that I observed the past summer was very organized. The instructors followed one plan, knew what was expected of them and their swimmers. It was interesting to note the importance of the "rewards" - the patches. I believe in the importance of rewards - but not just in the form of patches. Swimming as a sport, and even in the discipline of lessons should promote friendships among the children. As I observed the six weeks of lessons, I saw little interaction between the children. I would like to propose a slightly different program where the rewards would be even greater in terms of feeling of achievement and also the feeling of identification with other kids.

But understand, it is not my intention to direct the "Learn to Swim" program. My goals are to supplement the existing program by directing a separate four-week program. The new program should start immediately after the conclusion of the first and be concluded

before August. In other words, I would like the present lessons to be shortened to two two week sessions lasting a total of four weeks instead of the present six weeks. Vacations would break my program because it is a building program.

Part One; The first two weeks:

There would be a two-week instructional period at the beginning. This would be a time for learning competitive (freestyle and backstroke) strokes, and getting acclimated with the sport of swimming. Rather than having three sessions each day, I would propose a two-hour session for everyone. While from time to time, the group might finish a bit early, this would be a time for helping the build the child's endurance. It is a meaningful swim lesson rather than one that is so short that little can be accomplished.

Conditioning is basic to swimming. It is lacking in the present program. With me, conditioning and skills are taught simultaneously. I know what it means for a seven year old boy or girl to be in swimming shape. I understand what realistic goals can be set and met for young athletes. The parents are always initially amazed and astounded while the children feel the results and love what they can now do.

At the conclusion of the second week, my instructing aides will be divided into separate coaching staffs. Each person will hold a title and specific responsibilities for their own team, including a Head Coach, General Manager, Assistant Coach and Technician Coach. I will act as the league's Commissioner. A conference will

then be held to determine the team destinations of the swimmers. It will be a simple player draft somewhat similar to the rookie draft held in professional sports. Each staff gets one pick per round from any age group and either sex until everyone is on a team. From the beginning, the instructors will have to know and pay attention to the names and abilities of the swimmers to better prepare themselves for the draft.

On Monday of the third week, the swimmers would meet and practice as individual teams under their own coaching staff. Now, swimming would not just be learning, but a team sport and something that the kids can identify with.

During this period, each team gets specific practice times. I would constantly be there, and would watch from a distance. The coaches would run practices however they wished.

For the sake of example, imagine a four-team league with 40 to 60 swimmers on a team.

The third week would be:

Monday - Practice day (team meetings)  
Tuesday - Practice day - each team gets one half of the pool for one hour  
Wednesday - Team One vs. Team Two: first dual meet (entire morning)  
Thursday - Team Three vs. Team Four  
Friday - Practice day

Final week:

Monday - Practice day  
Tuesday - Team One vs. Team Four  
Wednesday - Team One gets the entire pool for the first hour.  
Team Two gets the entire pool for the first hour.  
Thursday - Team Three gets the first hour  
Team Two second hour  
Friday - Practice day, meeting with director  
Saturday morning - League Championships all morning

The final Saturday morning would be the League Championships. This big meet would determine the winner of the city league and close the season. In the meets, everyone will swim the freestyle and the backstroke.

For team unity, publicity, and to add to the excitement, I would like to see team uniforms - matching T-shirts. Perhaps sponsors.

Also, we could have our All-Stars meet Nelsonville or Logan.

This program will provide the opportunity for real conditioning, for learning how to truly execute the strokes and mechanics the children have learned in lessons. I am certain we would see many kids at the pool in groups (as friends interacting) in the afternoon and evenings, practicing more - in order to help their team. This program, I believe, will make swimming one way of making Athens a great place to be during the summer.

I was only a summertime swimmer. I had fun, made friends and constantly swam in the summers. But, I was also interested in other sports. Such a program would produce good swimmers, but allow those children interested in ball the time to excel in this too.

As in the current swim lesson program, a fee would be charged to the swimmers.

One note: Such a program, this league would not be open to members of the AAU Club. If, from this experience, there are good swimmers who enjoy the competitive aspect of swimming, they would be most welcome to join.

Jobs and responsibilities for Part Two-Teams under separate organizations.

Commissioner      Mark Rauterkus

always be present  
to answer any possible questions (from staff)  
-stroke  
-practices  
-rules

run and administer the league,  
but also delegate responsibility

meet all parents  
no one but myself will talk to the parents/  
parents are not to speak directly to the  
child's coach

Executive Secretary

could be anybody - organized, not need a strong  
swimming background

in charge of records  
league's fastest times  
meet results  
cards  
points  
the scoring paper work

official roster

COACHING STAFFS    -each staff will have:

Head Coach

responsible for the strokes of all the children  
on his team

runs practices and uses the other staff members at  
practice as aides  
conditioning vs. technique  
build speed in swimmers  
must be excellent with strokes and teaching them  
be a leader with kids and a swimming background  
must run the team warm-up before meets  
must talk to each of his swimmers after their  
race about their stroke, kicking, breathing, etc.

#### General Manager

need a well organized person  
responsible - administrative work  
no need for a strong swimming background  
will be the voice of the team at  
the draft  
during the season  
at championships  
commissioners connection to the team  
an informer to team swimmers and staff  
in charge of all team money matters  
uniforms  
keep team records and team results  
assist at practice

#### Technicians Coach

stress starts and finishes  
run these drills at practices  
talk to every kid after they swim an event in a  
meet about their start and finish  
also, Head Cheerleader  
Pep Person  
signs  
team cheers  
build healthy competitive edge  
team spirit  
position open to anyone outgoing and creative  
not a great need for stroke knowledge

Assistant Coach

work for the staff

this person can make or break a good staff  
through presance

a talker, explainer, smoother

care for the kids at meets

can work with indivuals at team practices

will hand the cards to swimmers at meets



### Swim Meets:

The swim meets are constructed to show improvement, make winners, have everybody participating and being a value to their team.

Swimmers will compete in age groups and by their sex.

The age groups will be divided like this: seven years and under

8 year olds

9 year olds

10 and 11 year old ages

12 and 13 year olds

Every race will be 25 yards.

In each event there will be more than one race. Because, only six swimmers (or less when an odd number arises) will be in a race at a time.

### Program for the Meet:

Each team will have 15 minutes to warm-up in the water before the meet starts. Visitors will warm-up first. The first event will start ten minutes after the conclusion of the second team's warm-up.

- Event 1 Girls 7 and under Freestyle
- Event 2 Boys 7 and under Freestyle
- Event 3 Girls 8 year old Freestyle
- Event 4 Boys 8 year old Freestyle
- Event 5 Girls 9 year old Freestyle
- Event 6 Boys 9 year old Freestyle
- Event 7 Girls 10-11 Freestyle
- Event 8 Boys 10-11 Freestyle
- Event 9 Girls 12-13 Freestyle
- Event 10 Boys 12-13 Freestyle

- Event 11 Girls 7 and under Backstroke
- Event 12 Boys 7 and under Backstroke
- Event 13 Girls 8 year old Backstroke
- Event 14 Boys 8 year old Backstroke
- Event 15 Girls 9 year old Backstroke
- Event 16 Boys 9 year old Backstroke
- Event 17 Girls 10-11 Backstroke
- Event 18 Boys 10-11 Backstroke
- Event 19 Girls 12-13 Backstroke
- Event 20 Boys 12-13 Backstroke

This would be kept very simple.

All swimmers who are on the team roster and show up at the pre-meet warm-up will swim, and they will all score points for their respected teams. Everybody scores. For example, suppose team number one has eight eight year old girls, and team number two has (by a result of the draft) a total of 12 girls in that same age group. There is a total of 20 participants. The girl who wins the event scores 20 points for her team. The second place finisher scores 19 points. And so on, until the final finisher scores one point.

The final meet of the summer will be a championship meet held on the Saturday morning of the fourth week of the program. All teams and swimmers will participate. The events will be the same as in a dual meet. But, the scoring will change slightly.