

## Outline: Rotary in Kittanning

- Introduction
  - Mark Rauterkus
- Swim cap
  - Mind's that have been expanded do not return to their original size and shape
- Eagles
  - Marjory Stoneman Douglas High School, Broward County Public School District, Parkland, Florida
  - #MSDStrong
- School sports are in a terrible place today
- Interactive discussion points, test questions.
- Pittsburgh
  - Our authentic touchstone include
    - Ideas?
    - A standard or criteria by which something is judged or recognized.
    - A fundamental or quintessential part or feature
    - Historic importance
  - Mine
    - Sports town
    - River town
    - Parenting Mecca
  - Favorite sports?
  - Favorite team(s)?
  - Concept maps of sports
    - Concept map advantages
      - Examples:
        - Review ecology of San Francisco Bay
        - Map all the members
        - Map all the guests and topics
        - Map all the interests and energy
- Sports ... Definition?
  - Games of time, space and relationship.
    - Games
      - Rules
      - Leagues
      - Records
      - Standards
      - Play, fitness, recreation, sports, athletics.
      - Games of chance
      - Gambling
    - Time
      - Races timed
      - Basketball, buzzer beater
      - Baseball
    - Space
      - Strike zone
      - End zone
      - Course boundaries
    - Relationships
      - Self
      - Rules
      - Team
      - Officials
      - Fan

- Coach
- School
- Sponsors
- Opponents
- Equipment
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- Athletes, masters of managing their time, space and relationships
  - Wellness matters
  - Being responsible
  - Being an adult
  - Make better decisions
  - Grip on sportsmanship, teamwork
  - Goal setting
    - Next time\*
- Life.
  - MMA
  - Boxing
- Entertainment
  - Movie of Rocky
  - Super Bowl replay
  - America Ninja Warrior tv show
  - Emotion, time shifts.
- Bad sports
  - Hurtful?
  - Football concussions
- My sport, swimming
  - Aquatics
  - Concept map
- Coach Mark's Mission
  - Lesson helpers
    - 1 word, T
    - 2 words, TA
    - 3 words, CYL
    - 4 words, FLAB
      - Much of sports coaching is body position.
        - Planks
        - Core
        - Court awareness
        - Footwork
- You miss a foul shot, no big deal.
  - Death. Lots of paperwork.
  - Drowning stats.
- Listening
  - Communication nightmare.
  - Learning lab for the discovery of personal and group excellence.
- Jobs
  - Lifeguard
- Whole community
  - Boy / girl
- Whole body
  - Steve Lunquist
- Fins
  - Prize

- Literate
  - Course, Get Your Feet Wet
  - Quizzes, SKWIM Levels 1, 2, 3, 4
- Swimming has a downfall
  - 33% of adults can swim.
  - We might be able to change the world if we teach everyone to swim. But I am not going to hold my breath waiting for that to happen.
    - We will change the world, playing SKWIM.
      - Water Polo
      - SKWIM
- Rotary challenge, invite
  - Visit Saturday Swim School, on your own
  - Clinic at Saturday Swim School with a group trip
  - Sponsor a SKWIM SYSTEM at a local pool
    - Buy disks for members / rotary promotions
    - Buy 3-10 disks for lifeguards
    - Hold a one day clinic and learn the game
    - Play pick up all summer long
    - Upgrade with some pool fins
    - Upgrade to a sport and play another team. Come to or host a squad from Pittsburgh
  - Get a couple of existing swim teams to extend their summer programs with August SKWIM
- Wish, we need more keels.