

**KEVIN ZAKRZEWSKI, CSCS**  
PATRIOT AQUATIC CLUB

# KEVIN ZAKRZEWSKI, CSCS - ATHLETE

- **1996-2000 Stevenson High School**
  - Nine Varsity letters (2-Golf, 4-Swimming, 3-Water Polo)
  - High School All-American (Swimming & Water Polo)
  - Swimming Captain Senior Year
  - Three-Time Big Gun Winner Swimming
- **2000-2001 University of Nebraska-Lincoln**
  - Most Improved Athlete award winner
  - Senior National Qualifier
- **2001-2004 University of Wisconsin-Madison**
  - Three Time NCAA All-American
    - 4<sup>th</sup> Place 200 Medley Relay (2004)
  - 2004 Team Sportsmanship Award Winner
- **2006-2008 Professional Swimming**
  - 2008 Olympic Trials Qualifier
  - 5<sup>th</sup> Place at 2007 Short Course Nationals

# KEVIN ZAKRZEWSKI, CSCS - COACH

- **1998-2001 Farmington Bath & Tennis Club**
  - Coached Ashley Wanland at age 9
- **2007-2008 Stevenson high School**
  - Patriot Aquatic Club
  - Boys Water Polo
- **2008-2012**
  - CATS Aquatic Team – Assistant Head Coach
    - Best 13-14 Age Group State performances in team history
    - Largest 13-14 age group at Age Group State ever
    - Olympic Trials & Junior Nationals Qualifiers
  - Libertyville High School Boys Swimming – Head Coach
    - Helped develop program resulting in the team achieving their first top 3 finish ever.
- Libertyville High School Boys Water Polo (2008-2010)
  - 2009 Sectional Coach of the Year
- **2012-2015**
  - NASA Wildcat Aquatics – Senior Coach
    - Three 2016 Olympic Trials Qualifiers
    - NCSA Junior National Champion
    - Junior National Team member
    - USA Senior & Junior Nationals Qualifiers
    - Largest group to Senior State, Speedo Sectionals, NCSA, and Junior Nationals in Team history
  - Northwestern University – Volunteer Assistant
  - National Strength & Conditioning Association
    - Certified Strength & Conditioning Specialist

# LIST OF ATHLETES THAT I HAVE COACHED WHO WENT ON TO COMPETE IN COLLEGE

- Evan Swenson – USC
- Jae Park – Columbia
- Connor Black – Stanford
- Grace Tierney – Wisconsin
- Michelle Garland – TCU
- Chad Church – Kentucky
- Ben Snader – Denison
- Whitney Mitchell – Miami of Ohio
- Melanie Rowland\* – Towson
- Alex Snarski – Northwestern
- Andrew Jovanovic – Northwestern
- Stephen Shull\* – Northwestern
- Brian Walsh – Carnegie Mellon
- Tommy Keefe\* – Iona
- Eric Boynton – US Naval Academy
- Ashley Wanland – Wisconsin
- Elizabeth Canning – Boston College
- Maciej Olszewski – Notre Dame
- Daniel Soos - Denison

\* = Captain

# COACHING STAFF

- HEAD SENIOR COACH – Eugene Spivak
- HEAD AGE GROUP COACH – Jennifer King
- ASSISTANT COACH/PAC ADMIN – Greg Hartman
- ASSISTANT COACH/SWIM AMERICA – Luke Martinez

# COACHING STAFF EXPECTATIONS

- **BE ON TIME**
  - 10-15 mins before a practice starts or when you are supposed to arrive for a meet is “on time”.
- **CELL PHONES ON DECK**
  - We need to keep cell phone use on deck as a minimum. Text messages and phone calls are not necessary unless an emergency or family/spouse.
  - Attendance tracking will be done on phone via OnDeck app
  - Also, if you want, you will be able to view your workout via you phone.
- **ATTENDANCE**
  - Coaches are expected to be at every practice their group is training
  - As I stated above, we will be taking attendance of each group everyday.
- **COMMUNICATION**
  - Coaches are required to stick around 15min after practice to spend time in lobby to socialize with parents and athletes.
  - Coaches email address will be posted on website with their bios
  - If you’ve received an email from a parent you are required to respond within 24-48 hrs. Please cc Head Coach on every email response to make sure I’m in the loop of any issues.
  - Please communicate with each other and Head Coach. We will have fairly regular coaches meetings (every 1-2 months) to evaluate how things are going
- **TEAM NEWSLETTER**
  - Head Coach will be doing a weekly newsletter. The expectation of the coaches is to have a rotation of who contributes a piece to the newsletter. (EX: share an article and give you brief thoughts on the article and how it pertains to our team).

# COACHING STAFF EXPECTATIONS

- **TEAM APPAREL AT MEETS**
  - At meets coaches are required to follow Head Coaches apparel request.
  - Will be working with Speedo to get coaches all some polos with PAC logo.
  - No Jeans! Slacks or shorts. Females can wear leggings but please try to be consistent with other coaches.
- **WORKOUTS**
  - Follow Season plan & weekly plans that Head Coach has provided (Head coach will collaborate with the coaches of the group to finalize plans).
  - Please provide the current weeks workouts for your groups by Monday AM of that week. This way the Head Coach can look through them and ask questions and/or make any adjustments that he seems fit to the plan.
  - Head Coach will be organizing a DropBox folder for the groups for the coaches to log their workouts in. This way we all can see what each other is doing and we can share feedback and ideas.
- **TEAM DRILLS**
  - Head Coach will provide a list of drills to all of the coaches that the team should follow. Purpose of this is so we all are on same page with terminology and the progression from one group to the next is smooth.
    - Again, this is always open to feedback and collaboration.
- **COACH CERTIFICATION**
  - Head coach will encourage and supports all certifications that we see may help strengthen our coaching staff.
  - ASCA Level 2 would be an encouraged minimum.
  - Also, encourage any strength and conditioning certificates (CSCS, C-PT, ACSM)

# LEADERSHIP

- **Competence**
  - Showing that we can execute our thoughts and ideas.
- **Caring**
  - Being a good role model
  - Support of athletes outside of the pool
- **Lead by example**
  - Acting & presenting ourselves the right way all the time.
  - Community service
- **Lead by voice**
  - Bring consistency and knowledge to what we tell the athletes

# PHILOSOPHY – Part 1

## – Success Through Commitment & Hard Work

- Firmly believe that anyone can be successful if they are committed to the team, coach, plan and themselves, and also have a great work ethic.

## – Quality over Quantity

- I believe if you execute things at a higher intensity you will get more out of the workout and be able to do less.

## – Technique and Kicking

- The base of all quality athletes is great body position and strong legs
- Kicking & technique is the grass roots of my program.

# PHILOSOPHY – Part 2

## – Power & Speed

- Executing speed from your use of power & efficiency.
- Focus on proper technique and intensity is what makes this develop
- Not afraid to do something FAST everyday

## – Athleticism

- Utilize dryland to help build general athletic awareness of body
- Ability to manipulate your own body weight on land and in water.

## – Teamwork is always key

- Training as a group is always better than training as an individual

# PATRIOT AQUATIC CLUB - Goals

- **Qualify more than 1 swimmer for Olympic Trials every Olympic cycle**
- **Qualify for USA Swimming Club Excellence Program**
  - The program provides grant funding and recognizes the club development system as integral to achieving excellence in the sport.
- **Become top 5 in Virtual Club Championship in Illinois**
  - The VCC automatically ranks all USA Swimming member clubs based on swimmer performance. You can see how your club stacks up against others in your LSC, Zone and even Nationally. USA Swimming computers figure out the best possible event line up for your team.
- **Achieve Level 4 of the Club Recognition Program**
  - The ultimate objective of the program is to strengthen the club system in USA Swimming by guiding clubs through a development process that ultimately positions the program and its coaches to better serve athletes.
- **Support High School teams with high-level athletes**
  - Swimming, Water Polo, & Diving
  - Boys & Girls

# PATRIOT AQUATIC CLUB – MISSION

- Support all levels and abilities to their given needs.
  - According to our vision as a coaching staff.
- Providing encouragement, knowledge, and opportunity to strive for goals
  - Goal setting opportunities
  - Coaches meeting with athletes to discuss goals and progress
- Building success through commitment & hard work
  - Keep track of attendance.
  - Practice score keeping with reward for most points at end of the season.
- Using the sport of swimming to develop growth and personal accountability

# PATRIOT AQUATIC CLUB – PLAN

- Focus on the ground up. Quality details at the beginning and early ages
  - Details & Technique are a strong focus on a daily basis
- Send kids to highest level meets they are qualified for as often as possible.
- Refine dryland training to enhance athleticism and body awareness
  - Create dryland program for functional movement
  - Body Weight exercises
  - Muscular Endurance, Strength, & Power/Plyometrics

# INSTRUCTION

## Stroke Development

- My Drill Progressions
  - Provide progressions for all levels
  - Provide and teach entire coaching staff the drills.
  - Collaborate with coaches to finalize progression that they must follow.
- Constant stroke monitoring and instruction throughout workout
  - Coaches required to remain engaged throughout workout.
- Team Equipment
  - Required equipment by groups.
  - Working on a team equipment bag.

# INSTRUCTION

## During Workout

Athlete should be able to answer the following questions for every workout;

- What is the purpose & focus of the set/workout?
- What should they get out of it?
- What they should be thinking about?
- Why they are doing a certain drill and/or set.
- What intensity is focused in this workout
  - ENERGY SYSTEM TRAINING LEVELS

# TEAM SCHEDULE

- Pool Setup and schedule will remain relatively the same.
- Schedules for each group
  - Utilizing Google calendars so families and athletes are able to sync with mobile device.
- Meet and Events tab will be created to show all meets.
- AM Practice & Saturday Practices will be introduce to upper levels

# PROGRAM MANAGEMENT

## Swimming Season Plans

- Create plans for all groups and levels
  - Work with coaches of that specific group to finalize plan
- Swimming Periodization
  - General 1 (Light aerobic, Primarily instructional)
  - General 2 (Moderate to High aerobic)
  - General 3 (High Aerobic & Anaerobic)
  - Speed 1 (Pace & Speed focus)
  - Speed 2 (RACE Pace focus)
  - Taper (Rest and Race strategy focus)

# PROGRAM MANAGEMENT

## Dryland Season Plans

- Create plans for all groups and levels
  - Work with the coach or coaches who will be running the dryland sessions.
  - Thinking about requiring certification and/or significant experience with strength & condition for adolescence.
- Dryland Periodization
  - Preparatory Phase (Muscular Endurance & Functional movement)
  - Competition Phase #1 (Muscular Strength & Injury Prevention)
  - Competition Phase #2 (Muscular Power, Plyometric, & Injury Prevention)
  - Taper & Speed Phase (Speed Maintenance, Plyometric, & Injury Prevention)

# PARENT INFORMATION

- Weekly/Monthly Newsletters
- Coaches spending extra time after practice
- Coaches responding to emails within 24-48 hrs.
- Coaches email will be posted with their bio so parent may contact coach of that group directly if it's about attendance and how their swimmer has been training.
  - Head Coach would like to be CCed in all of those emails
- Parent education in newsletters and in parent meeting at start of each season.

# PARENTAL INVOLEMENT

- Parental involvement in the program is important.
- Parents are the support system.
- IDEAS:
  - Create volunteer opportunities/requirements
  - Parent Advisory Committee?!
  - Parent & Coach gatherings during season

**THANK YOU!!!**

**GO PAC!!!**