

NORTH PENN AQUATIC CLUB COACHING STAFF



Jeff Faikish, Head Coach

Jeff became the Head Coach of NPAC in 2012, following an eight-year year stint as the Head Assistant Coach of Central Bucks Swim Team. He is a USA and ASCA (American Swimming Coaches Association) certified coach who brings 20 years of experience training age group, high school, college and elite swimmers, including Olympic Trials and Junior National qualifiers. As the sprint team coach for Indiana University of Pennsylvania (IUP) in 2002-2004, Jeff helped 11 athletes qualify for the NCAA Division II National Championships. As the Head Coach of Swimming and

Diving Team since 2000, Jeff more than doubled its membership to 175 athletes and dramatically improved its success in the Bux-Mont League. Upon taking the helm of NPAC, Jeff implemented a new training program that has elevated the team's performance at both Middle Atlantic Junior Olympics and Senior Championships, while enabling more than a dozen athletes to qualify for USA Swimming's Eastern Zones, Sectionals and Futures Championships. Since 2014, NPAC swimmers have seized 10+ JO gold medals and set multiple JO records in both individual and relay events; they also have achieved National Age Group "Top 10" rankings, captured gold medals at Eastern Zones and attained national rankings in USA Swimming's IMX Challenge, which emphasizes middle-distance stroke events and the individual medley. In July 2015, Jeff was named "Middle Atlantic Age-Group Coach of the Year" when NPAC captured the Middle Atlantic Long Course JOs title (girls and boys combined) at Penn State. A year later, NPAC clinched the boys' title at the 2016 long course JOs at Franklin & Marshall. For Jeff, coaching is about more than teaching proper stroke mechanics, fast starts, hard finishes and race strategy; it's about instilling the all-important life skills of goal-setting, perseverance, resilience and positive thinking that young swimmers can carry with them long after they've hung up their goggles. And it's also about having fun. To see NPAC on deck at practice and meets is to see a team that not only knows how to win, but also knows how to rock a really good time. Swimming has been at the center of Jeff's life since childhood, when he was a standout age-group freestyler for Nor-Gwyn Swim Club and NPAC. Jeff continued his career at NPHS, where he was primarily a utility freestyler with a passion for the 200 free, but he prided himself on his ability to compete in all events--sprint, middle and long-distance. He led NPHS' 1997 team to a PIAA state championship during his senior year and was named an All-American in both swimming and water polo. Jeff earned a B.S. in Sports Psychology in 2004 from IUP. A four-year member of IUP men's swimming team, he led by example and eventually joined the coaching staff. Jeff lives in Lansdale with his wife, Jennifer, and their three young children—Madeline, Jakob and Daniel.