



PACK PREP

CHICAGO WOLFPACK
AQUATIC CLUB

Building Chicago's Next Generation of Swimmers



Pack Prep Mission



Pack Prep educates and develops confident young athletes by teaching foundational technique, and team values that prepare swimmers for long-term success within the Chicago Wolfpack Aquatic Club.

Educate

Teach technique, habits, and understanding of the sport

TRAIN

Build discipline, endurance, and confidence through structured practice

INSPIRE

Foster pride and passion for hard work and progress



Pack Prep Foundation



Technical Skills

Four-stroke development - Key drills for legal technique and efficiency

Kick development - Developing consistent, legal, and proficient kicks for all four strokes

Race readiness - Racing starts (block starts and backstroke starts, breaststroke pull-outs, and breakout strokes)

Great habits - Streamlines, underwaters, and flip-turns

Lane Etiquette - Circle swimming, spacing, sportsmanship

Swimmer's IQ

Clock awareness - Understanding of pace clock and intervals

Applying feedback - Adjusting technique from coaching cues

Mindset - Effort over outcome, consistency over speed

CWAC drills and terminology - used across competitive groups

Team habits: Listening, effort, respect, and focus

Meet Readiness - Exposure to meet environments through our mini-meets



Pre-requisite Skills



8 & Under:

- 25 yards continuous freestyle/backstroke with lateral breathing
- Foundational butterfly and breaststroke rhythm
- Understands circle swimming
- Comfortable in deep water
- Listens attentively and follow instructions
- Applies coaching feedback

9–10 Year Olds (+ 8 & under skills):

- 50 yards continuous freestyle w/ lateral breathing and backstroke
- Swims with balance and good body control
- Able to perform flipturns
- Propulsion in breaststroke and butterfly
- Coachability - Shows effort, focus, ability to follow instructions, and apply coaching feedback

Keep in mind: Meeting minimum skills qualifies a swimmer for consideration; final placement depends on performance, group size, lane balance, and team needs.



Pack Prep Framework



Philosophy

We build swimmers who **understand** that **progress is earned** through **consistent effort**, **disciplined habits**, and a **love for learning** the sport. We teach **fundamentals with purpose**, creating an environment that **challenges athletes** to **adapt** and **take ownership of their improvement**. Our swimmers are given the **opportunity** to train under excellent coaching and experience competitive, **development-focused training** that prepares them for **long-term success**.

Structure

- 3x 60 minute practices Tues, Wed, Th.
- Swimmers grouped by skill-level
- Excellent coach:swimmer ratio

Programming

- Coached by Collegiate student athlete swimmers - UIC Flames
- Curriculum curated by Bronze, Silver, and Gold level CWAC Coaches

