

Patriot Press

Direct from Duje ...

Summer 2018

Welcome to the summer session at Patriot Aquatics!

As your head coach and club president, I would like to tell you how enjoyable and satisfying the spring session has been with all of you, and I know that our coaches feel the same way. All of us are looking forward to our exciting summer session!

The summer session marks the beginning of a competitive and busy season for our water polo athletes and their families—a season which will culminate with the National Junior Olympics at the end of July in Northern California. One year ago, Patriot Water Polo had only two teams to represent us at the National Junior Olympics. This year, we anticipate sending seven teams (almost 90 athletes) to represent our club!

Looking back over our spring session, we can see that the hard work our teams have been putting in during practices and games has yielded many rewards ... including the literal and tangible rewards of medals! Most recently, our age group

10U and 12U teams won gold and bronze medals, respectively, in the gold division of the Newport Beach Sailors Cup. Our 16U team also won bronze in the platinum division of the San Diego County Cup.

Our Patriot swimmers competed in two swim meets hosted by our club and held at our Beckman pool during the spring session. Events were held in all strokes in 25- and 50-yards, as well as the 100-yard freestyle. Our high school swimmers also competed in the SOCAL and AZOT swim meets, bringing home five ribbons!

One new announcement is that Patriot Aquatics is looking into starting an athlete exchange program between our club and another water polo club in Croatia! It is in the very early stages of planning, but you can read a bit more about it on the pages that follow.

At the end of June, the 16U team and I will be traveling to Croatia for two weeks, where we



Club director Duje Grubisic

will do team training as a part of our preparation for the Junior Olympics. We will be visiting Sibenik and the surrounding cities. There is much excitement and anticipation about all the new skills to be acquired, new foods to be sampled, new people to meet, and the new culture to get to know and be a part of!

I look forward to continuing to serve you throughout the summer session!

GO PATRIOTS!

Sincerely,
Duje Grubisic

Head Patriot Aquatics Coach &
Board President

Summer Session Runs from May 25 - July 19

Summertime Means Junior Olympics Time!

Patriots Gear Up to Compete on National Stage

In the world of club water polo, the entire year is geared toward and culminates with the USA Water Polo Junior Olympics Tournament, which is the largest age group water polo tournament in the nation.

Patriot Water Polo anticipates sending seven teams to the Junior Olympics (JOs) this year: six boys' teams (10U, 12U, 14U, 16U A, 16U B, and 18U) and one girls' team (16U), a tremendous jump from the two teams sent during our 2017 inaugural year.

The Patriot Water Polo Club's summer session is geared toward fine-tuning our athletes' performance and teamwork as they enter the final stages of preparation for the JOs.

This is an exciting time for our athletes, as many of them will be joining teams from

across the country to compete as Patriots on the national stage for the very first time.

Each year, the location of the JOs alternates between Southern and Northern California. This year they will be held in Northern California (San Jose) ... so it's a road trip year!



*Session One: July 21-24
12U, 14U, 16U, 18U Boys*

*Session Two: July 26-29
10U Coed, 16U Girls*

SUMMER TOURNAMENTS

<u>TOURNAMENT</u>	<u>DATES</u>
SOPAC JO QUALIFIERS (10U, 12U, 14U)	JUNE 1-3
NEWPORT SUMMER INVITATIONAL (18U BOYS)	JUNE 1-3
SOPAC JO QUALIFIERS (16U A, 16U B, 16U GIRLS, 18U)	JUNE 22-24
JUNIOR OLYMPICS SESSION ONE (12U, 14U, 16U, 18U BOYS)	JULY 21-24
JUNIOR OLYMPICS SESSION TWO (10U COED, 16U GIRLS)	JULY 26-29

NORTHWOOD SUMMER SERIES

10U SATURDAY GAMES	12U, 14U SUNDAY GAMES
JUNE 16	JUNE 17
JUNE 23	JUNE 24
JUNE 30	JULY 1
JULY 7	JULY 8
JULY 14	JULY 15

YOGA for Athletes



Successful, Popular Program for Elite Players Begins Second Session

Yoga and water polo are terms which don't typically occupy the same sentence ... unless you are a member of Patriot Aquatics!

On the cutting edge of unique cross-training for our athletes, Patriot has begun Power Yoga for Athletes for its Elite team players. The second session of classes began May 17 and will continue every Thursday evening through June 21.

Classes are taught by registered yoga therapist Sara Martinez, whose son plays on the Patriot Elite team. Sara volunteered her time to teach the first 6-week session in the spring, "Mindful Movement," which she designed to support focus, flexibility, physical and mental strength, and muscle recovery.

"The spring Yoga for Athletes session was a huge success," said Sara. "The athletes had such positive, can-do

attitudes. They embraced every posture and sequence with tremendous effort and zeal, and they were highly respectful and open to guidance." The success and positive reception of the class by the athletes prompted Sara to add the second session.

Addressing the unique needs of water polo athletes, Sara tailors her class to include specific strength and mobility postures for the hip and shoulder. These postures are incorporated into a one-hour class which progresses from guided breathing, a Vinyasa flow warm up, core-strengthening floor work, and standing sequences for strength, balance and grounding, followed by gentle backbends and deep stretches, then concluding with a final resting posture and self-reflection period.

By the end of the spring session, Sara said she noted a visible progression in the participants' overall body awareness, focus, balance, and flexibility.



Registered yoga therapist Sara Martinez, lower left, leads Patriot Elite team players through one of her yoga classes, which she has custom-designed for the unique needs of water polo athletes. The current 6-week session runs through June 21.

Dads' Service to 10U Team Leads to Assistant Coaching Positions

What began many months ago as a few dads jumping into the pool just to have fun and help out during 10U practices has transitioned into their official acknowledgment as 10U assistant coaches.

Robert Amakasu, Jeff Hamilton and Tony Chanove all have a background playing water polo and thoroughly enjoy being able to come alongside the head coach to teach our youngest Patriots the skills and strategies of the game. Being in the pool with the players is especially valuable and effective for technique demonstration, especially at the 10U level when the players are learning and solidifying their foundation.

Thank you for your contributions, dads, and welcome to the Patriot coaching lineup!



Mari Amakasu

Clockwise from top: 10U Assistant Coaches Jeff Hamilton and Robert Amakasu in the pool during a practice; Coach Jeff demonstrates aiming techniques with Coach Robert in the goal; Coach Tony officiates during a 10U scrimmage.

Shoot for the Stars Water Polo Camp Brings Three USA Olympians to Patriot

Successful day of training is had with Bret Bonanni, Merrill Moses and Josh Samuels



Brett Bonanni



Merrill Moses



Josh Samuels



Croatia Now . . .

Coach Duje, 16U Patriot Players Travel June 28-July 10

In the brief span of time between the JO Quals and the Junior Olympics, Coach Duje and 13 Patriot players from the 16U team and their families will be traveling to Croatia. This trip to Duje's home country offers players a unique opportunity for high-level training with professional Croatian teams and coaches, and also includes myriad cultural, scenic and adventure activities. Coach Duje has custom-designed an itinerary which allows players ample time to enjoy the beauty and sights of the Adriatic coast without compromising pre-JO training time. Mornings will be dedicated to training, while afternoons will be spent exploring Sibenik and the surrounding sea towns, villages, small islands and coves. Past years' activities have included white water rafting, cliff jumping, and even playing pick-up scrimmages in one of 100 water polo courses set up in the Adriatic Sea! The Croatia trip is an annual event, and one that Coach Duje hopes you will take with him in the future!

. . . and Croatia Later . . .

Athlete Exchange Program Planned for Summer 2019

Coach Duje and the Patriot Aquatics Board of Directors are planning to start an athlete exchange program between our club and the Galeb water polo club from Makarska, Croatia.

The goal is to begin the first exchange next summer. The program would entail sending several high school-aged Patriot athletes to Croatia to spend time training and getting to know the culture, while players from the Galeb club would come to California to train with Patriot and get to know our culture and people!

Participation in the program will be application-based; the process will begin within the next several months. Successful candidates will submit an essay and teacher recommendations as a part of their application. They must be student athletes who demonstrate excellence in the classroom and exceptional behavior, as well as be adept water polo players.

We hope that this will turn into a lasting partnership and provide our athletes valuable opportunities to get to know different countries and cultures, and maybe even create some lifetime friendships!



Patriot Teams Shine in Spring Tournaments, Bringing Home Multiple Medals

Congratulations on Your Stellar Performances, Patriots!

OC Turbo Cup - March 10-11



16U Blue, platinum division



Michael An

AJ Marsh (16U Blue) at the OC Turbo Cup

Scott Hinman Beautiful Day Games - March 24-25



18U, platinum division



14U Blue, platinum division

Kap 7 Cup - April 21-22



10U, gold division



Mari Amakasu

Tyler Huynh, Drake Hamilton (10U) in background



16U Girls, gold division



16U Blue, platinum division

San Diego County Cup - May 4-6



16U Blue, platinum division



© Michael An Photo

Michael An

Sam Monette (16U Blue) at the San Diego Cup

Newport Beach Sailors Cup - May 19-20



10U, gold division



12U, gold division

It's summertime, and I've got

Swimming

on my mind!

Summer is the ideal time to get started swimming for those who are yet to "take the plunge."

Whether the goal is to learn how to swim, improve on one's stroke, or be part of a competitive team, the Patriot Swim Club has something for everyone!

Q: Why join Patriot Aquatics' swim program as opposed to the local seasonal (summer only) programs?

A: We provide year-round instruction! This enables athletes to grow their skills consistently, build relationships with teammates and coaches, and work together--daily--to achieve their goals.

Please tell your friends, family and neighbors about the Patriot Aquatics Swim Club!

Private Lessons



Swim lessons are for all ages, and are one-on-one with a coach in the water.

Lessons are customized for each individual, and can focus on everything from beginner basics and water safety to learning new strokes to improving endurance and technique.

Packages of 8 20-minute lessons or 4 40-minute lessons are available, and can be scheduled between 2:00 pm - 7:00 pm, Monday-Thursday.

To sign up for private swim lessons, please go to the "Registration" menu at our website: www.patriotaquatics.org.

If you have any questions, please contact Duje Grubisic at dujepatriotwp@gmail.com

Age Group Swimming



Patriot Age Group Swimming is for athletes ages 5 - 14 who are interested in learning how to swim or improve their swimming abilities.

Multiple swim instructors are on deck during each practice to assist athletes in strengthening their endurance and technique.

Athletes in this program can participate in our bi-monthly swim trials, which focus on individual improvement and fun competition. Age group athletes can also compete in our monthly hosted swim meets, competing against other local swim teams.

Practices are held Monday-Thursday afternoons. Please refer to our website for specific times based on athlete age.

Meet Multi-Tasking Coach Matt Calhoun: A Devoted and Long-Standing Patriot

He has been at Patriot longer than any of us. Sometimes he is the first to arrive at the pool deck, in the dark of morning. Other times he is the last to leave, in the dark of evening. In the hours between sunrise and sunset, Coach Matt Calhoun wears many hats and fulfills a multitude of responsibilities. With his calm presence and consistently encouraging demeanor, he presents an air of confidence and affability.

At Patriot Aquatics, Coach Matt is the vice president of the club at large, head coach of the Swim Club and the 16U girls' water polo coach, and oversees the School of Water Polo. At Beckman High School, he is the girls' water polo head coach, assists with the boys' water polo teams, and also serves as coach of the JV swim team. Much of his time is also spent behind the scenes tending to administrative responsibilities such as arranging swim meets, setting up and maintaining the pool schedule, and addressing the myriad details required to keep a busy pool environment running smoothly.

Any athlete who has been coached by Matt is likely to have come away from the experience feeling both encouraged and inspired. He is consistently kind, and cares about his athletes – not just about their performance, but about them as individuals. Matt has a degree in psychology from UC Davis, and is clearly employing this resource of knowledge in his coaching.

Even the briefest of observations of Coach Matt interacting with his athletes attest to his admirable skill set. He is firm but not stern, friendly and in control. His instruction is clear and direct. He is not one to resort to red-faced arm waving, frantic yelling, or unpleasant glares. Coaching is

rewarding for Coach Matt. He says that what he enjoys most about it is seeing the moment when a skill finally clicks for an athlete ... when they have that “aha!” moment and finally understand.

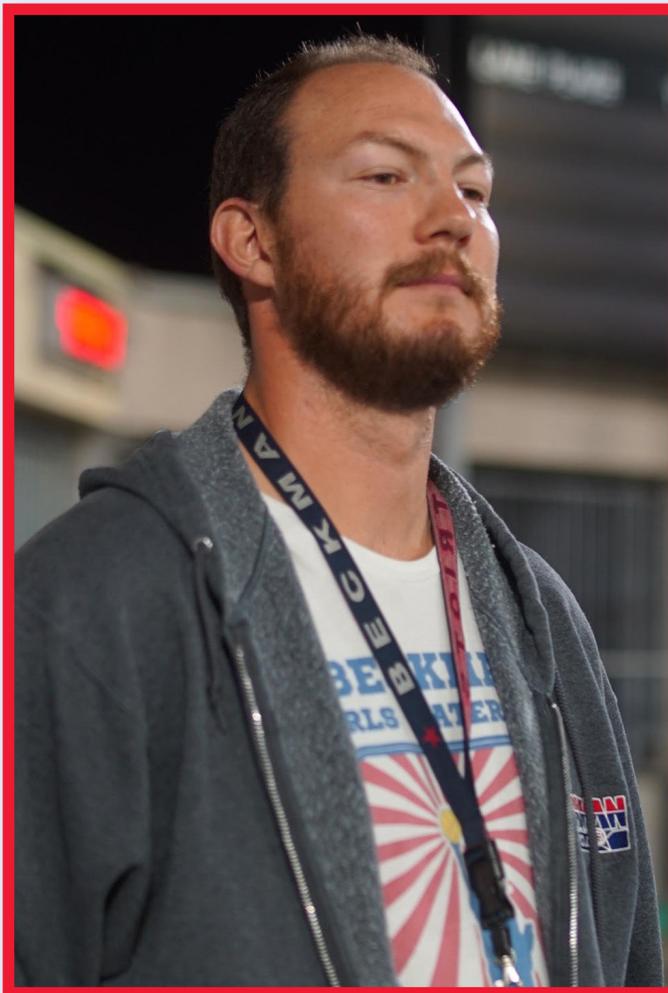
In regard to his coaching philosophy, Coach Matt states, “I believe I am fairly consistent when it comes to coaching swim and water polo. The older the athlete, the higher my expectations when it comes to form and hard work. For the younger age levels, it is all about fun and learning fundamentals.”

When Coach Matt isn't coaching, he enjoys biking by the beach, hiking, exercising and playing basketball on some days, while on others he appreciates the quiet of staying home and reading either science fiction or fantasy novels.

Our Patriots may not know the following fun fact, straight from Coach Matt himself, “I love animals, and players can always bring their dogs to practice. I will happily dog sit!”

Whether coaching swim or water polo, Coach Matt's desire is for his athletes to enjoy and grow in their sport. Recognizing that it is more enjoyable to grow as an athlete when you train and compete alongside people you enjoy being with, he invites all Patriots to bring their friends to practice ... perhaps they'll want to join!

If you haven't yet met our longest-standing Patriot, please say hello to Coach Matt the next time you see him on the pool deck!



Head Swim and Girls' Water Polo Coach, Club VP Matt Calhoun

PATRIOT SWIM CLUB -- LOOKING BACK AND LOOKING FORWARD

Swim Program Transitions from Spring to Summer

Under the leadership of head coach Matt Calhoun, our Patriot Swim Club has seen steady growth, and its athletes have shown consistent improvement in their times and techniques. Coach Matt has successfully instituted his goal of hosting monthly swim meets, which will continue through the summer and into the fall.

Over the spring session, our Patriot swimmers competed in seven different tournaments at various age levels, and our club hosted three swim meets—one each month—with each one bringing in three other teams to compete against. The Patriot-hosted summer swim meets will likely also include competition against some of the Irvine Swim League (ISL) teams.

Coach Matt anticipates this summer to be the most highly participated-in quarter to date, and is expecting the swim team membership to jump to about 50 from its current membership of 35.

Because it's more fun to train and grow with those you know, all our athletes are encouraged to take advantage of summertime and bring their friends to try out our swim program ... perhaps they'll decide to join! Our year-round program has the benefit of providing consistent training beyond just the summer, allowing athletes to progress steadily and sustain their advancements.

Looking ahead to the fall, one of Coach Matt's goals for the swim program is to begin competing in USA Swimming-sanctioned meets, which would enable our athletes to obtain official times.

Age Group Swimmers, You've Come A Long Way Since the Fall Session!

Coach Heidi Walker has been working with our age group swimmers since joining Patriot in the fall, and has seen them make many advancements!

The Patriot Swim Club acknowledges the hard work and notable progress of our athletes, whose all-time record event times are listed in the table below.

AGE GROUP SWIM TEAM ATHLETES' ALL-TIME RECORDS

	First Place	Date	Time
50 Fly			
Boys	Baden Tanikawa	3/14/18	32.46
Girls	Nalini Guevara	3/14/18	39.76
50 Back			
Boys	Baden Tanikawa	4/26/18	36.82
Girls	Nalini Guevara	3/14/18	45.2
50 Breast			
Boys	Andrew Lee	3/14/18	39.94
Girls	Madeleine Chen	3/14/18	43.92
50 Free			
Boys	Alvin Son	9/28/17	27.83
Girls	Megan Huang	3/14/18	36.63
100 Free			
Boys	Alvin Son	9/28/17	1:06.32
Girls	Madeleine Chen	9/28/17	1:27.07
100 IM			
Boys	Alvin Son	3/14/18	1:15.55
Girls	Madeleine Chen	3/14/18	1:34.41



Final Free Girls' Water Polo Clinic on Friday, June 8

Patriot Aquatics' series of free water polo clinics just for girls has one date left. All levels and abilities are welcome. Open to girls from Patriot, other clubs and those unaffiliated with a club. Clinic is June 8 from 6:00 - 7:30 pm.



**You Did It!!!
You raised over \$2,100!!!**

Patriot Aquatics thanks all of the families who supported our bake sale and our Chipotle and Burntzilla fundraisers. The money raised is used to help offset the costs of our travel tournaments.



Patriot would like to thank the TruMoo company for being a generous donor to our club. TruMoo first began donating chocolate milk to our athletes for the 2017 Junior Olympics, and donated their product again for the San Diego County Cup. Thank you, TruMoo!

\$\$ Refer Your Friends, Get Rewarded! \$\$

Patriot Aquatics is pleased to announce our new water polo referral program. We want you to be able to play water polo with your friends, and a great way to do that is by having you introduce them to this awesome sport. With our new referral program, you can now get rewarded for doing just that! If you refer a new family to Patriot Water Polo Club, once they join and pay their dues, you will receive a \$100 credit toward tournament fees. If you have any friends in mind, please encourage them to come for a free one-week trial to see what it's like to be a part of the Patriot family.

