

PATRIOT PULSE

Welcome back to our Spring/Summer Season! We're excited to kick things off with fresh goals, renewed focus, and continued success in the months ahead.

Please take a moment to make sure your information in ParentSquare is up to date. All last-minute updates and important announcements will be shared there.

A reminder that team meetings for all Age Group teams (Patriot and below) are taking place today. Goal meetings have also begun for our Elite and Patriot Plus groups.

Best of luck to our PAC divers as they travel to the Badgerland Invite this weekend at the University of Wisconsin in Madison—we're cheering you on!

Here are a few important reminders and updates:

- **CAPTYN:** Sign up is OPEN for most of the upcoming meets! You can check out the new site using the link below: <https://www.patriotaquaticclub.captynsites.com/>
- **PAC Age Group Meetings:** Swimmers in our age group programs (up to the Patriot group) have parent meetings today at Stevenson High School. Please see your Parent Square messages for more information.
- **Louisville Swim Camp:** We are proud to announce our partnership with University of Louisville for a swim camp June 21-June 25th. You can find more information about the camp and sign up on their website [HERE](#). The only thing the fee does not cover is transportation. Once we have our numbers and know what kind of bus we need we will then bill everyone separately for the cost of the charter bus. If you have any questions please contact Coach Kevin.
- **Google Calendar:** All practices are listed in our team Google Calendar. We highly recommend adding it to both your and your swimmer's phone to stay up to date with practice times and any potential schedule changes.
- **Locker room Access and Security Reminder:** Locker rooms can only be accessed from the pool deck. Please enter the pool area through the southeast corner near room 5044. We've had ongoing issues with people opening locker room doors, which has unfortunately led to thefts. Do not leave personal belongings unattended in the locker room — please lock them up or bring them onto the pool deck.

Four Tips for the Start of Long Course Season

by [NORAH HUNT](#)

For most teams, the short course season has winded down, with meets being set to conclude over the next two weeks. With the end of the season comes a break from the pool, but this break is often not nearly as long as the break that accompanies the end of the long course season. Plus, many swimmers still have schoolwork to complete, so the "vacation" can feel incredibly inadequate after 30+ weeks of training.

Nevertheless, the season must start. Long course training is a beast, and while it is tough to go virtually straight from one season to another, it is not impossible. Here are some tips to use to gain the most from the beginning of the long course season:

Do not put pressure on yourself.

The end of the short course season is a very stressful period, and chances are almost every swimmer was hyper aware of their times at practice leading into their taper meet. Add to that a constant fear of

TABLE OF CONTENTS:

- 1.) Aquatics Coordinator Message
- 2.) Featured Articles
- 3.) Group Updates & Social Media

4/7/26 FALL/WINTER

Support all levels and abilities to their given needs, according to our vision as a coaching staff.

Provide encouragement, knowledge, and opportunity to strive for goals, e.g. goal setting opportunities, coaches meeting with athletes to discuss goals and progress.

Build success through commitment and hard work.

Use the sports of swimming, water polo, and diving to develop growth and personal accountability

We are committed to Safe Sport and providing a safe, healthy, and positive environment for all our athletes.



getting sick or injured, and a lot of stress naturally accumulated while around the pool. This stress can be good, because it prepares bodies to perform at their highest level.

However, at the beginning of a season things like times or intervals hit during practice matter a little less. They are certainly important, but one is not likely to get stressed out if they go a slow time or miss an interval or catch a cold. It is the beginning of the season; there is less pressure and some small mistakes can be made. As swimmers, it can be incredibly relaxing to go into a practice without the stress of hitting a certain time.

Focus on the skills.

The beginning of the season can be the perfect time to incorporate new technique changes into the stroke. The important meets are months away, and the process of getting back into shape provides a fresh start, as well as a fresh perspective on the sport. Talking to the coaches about new skills to develop or new technique changes to be made can be a great way to become a better swimmer in the early weeks of the season.

Set some goals.

Regardless of how the short course season went, it is finished. It is done; it is in the books. A new season provides so many opportunities to set new goals, both in and out of the pool. The start of the season is the best time to break in a new habit, such as stretching and foam rolling after every practice or going to bed earlier. If a swimmer wanted to make a nutrition change to help performance or implement a new type of dryland program, the beginning of the season is the best time to do it.

Take a breath.

It can no doubt be rough to bounce from one season to another, especially on little rest. During this time, it is important to take a breath, and maybe reflect on your love of the sport. Yes, having a couple days off was not quite enough time to recover from the season, but wasn't it weird to not smell like chlorine all the time? Wasn't it odd to come home from school and just having to sit there? Didn't you miss your friends from your team? Sometimes taking a few days away can be the perfect reminder that this sport is so interwoven into your life, and that the free time you have from not practicing does not necessarily equate to better time.

In short, remember to take your break between short course and long course, even if it is not too long. The start of a season is exciting and incredibly fun, and allows for all sorts of progress to be made in the pool. However, remember to take everything in stride and not get too caught up in the results, especially early on. Just have fun swimming!

SCHEDULE OF EVENTS

PAC:

SWIM:

- **April 26:** PAC vs RISE vs WILD Tri Meet at HOME. Sign up by April 23rd!
- **May 8-10:** NASA Spring Blast-Off at Northwestern University. Sign up by April 29th.
- **May 16-17:** PAC Spring Fling at HOME. Sign up by May 7th.
- **June 26-28:** North Shore Open at HOME. Sign up by May 31st.
- **July 9-12:** Summer Sectionals at the FMC Natatorium in Westmont, IL. For qualifiers only.

WATER POLO:

- **NOW:** Registrations are still open.

DIVING:

- **April 10-12:** Badgerland Invite at the University of Wisconsin in Madison, WI.
- **April 18-19:** Region 7 at Northwestern University.
- **May:** IL. Central District Meet (AAU Summer Qualifier) at Glenbrook North High School.
- **May 23-26:** AAU RWB Championships at the Orlando Diving Academy in Orlando, FL.
- **June 5-7:** Zone D at the University of Iowa in Iowa City, IA.
- **June 13-14:** Patriot Diving Summer Invite at HOME.
- **June 25-28:** USA Diving Central Championships at the University of West Virginia, Morgantown, WV.
- **July 14-24:** AAU Nationals in Fort Lauderdale, Florida.
- **July 29-Aug 4:** Junior Nationals at the University of West Virginia in Morgantown, WV.

Patriot's Nutrition Corner with Coach Chandra:

Welcome back to the pool! Over the past week, it's been great to see the JR Patriot group working up a sweat during dryland. Remember, it's important to stay on top of fluids and electrolytes. You are sweating in the pool as well, even if you don't feel it. Hydration plays a huge role in how well you perform. Even losing just 2% of your body weight in fluids can drop your aerobic performance by 10–15%. For example, a 100 lb athlete losing 2 lbs of fluid may notice slower times, lower energy, and reduced focus. A swimmer who usually goes 1:15 in the 100 free could slow significantly—up to 1:26—from dehydration alone. I've also seen a fair amount of cramping during this first week, so be sure to bring your own water bottle. Water alone is not always enough—you likely need to add electrolytes. Electrolytes include sodium, magnesium, potassium, and calcium.

For a typical daily practice (60–90 minutes), here's a simple hydration plan to follow:

*Pre-swim: 8-16 oz of water with 250-500mg of sodium about 30 minutes before practice

*During practice: Sip 4–8 oz & 125-250mg sodium every 15–20 minutes between sets with

*Post-swim: Drink 16–24 oz of an electrolyte drink within 60 minutes after finishing

Young swimmers (ages 6–16) have different hydration needs than adults:

*They lose fluids faster because of their body size

*They don't always feel thirsty until they're already dehydrated

*They need electrolytes, but usually less sodium than adults

General sodium guidelines during intense training:

*Ages 6–12: about 500–750 mg per hour

*Ages 13–16: about 750–1,000 mg per hour

Stay consistent with your hydration all day—not just at practice—so you can train hard and perform your best every time you hit the water.

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzakrzewski@d125.org

Great start to the Spring portion of our season. Really enjoyed our conversations during our Goal meetings. Keep up the great work through these rough stages at the beginning! If you have not filled out your goal form please do so!

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

We are starting strong with some stroke technique reviews, but we are really focusing on the goals we are making individually and as a group. LCM is a whole different beast and we need to reevaluate our turns, paces and race strategies. As you fill out your goal sheets, remember what you are willing to commit to and go for it!

PATRIOT - Coach Kee
keehng@gmail.com

It was great to meet with new and returning swimmers on the pool deck! We will work together towards a great season. The main focus in our first 2 weeks is on reviewing techniques and learning new drills & terminology, while combining low level aerobics in kicking and swimming. We look forward to meeting with parents on Tuesday evening; please check the practice calendar for time and location.

JR PATRIOT - Coach Thomas
tschwinger@d125.org

Want to welcome everyone back for our next Jr. Patriot season. I am excited for LCM to permanently start up once school gets out in June. These first few weeks of practices, we take our time and go through PAC's drills for each stroke. To be a great swimmer, technique is extremely important and easier to correct when you are younger. So make sure you are attending all the practices that you can, listening to the coaches, and putting forth your best effort each day.

LIL PATRIOT - Coach Megan
mosullivan@d125.org

Welcome to the Spring/Summer season! We are excited for hopefully another great season for all our Swimmers. A couple start of season reminders - Swimmers should have their own gear and water bottle every practice, Start checking the meet sign ups, & keep an eye on the Google Calendar. Season Food for Thought: 10 and Unders should be about the joy of the sport,

WATER POLO

HS Water Polo - Coach Rose
rwimer@d125.org

Good Luck with your high school season. Summer Registration will be coming out soon.

10U and Age Group WATER POLO:

Make sure you are a part of the parent square app to get weekly schedule updates! Join [HERE](#)

Spring Season Registration – 10U & Age Group
Registration for the Spring season is now open for 10U and Age Group athletes. Please use the link below to complete your registration.

Important: This is a brand-new registration system. You will need to create a new account, even if you were registered on our previous website—old accounts will not carry over.

Registration Link: [Water Polo](#)

PAC Social Media
INSTAGRAM:

[@patriotaquaticclub](#)
[@nipc_wp](#)
[@pac_diving](#)

FACEBOOK:

Patriot Aquatic Club -
Lincolnshire, IL

YOUTUBE CHANNELS:

Patriot Aquatic Club
Northern Illinois Polo
Club

DIVING

COMPETITIVE DIVING
Coach Jonathan - jroby@d125.org

Please check the schedule, and parent square, and reach out to Coach Roby about questions.

DEVELOPMENTAL DIVING

Please check the schedule, and parent square, and reach out to Coach Roby about questions.

LEARN TO DIVE

Please check the schedule, and parent square, and reach out to Coach Roby about questions.

**MOTIVATION OF
THE WEEK:**

**“Nothing is
impossible, the
word itself says
'I'm possible.'”**

Audrey Hepburn