

PATRIOT PULSE

What a fantastic weekend! Sectionals and the North Suburban Splash were filled with exciting races, outstanding performances, and incredible team spirit. We hope that momentum carries all of our athletes into the heart of Championship season!

Best of luck to all of our teammates competing over the next several weeks at **Regionals, State, Junior Olympics (JO's), Futures, Nationals, and beyond!** We can't wait to cheer you on as you represent Patriot Aquatic Club.

We're especially excited to host the **Illinois Swimming Regional Championships** right here at home this weekend. We look forward to welcoming teams from across the area for a great weekend of racing! Meet information can be found here:

<https://www.patriotaquaticclub.captynsites.com/2026-isi-regionals>

Our NIPC athletes have already begun competing at the **Junior Olympic Championships**, with competition taking place in **Irvine, California**, before wrapping up in **North Dallas, Texas** over the coming weeks.

PAC Diving is also gearing up for Championship season, traveling to **Fort Lauderdale, Florida** for **AAU Nationals**, followed by **Junior Nationals** in **Morgantown, West Virginia**.

Looking ahead to the fall, registration information for our upcoming **swim, diving, and water polo seasons** will be released soon. Be sure to keep an eye on your email and ParentSquare so you don't miss any important announcements.

As this is our final newsletter of the summer season, we'd like to thank all of our athletes, families, coaches, officials, volunteers, and supporters for making it such a memorable summer. Your commitment, energy, and encouragement are what make Patriot Aquatic Club such a special community. Whether your season is wrapping up or you're still chasing Championship goals, we wish you the very best in the weeks ahead. Thank you for being part of another incredible summer—we can't wait to see you back on deck this fall!

Here are a few important reminders and updates:

- **Championship Dinner:** This Thursday is the Pasta Party for everyone competing in Championships. Dinner will be after practice between 4-6:30pm.
- **CAPTYN:** Check your Championship entries! You can check out the new site using the link below: <https://www.patriotaquaticclub.captynsites.com/>. All posted swim meet information can be found under the Swim Team tab on our website, or directly here: <https://www.patriotaquaticclub.captynsites.com/hosted-meets>
- **Swim Team Equipment:** PAC vouchers are active in the Kiefer site! You can go into the site today to order team suits (required) and other apparel (optional). <https://theswimteamstore.net/teamlogin/index/loginpost?username=patriot&password=aquaticclub11>
- **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.
- **ParentSquare:** Just a reminder that all communication for NIPC and PAC Swim and Dive are all through Parent Square. If you are not signed up, please look for your group here: <https://www.parentsquare.com/schools/39387/groups?tab=explore>
- **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.

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7/14/26 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.



The Power of a Positive Mindset: How Your Thoughts Can Change Your Swimming

by [SUMMER FINKE](#)

You can train harder than anyone else in the pool, but if you don't believe in yourself, it's tough to reach your full potential. The truth is, your mindset matters just as much as your physical strength. What you tell yourself before, during, and after a race shapes how you swim, how you recover, and how much you improve.

Having a positive mindset doesn't mean pretending everything is perfect. It means choosing to believe in yourself, even when things feel uncertain. It means knowing that your thoughts can either lift you up or hold you back. The best swimmers in the world don't just have great strokes; they have great attitudes. Your mind can be your best friend or your worst enemy, and I don't know about you, but I'd much rather have a friend on my shoulder.

When you train with confidence, you give yourself room to grow. You start to see every practice as a chance to get better instead of something to get through. Each lap becomes a step toward your goals. Instead of thinking, "I can't make that interval," try saying, "I'm going to give it everything I've got." That small change can completely shift how your body reacts. When you focus on what you can do instead of worrying about what might go wrong, you swim with more energy, focus, and trust in yourself.

Positivity also helps you bounce back faster. Every swimmer has rough days. The kind where the set feels endless, the race doesn't go your way, or the time on the board isn't what you hoped for. It happens to everyone. What makes great swimmers different is how they handle those moments. Instead of getting stuck on what went wrong, they look for what they can learn. They remind themselves that one swim doesn't define them. Every race, every practice, and every challenge is another chance to grow stronger.

Confidence isn't something you're just born with; it's something you build. It grows when you show up on the days you'd rather sleep in. It grows when you push through a tough set, when you support a teammate, and when you decide to reset after a mistake. The more you practice positive thinking in those little moments, the easier it becomes to bring that same mindset to big races.

Try this at your next practice: when a negative thought pops up, swap it for something better. Instead of "I'm tired," say "I'm getting stronger." Instead of "This is too hard," try "This is making me better." It might sound simple, but those small shifts matter. Your brain believes what it hears most often, so make sure it's hearing things that help you.

And here's the best part: positivity spreads. When you show up with a good attitude, your teammates feel it. The energy in the pool changes. Everyone starts working a little harder and smiling a little more. Being that swimmer who lifts others up doesn't just make you a better teammate; it reminds you why you love this sport.

At the end of the day, swimming is just as mental as it is physical. The pool will always test you, but your mindset determines how you respond. You can't control everything, not the lane you're in, not the weather, and not even the clock. But you can always control your effort, your attitude, and your thoughts.

So the next time you dive in, remember that your mind is one of your strongest tools. Believe in your training, trust your preparation, and stay positive no matter what. You'll be amazed at how far that mindset can take you.

SCHEDULE OF EVENTS

PAC:

- **July 16:** Pasta Party! 4-6:30p at SHS.

SWIM:

- **July 17-19:** PAC Summer Regionals at HOME! Entries are closed.
- **July 23-26:** Senior State Championships at FMC in Westmont, IL. Entries close on July 19th. Qualifiers only.
- **July 25-26:** 10 and under State Championships at Libertyville High School. Entries close July 19th and for qualifiers only.
- **July 28-Aug. 1:** Nationals in Irvine, CA. For qualifiers only.
- **July 29-Aug. 1:** Futures Championships in Madison, WI. For qualifiers only.
- **July 30-Aug. 2:** 11-14 Age Group State Championships in Hobart, IN. Entries close July 26th and for qualifiers only.
- **Aug. 3-7:** Junior Nationals in Irvine, CA. For qualifiers only.

WATER POLO: Junior Olympics are starting!

- **July 18-21:** Girls and mixed 10U and 12U games in Irvine, CA.
- **July 23-26:** Boys play games in Irvine, CA.
- **July 30-Aug. 2:** Championships in North Dallas, TX.

DIVING:

- **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:

Caffeine Part 3:

Real Energy Comes From Fueling Your Body & Recovery

The fastest swimmers don't rely on caffeine—they rely on good nutrition, hydration, proper recovery, and sleep.

If you need more energy before practice or a race, ask yourself:

Did I eat enough carbohydrates today?

Did I drink enough water?

Did I get enough quality sleep last night?

Usually, one of these is the real problem.

Eating enough protein and carbs within 45 minutes of your workout helps you recover and replenish so you feel ready to go again at your next workout or meet. Balanced clean meals containing enough protein throughout the day will raise energy levels, and build and recover muscle.

Don't forget to hydrate! Drink water throughout the day and consider an electrolyte drink before longer practices or during meets lasting several hours.

The Bottom Line

Food is fuel. Sleep is recovery. Water keeps everything working and moving smoothly. Those three habits will improve your swimming far more than caffeine ever will. Build healthy habits now, and you'll perform better in the pool today while protecting your long-term health.

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzakrzewski@d125.org

Proud on how everyone battled this weekend. Final prep until Futures, Age Groups, and Nationals. Now we just focus on cleaning up details and beginning to rest. Be smart about what you do over the next 2+ weeks. Less time on your feet, clean nutrition, and opportunities to get extra recovery sessions.

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

Congratulations to everyone that competed in the Sectional meet and the NSS meet over the weekend. Many of you are seeing the results of your hard work this season. Keep up the focus on the things you need to continue to work on, but now is the time to let go and let your body race. Good luck in all the upcoming Championship events...you got this!

PATRIOT - Coach Kee
keehng@gmail.com

The Patriot swimmers finished the regular season on a strong note with great performances at the North Suburban Splash! Many time improvements were achieved and more cuts were added! As the regional meet competes in the short course yard, we will train more on turns, under-waters, and breakouts. We look forward to seeing our swimmers compete at Regionals on our home turf this weekend!

JR PATRIOT - Coach Thomas
tschwingen@d125.org

Make sure you are getting prepared and excited about regionals this weekend. Looking forward to some fast swim and a fun meet. Take note of what you are doing this week; rest, good night sleep, nutrition, will all come into play, so be mindful.

LIL/MINI PATRIOT - Coach Megan
mosullivan@d125.org

What a great season for all MINI & LILs. Lots of new best times and Champ cuts! All Regional and Up qualified swimmers should follow the calendar for practices this week and next. Entries for Regionals are in and you can see your swimmers events on the entry file Coach Kevin shared or on the Hosted Team page is the entry list and Psych sheet. Any LILs & MINIs not swimming this weekend are welcome to help be Podium Walkout sign holders.

WATER POLO

HS Water Polo - Coach Rose
rwimer@d125.org

Good Luck to our Teams competing at Junior Olympics starting this week!

18u Girls

16u Girls

18u Boys

16u Boys

14u Boys

Fall registration information will be emailed to all families as soon as registration opens.

Age Group WATER POLO:

As we wrap up the summer season, please continue to check the team calendar and ParentSquare regularly for important updates and schedule information.

Fall registration information will be emailed to all families as soon as registration opens.

10U WATER POLO:

Please continue to check the calendar and ParentSquare regularly as we wrap up the summer season. Important updates regarding practices, meets, and end-of-season events will be communicated through these platforms.

Fall registration information will be emailed to all families as soon as registration opens.

MOTIVATION OF THE WEEK:

**“Don’t sell
yourself short.
You are more
capable than
you think.”**

Katie Ledecky

DIVING

COMPETITIVE DIVING
 Coach Jonathan - jroby@d125.org

Good luck to those heading down to Florida this week! Full practice schedule this week, no Monday practice July 20th!

DEVELOPMENTAL DIVING

Full week of practice this week. Next week we will have no practice Monday July 20th, while our National divers are in Fort Lauderdale!

LEARN TO DIVE

No practice this Saturday due to regionals being held at SHS for the PAC Swimmers! We'll see you Friday from 11:45-1!

PAC Social Media

INSTAGRAM:

@patriotaquaticclub

@nipc_wp

@pac_diving

FACEBOOK:

Patriot Aquatic Club -
Lincolnshire, IL

YOUTUBE CHANNELS:

Patriot Aquatic Club
Northern Illinois Polo
Club