

# PATRIOT PULSE

Our **North Suburban Splash** is HERE this weekend and marks our final team meet of the summer season! We can't wait to see everyone race at home and finish the regular season strong. At the same time, our Sectional swimmers will be competing at the FMC Natatorium in Westmont. Best of luck to all of our swimmers—we're excited to cheer you on!

As we shift into championship season, please take a moment to double-check your meet entries. **Meet entries are due each Monday prior to the competition**, so be sure to review your swimmer's schedule and deadlines.

Good luck to our **Age Group Water Polo** teams as they travel to Lincolnshire and Farmington this week for games. Play hard and have fun!

Looking ahead, registration for our upcoming **Swimming, Diving, and Water Polo** seasons will be opening soon. Keep an eye on your email, the calendar, and ParentSquare for registration information and important updates!

#### Here are a few important reminders and updates:

- **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 Kieffer 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.
- **Parent Square:** 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.

## 7 TIPS TO HELP YOU GET READY FOR THE BIG MEET

BY OLIVIER POIRIER-LEROY

With championship season just around the corner swimmers from coast to coast are priming up for their big meets of the year. After months of investing all of those early mornings and seemingly impossible main sets, the opportunity to reap the benefits of all of your hard work is upon you.

Here are 7 tips for making sure that you maximize all of your invested efforts going into meet time—

**1. Pack like a boss.** An extra suit, goggles and cap are obvious ones. Then there is all the non-essential, yet essential stuff. For some it is music — make sure your iPod is charged before you head to the pool. Having had a few meets under your belt this year you should already have a good idea of what you need, and what you don't, as well as what you will need for your pre-race routine.

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## 7/7/26 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.



**2. Manage that extra energy.** In the couple weeks leading up to the meet, training volume will go down, and with it, you will experience a level of superhuman energy that you forgot you were capable of. Managing that sudden influx of energy will be challenging, but be mindful of burning it off in ways that don't interfere with your taper.

**3. Keep your diet surprise-free.** Although we like to think that we love variety in our diet, most of us have a surprisingly consistent set of meals. Will these be available to you at the meet? The last thing you want is your stomach doing a back-flip while you are standing behind the blocks moments before your big race. There are times to try new things with your diet; in the days and hours leading up to your competition is not one of them.

**4. Have your pre-race routine planned out.** Your pre-race routine acts as a trigger, a cue telling your body that it's time to rock and roll. Have a plan for your warm-up, how long you are going to stretch, what you're going to listen to, and so on. Having a pre-race routine helps to keep things familiar and comfortable for you, even if you are at a pool halfway across the globe. Don't know how to build one? Think back to the last time that you swam completely out of your mind, and emulate those same circumstances.

**5. Have goals for the meet.** Duh, right? But you would be amazed how many swimmers don't bother to plan this out. No expectations, no chance of being disappointed, am I right? Wrong. Revisit your dream goals and see where the upcoming meet fits in the long term plan. Go into the meet with a clear outline of what you hope to accomplish, whether it is time, stroke rate, splits, and so on.

**6. Perfect practice.** Repetition and volume are important, but fairly useless unless you are executing with proper form. With lowered yardage heading into the big meet there will be a greater emphasis on developing speed and power; sharpening the blade, so to speak. If you have been focused on maintaining excellent technique in practice until now, this isn't the moment to let that slip.

**7. Envision yourself swimming successfully (especially in the face of adversity).** Phelps was a monster at this; he visualized his races up-and-down, imagining all sorts of scenarios, so that inevitably when something did go wrong (his goggles filled up in the 200m butterfly at the Beijing Games), he was able to remain calm and collected.

In the months, weeks, and days leading up to the meet make a daily effort to visualize the perfect race, while also including variations where things don't go exactly as planned. Here are some sample scenarios to give you some ideas:

- The warm-up pool is overflowing.
- You are late to the meet.
- You don't have time for your usual stretch and warm up.
- And of course, your bathing suit either rips (a la Berkeley Dreamboat, aka Nathan Adrian), or worse.

When going through the negative scenarios your reaction should be calm and focused. If you catch your imagined self getting all freaked out, take a breath and reset.

## SCHEDULE OF EVENTS

### PAC:

### SWIM:

- **July 9-12:** Summer Sectionals at the FMC Natatorium in Westmont, IL. For qualifiers only.
- **July 10-12:** North Suburban Splash at HOME. Sign up by June 30th.
- **July 17-19:** PAC Summer Regionals at HOME! Entries close July 12th. Qualifiers only.
- **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 30-Aug. 2:** 11-14 Age Group State Championships in Hobart, IN. Entries close July 26th and for qualifiers only.

### WATER POLO:

- **July 9:** AG Game vs Lincolnshire @Lincolnshire
- **July 10:** AG Game vs Farmington @Farmington

### 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 2: Where Does Caffeine Hide?

Many people think caffeine only comes from coffee and some soda, but it's found in many foods, drinks, and even supplements.

Common Sources of Caffeine (reminder teens should have less than 100 mg per day)

Energy shot 200-230 mg  
Energy drink 150-300 mg  
Brewed coffee (8 oz) 95 mg  
Espresso 63 mg  
Black tea 40-70 mg  
Green tea 25-45 mg  
Cola 30-40 mg - Mountain Dew 54 mg  
Dark chocolate (1 oz) 20-30 mg - Milk chocolate 8-12 mg

Not all caffeine sources are equal. Coffee and tea generally contain fewer added ingredients, while many energy drinks also include large amounts of sugar, artificial ingredients, and additional stimulants that may increase the risk of side effects.

Watch for hidden caffeine in:

Protein drinks, energy gummies or mints, some flavored waters, and certain headache medication

Many clear or fruit-flavored sodas are caffeinated. For example, **Sunkist** orange soda contains about 41 mg of caffeine per 12-oz can, and **Barq's** regular and diet root beers both contain 23 mg.

Reading the Label

Before buying a drink or snack, check:

The Nutrition Facts panel

The front of the package for "Contains \_\_\_\_ mg caffeine"

The ingredient list for words like:

Caffeine, Guarana, Green tea extract, Coffee extract and Yerba mate

Takeaway: Many products contain much more caffeine than most teens should have in an entire day.

# GROUP UPDATES

## SWIMMING

**ELITE - Coach Kevin**  
[kzakrzewski@d125.org](mailto:kzakrzewski@d125.org)

We have an important weekend ahead of us. Speedo Sectionals! This isn't our end of season meet but it is our last chance to practice our championship routine and our last time racing all together as a group! Looking forward to a fun weekend!

**PATRIOT PLUS - Coach Carolyn**  
[cgrevers@d125.org](mailto:cgrevers@d125.org)

Please check your upcoming entries for the Championship meets. Since we have moved to Captyn, it is not a complete times system and some times are missing. Make sure all the events you are qualified for are chosen. Remember to continue to work on the personal goals you have set for yourself as we start to prepare for Championship meets. We are getting into speed and power in training and we want to see your muscle memory show off!

**PATRIOT - Coach Kee**  
[keehng@gmail.com](mailto:keehng@gmail.com)

This is the last week of the regular season, with a home meet for our swimmers to have an opportunity at one last push. Everyone will prepare and focus on technique, race details, and pacing. As always, good rest and recovery with a healthy diet are super important! Please stay aware of the practice schedule for your swimmers depending on their goals and the number of championship cuts.

**JR PATRIOT - Coach Thomas**  
[tschwingen@d125.org](mailto:tschwingen@d125.org)

We are down to the final week of our regular season, only couple days left. Some swimmers will start to rest this week in the hopes of dropping some time and achieving new best or champ cuts. Come ready to give it your all!

**LIL/MINI PATRIOT - Coach Megan**  
[mosullivan@d125.org](mailto:mosullivan@d125.org)

Final Week of the season! We are excited to see how the final in season meet goes. Please verify entries for this weekend on the Captyn website. As a reminder if your swimmer is qualified or close to qualifying for a Champ meet please Opt in to the meet on Captyn. Schedules for Championship practices will be updated on the calendar.

## WATER POLO

**HS Water Polo - Coach Rose**  
[rwimer@d125.org](mailto:rwimer@d125.org)

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.

### 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.

## DIVING

**COMPETITIVE DIVING**  
 Coach Jonathan - [jroby@d125.org](mailto:jroby@d125.org)

Competitive divers make sure you are signed up for AAU Nationals through the DiveLive App!! This is your last week to register!!

### DEVELOPMENTAL DIVING

**Regular practice schedule for all the Devo divers.**

### LEARN TO DIVE

No Saturday practice this weekend due to the North Suburban Splash, We'll see everyone on the boards Friday!

### MOTIVATION OF THE WEEK:

**“The way to get started is to quit talking and begin doing.”**

*Walt Disney*

### PAC Social Media

#### INSTAGRAM:

@patriotaquaticclub  
 @nipc\_wp  
 @pac\_diving

#### FACEBOOK:

Patriot Aquatic Club -  
 Lincolnshire, IL

#### YOUTUBE CHANNELS:

Patriot Aquatic Club  
 Northern Illinois Polo Club