

# PATRIOT PULSE

**Water Polo Update** - Our Age Group Water Polo teams have several games coming up! Please be sure to check Parent Square regularly for schedules, updates, and important information. Good luck to all of our athletes as they compete—we're excited to see your hard work pay off!

**Louisville Training Trip** - This Sunday, a group of PAC swimmers will be heading to the University of Louisville for a special training experience. Coach Thomas and Coach Carolyn will accompany the group as they learn from some of the top coaches and swimmers in Kentucky. We know you'll represent PAC with pride and make the most of this incredible opportunity! Additional details for those who have registered for the trip will be sent out on Wednesday.

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/> 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>
- **PAC Team Shirts:** They are in and we are wearing our heart on our sleeve this season to support heart health and one of our amazing teammates. If you have not received your shirt, please ask your coach for it.
- **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.

## 3 WAYS SWIMMERS CAN GET MORE FROM THEIR SWIM PRACTICES

BY OLIVIER POIRIER-LEROY

You spend a lot of time in the water.

Churning up and down the black line.

Are you going through the motions...

Getting so-so better...

Or are you making the most of your time in the pool?

Here are three quick things you can start doing today to get more from your swim practices.

Let's dive right in,

HAVE CLEAR, SPECIFIC THINGS YOU WANT TO SPEND TIME FOCUSING ON AT PRACTICE.

Coach may be the one who writes the workouts, but it's ALWAYS on you to decide how focused and intentional your swimming is.

And faster swimming and better workouts happen **when we are proactive about the things we want to improve.**

Choose a couple of things you are going to do exceptionally well at practice:

- I am going to do every turn as well as I can.
- I am going to push off with max force with a tight streamline

## TABLE OF CONTENTS:

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

6/16/26

## 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.



- I am going to swim with excellent technique from meter one until the moment practice is over.
- I am going to break out at 10m off every wall.

Your coach might be the one who is writing up the sets, but *you* decide how focused and intentional those meters and yards are.

CHASE IN-PRACTICE BESTS.

The swim season can feel long.

The confidence that comes from practice personal records keep us motivated to come back and work hard again tomorrow.

Keep a log of your records and bests for practice-related stuff.

They can include:

- Fastest interval you can hold for reps of 100 swim on 1:30
- How fast you can kick 200 with a board
- How many reps of 25m you can hold at 100 race pace

And so on.

The options are almost endless.

These micro goals serve as benchmarks for our swimming.

They help us stay on track.

Stay motivated.

And stay hungry to come back and dominate the next practice.

BE RELENTLESS ABOUT LEARNING HOW YOU CAN BE BETTER

High-performance swimmers know that swim practices are places to learn.

You are figuring stuff out.

*Learning.*

What's working. What's not. How to be better. And how to apply the lessons of triumphs and failures to move forward smarter and faster than ever.

"I don't think anyone will ever be able to perfect the sport, and that's kind of what I love about it," Caeleb Dressel [told USA Today](#). "You're always chasing something. Even the logbooks, you're just trying to write down what you can try to figure stuff out. It's like a puzzle."

Make a point to regularly evaluate and reflect on your swimming.

Whether it's in the pages of a logbook or in your journal or in a text file on your smartphone.

Some ways you can evaluate and learn from your swimming:

- Write out your swim practices and rate your effort to keep yourself honest about how hard you are working
- Note the times you pushed through an "impossible" set to help you realize that you are tougher than you think
- Note the self-talk, body language, and attitudes you use when you are successful (and not) in the water to build a blueprint of the mindset that helps you succeed.

And more.

Reflect on your swimming.

Learn what works best.

The fastest path to faster swimming is taking full advantage of your strengths and learning and improving on your weaknesses.

## SCHEDULE OF EVENTS

### PAC:

- **July 4:** July 4th Parade! More info to come.....

### SWIM:

- **June 26-28:** North Shore Open at HOME. Entries are closed.
- **June 27-28:** RISE Summer Splash at Libertyville HS. Entries are closed.
- **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.

### WATER POLO:

- **June 19:** AG Game vs. Farmington @Farmington
- **June 22:** AG Game vs Lincolnshire @Stevenson HS
- **June 26-28:** JOTeams compete in the Windy City Tournament
- **June 29:** AG Game vs Farmington @Farmington
- **July 6:** AG Game vs Tennaqua @Stevenson HS
- **July 9:** AG Game vs Lincolnshire @Lincolnshire
- **July 10** AG Game vs Farmington @Farmington

### DIVING:

- **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:

Healthy fats are an important part of an athlete's diet and should not be avoided. They provide a long-lasting source of energy, support brain function and concentration, help the body absorb important vitamins, and play a role in reducing inflammation and supporting recovery. Good sources of healthy fats include nuts and nut butters, seeds such as chia, flax, pumpkin, and sunflower seeds, avocados, olives, olive oil, avocado oil, fatty fish like salmon, tuna, trout, and sardines, as well as foods like eggs, hummus, and edamame. While carbohydrates are the body's preferred fuel for high-intensity exercise, healthy fats help support overall health and provide sustained energy throughout the day. Including a source of healthy fat at meals and snacks can help athletes stay satisfied, recover well, and perform at their best.

# GROUP UPDATES

## SWIMMING

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

This week we have started our full summer routine. Looking forward to seeing some great competition next weekend at our meet. The North Shore Open is stacked with quite a bit of quality swimmers and even some collegiate swimmers. Should be a fun weekend!

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

We did a really great job working on some changes and alterations in our events at the RISE meet.

We will continue to build endurance in our strokes, but more in our main events now. As always, be thoughtful and deliberate in dryland while we push even more in strength and balance to achieve more control in everything we do in the water.

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

It was an exciting weekend at the Rise meet - Patriot swimmers recorded many personal best times! We will continue the momentum for swimmers to learn what to work on and for us to plan the training for the next week. It is also the time for everyone to start picking specific areas that they should focus on; there's a competitive meet in 2 weeks to measure progress and then the last meet to achieve the goal times in their events.

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

We had some great swims this past weekend at the RISE meet. Each swimmer should be focusing on what the coaches talked to them about and what changes are needed in their strokes. Keep up your attendance and keep pushing yourselves!

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

Great job to all this weekend. We've been really pushing the LILs every practice. We'll continue the push the next few weeks to set up for the end of the season.

## WATER POLO

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

JO teams competing in Windy City Tournament 6/26-28!

Make sure you are connected on Parent Square to stay up to date with practices, games and changes.

Age Group WATER POLO:

Age group game schedule:

<https://docs.google.com/spreadsheets/d/1aFANPxUXuTMRaXVcUm462tXhQt-wB7kaW8nCGoX6HZI/edit?usp=sharing>

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10U WATER POLO:

Practices Monday/Wednesday  
6-6:45pm

Make sure you are connected on Parent Square to stay up to date with practices, games and changes.

MOTIVATION OF THE WEEK:

**"There are no secrets to success. It is the result of preparation, hard work and learning from failure."**

*Colin Powell*

## DIVING

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

Full practices slate this week for our competitive group. A reminder to all to register for AAU nationals in Fort Lauderdale mid July on DiveLive!

DEVELOPMENTAL DIVING

Congrats to our Devo divers that competed in their first meet this previous weekend!

LEARN TO DIVE

No practice this Saturday for our L2D crew, we'll see y'all on Friday at our normal time 11:45-1pm!

PAC Social Media

INSTAGRAM:

[@patriotaquaticclub](https://www.instagram.com/patriotaquaticclub)

[@nipc\\_wp](https://www.instagram.com/nipc_wp)

[@pac\\_diving](https://www.instagram.com/pac_diving)

FACEBOOK:

Patriot Aquatic Club -  
Lincolnshire, IL

YOUTUBE CHANNELS:

Patriot Aquatic Club  
Northern Illinois Polo  
Club