

PATRIOT PULSE

We have a busy weekend ahead with five events taking place across our programs!

PAC Swim will be competing at two meets: our home **North Shore Open** at Stevenson High School and the **RISE Summer Splash** at Libertyville High School.

Our NIPC Junior Olympic teams will be in action at the **Windy City Tournament**, competing at Hoffman Estates High School and Conant High School. Meanwhile, our Age Group Water Polo team will travel to Farmington for a game.

PAC Diving will also be on the road, competing at the **USA Diving Central Championships** at the University of West Virginia.

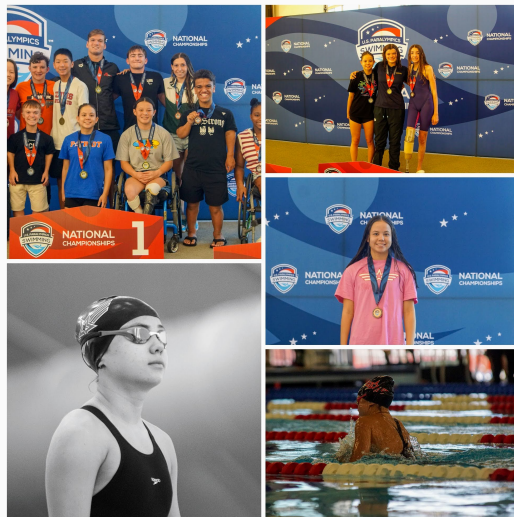
Best of luck to all of our athletes and coaches this weekend. Your hard work and dedication continue to make our programs proud, and we look forward to watching you represent PAC and NIPC with excellence!

Athlete Spotlight: Daniella Berger

Congratulations to PAC swimmer **Daniella Berger** on her outstanding performance at the Paralympic National Swim Meet in Boise, Idaho. Daniella earned bronze medals in both the 100-meter and 200-meter Breaststroke events and helped her team capture a gold medal in the 400-meter Medley Relay.

Adding to her impressive accomplishments, Daniella has been selected to attend a **Paralympic Emerging Athlete Camp** later this summer—an incredible honor that reflects her dedication, perseverance, and commitment to excellence.

Congratulations, Daniella, on these remarkable achievements. We are proud of all that you have accomplished and look forward to following your continued success as you pursue your Paralympic goals. Keep up the great work!



Eddie Reese's Advice for When Swimmers Aren't Improving

BY OLIVIER POIRIER-LEROY

Feeling a little stuck with your swimming? Here is some wisdom from one of the GOAT swim coaches of all time, Eddie Reese.

Swimmers in the pursuit of excellence in the water invariably encounter the unexpected plateau or poor swim.

The moments when despite all their hard work, things just aren't clicking, clacking, or improving.

Maybe it happens in the middle of a training cycle, after what you thought was a great bout of training, or on the heels of a big meet.

So what can swimmers do to push through these inevitable struggles and continue on their path to chlorinated excellence?

Eddie Reese powerfully reminds us what perspective to use when improvement feels harder to grasp than water.

Coach Reese, after all, has more experience than anyone when it comes to developing elite swimmers.

See also: [Eddie Reese's Favorite Sets for Getting Swimmers in Shape](#)

Reese won an NCAA-leading 15 national titles at Texas and placed in the top three at NCAA championships an eye-watering 36 times.

He's also had tons of success on the international stage, with his swimmers winning nearly 70 Olympic medals over the years.

And he has some excellent wisdom for those stretches during the season when things aren't clicking or you are working your tail off, but not seeing the results you're expecting.

Per Reese:

TABLE OF CONTENTS:

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

6/23/26 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.



"If you're not swimming bad at some time of the year, you're not trying to get better."

Reese's advice is a great reminder that improvement and success in the water is not linear.

Just because you work hard every day, do the right things, and mind the details means everything will go smoothly and perfectly.

There will be times when it feels struggle than you expect.

There are going to be dips, setbacks, and plateaus throughout the season.

Your goal as an elite-minded swimmer is to persevere, analyze where you can improve, and have faith in the work and the process.

HOW TO BOUNCE BACK WHEN YOU AREN'T IMPROVING

Here are some more tips on how to work through moments when you aren't swimming as well as you'd expect or like:

Get mental distance.

When you are away from the pool, be out of the pool mentally, too. Dwelling on poor performances in training (or competition) doesn't help you recharge the proverbial batteries.

Get distance mentally by socializing with friends, catching a movie, and other wise living your life.

Unplugging from the pool doesn't make you "want it" less or anything like that.

If anything, being able to reset and separate yourself from the intensity and rigor of high-performance swimming when on the dry side of the pool is a competitive advantage.

Don't worry—the pool will still be there tomorrow.

Focus on different levers of improvement.

Swimmers (naturally) fixate on the clock when measuring themselves for improvement.

Fair enough!

There are lots of other ways to improve, however, that aren't immediately reflected on the clock.

Things like: Improving your nutrition habits. Better hydration habits. Stretching more. Swim each lap with one fewer stroke. Pulling on the lane rope on odd lengths instead of 100% of the time.

There are lots of different ways to improve in the water and focusing on something different (stroke count, nutrition, sleeping habits) can help build momentum and improve your overall process.

Which, in time, will lead to even more improvement.

Go back to basics.

In moments where I am up to my ears in frustration in the pool, where I can't catch the water, hit my pace, or my stroke feels like that swim cap that disappears for months under the bleachers at the pool, I go back to basics.

Slow things down and focus on catching a tiny bit more water with each arm pull.

Do lengths of the pool with the absolute best technique possible, regardless of time.

Go back to learn-to-swim basics and do streamlines for distance.

Often, we get caught up in pushing and pushing effort and times in the water.

But when we hit the wall, or things aren't working, dialing it back and getting back to the fundamentals are a great way to hit reset and get back on track with your swimming.

After all, if you are swimming *well*, it's only a matter of time before you start swimming *fast*.

WRAPPING THINGS UP

It's easy to get lost in frustration when we aren't swimming to our standards or the improvement has come to a dead stop.

But getting some perspective, working on improvement in other areas, and revisiting the building blocks of smooth, fast swimming can help you get back on track.

As Reese notes, it's important to remember that things won't go perfectly all season long. Poor swimming *will* happen.

But it's on you to navigate those downswings in performance with perspective and a healthy process.

Happy swimming!

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 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:

Busy schedules and traveling doesn't always allow for home-cooked meals, and that's okay. Fast food and restaurant meals can still fit into a healthy athlete's diet when you make smart choices. Look for meals that include a lean protein source, carbohydrates for energy, fruits or vegetables, and a drink like water or milk. Grilled chicken sandwiches, burrito bowls, turkey sandwiches, rice bowls, salads with protein, grilled wraps, and breakfast sandwiches are often better choices than fried foods. When possible, add a fruit, side salad, or vegetables, and limit or avoid sugary drinks. Remember, the goal isn't perfection—it's choosing options that help fuel your body, support recovery, and keep your energy steady for practices, meets, and everyday life.

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzakrzewski@d125.org

Looking forward to this weekend! This will be our first prelim/final meet of the next few weeks. We are suiting up and practicing our routines and our races! You are expected to perform this weekend. Be ready to do everything you can to give your best effort every race!

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

Whether you're training at home or attending a camp this week, stay focused on the things YOU need to improve.

This weekend's Prelim/Final Meet is a great opportunity to put your hard work on display. From starts and turns to race strategy and mental preparation, every practice has been building toward moments like this. Trust the work you've put in, stay focused on the process, and be ready to show what you've been working on.
 Good luck, and race with confidence!

PATRIOT - Coach Kee
keehng@gmail.com

While continuing to improve aerobic capacity along with strength and power, we are stepping back to work on basics such as efficiency in the water with optimal body position. Race pace training is still the main focus for our swimmers to prepare and adapt to their exact races. Consistency to show up for practices and to recover properly from training is very important at this stage.

JR PATRIOT - Coach Thomas
tschwingen@d125.org

We'll be getting ready for our next meet this weekend at Rise. Make sure to think about those small details in practice that you can fix now to make that a difference in your swims.

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

This upcoming weekend is another meet at RISE. Be sure to check times for the RISE Summer Splash meet. We are still focusing on building for our July meet. Entries for our NSS meet will be updated after this weekend and will be based on Regional/State cuts if needed - Coach Megan will review and adjust as needed. This week we will also do a fun end of season goal activity that will help decorate for our end of season meets.

WATER POLO

HS Water Polo - Coach Rose
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>

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

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.

DIVING

COMPETITIVE DIVING
 Coach Jonathan - jroby@d125.org

No practice this Friday, take the time to register for AAU Nationals in Fort Lauderdale using the DiveLive app!

DEVELOPMENTAL DIVING

Normal week of practices except Friday, come in Tuesday or Thursday for your make up

LEARN TO DIVE

No practice Friday or Saturday for the L2D groups, reach out to coach Roby for make up options

MOTIVATION OF THE WEEK:

**“You may
 have to fight
 a battle more
 than once to
 win it.”**

Margaret Thatcher

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