

# PATRIOT PULSE

Congratulations to all of our athletes on an outstanding weekend of competition!

Our PAC swimmers had a fantastic weekend racing at both Stevenson High School and Libertyville High School. The team put together many impressive performances, highlighted by numerous new qualifying cuts and personal bests. We can't wait to see everyone back in action again in two weeks!

Our NIPC water polo teams also had a strong showing at the Windy City Wind Up Tournament. Congratulations to all of our athletes on their hard work and competitive performances!

- **10U Team:** 3rd Place
- **14U Boys:** 5th Place
- **16U Boys:** 7th Place
- **16U Girls:** 3rd Place
- **18U Boys:** 4th Place
- **18U Girls:** 2nd Place

A reminder that we will **not** be participating in the 4th of July Parade this year.

We hope everyone has a safe and enjoyable holiday weekend! Take the opportunity to rest, recharge, and get ready to finish the season strong as we head into the final two weeks of the regular season.

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.

## WHY YOU SHOULD ALWAYS FINISH STRONG

BY OLIVIER POIRIER-LEROY

"Go out fast, come back faster!"

Probably sounds familiar.

This is one of the classic coach-isms that swimmers receive in the moments before stepping up on the blocks.

But this outlook is something you should bring with you to the practice pool, too.

Here's why you should *always* finish strong.

### FINISH LIKE A CHAMPION

It's the end of a big set, something gnarly like 30x100s on a short interval, best average, and it's a certified fact that you are hurtin'.

Legs are cement, lungs are burning, and you are questioning your choice of sport.

As you begin the head-first fall into Ouchietown, your technique begins to crack, you slow into the finish, and your effort, which at the beginning of the set was pristine and focused, is now disheveled and loose.

The way we finish things are rarely as neat and intense as the way we start.

But it's exactly these moments, whether it is at the end of the set, or the end of a rep, where you should double down on your effort.

This is when you conquer.

## TABLE OF CONTENTS:

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

## 6/30/26 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.



Disclaimer: To be clear... you know **I am not talking about being a total Sammy Save-Up, right?**

You know, **that** swimmer who coasts for 95% of the main set and then comes ripping down the home stretch on the final rep, dusting everyone and nearly going a PB? I'm **talking about giving a great effort throughout the set/rep, and then closing with your absolute best.**

Every time.

Finishing strong... whether it's on a threshold set or a drill set or a set of race pace 25s... is a mindset. **It takes no talent to do this.**

And you can start building this habit **today.**

The perks of doubling down on your effort at the end and finishing like a champ are 10/10:

**YOU ARE BUILDING AN INVENTORY OF CONFIDENCE.**

Here's a fun little quirk about your brain and the way you form memories: in every experience, whether a set, a race, or a season, the most intense peak and the way things end are what you remember most.

This is a psychological heuristic called **peak-end rule.**

For example, you might have had some good sets over the course of the week, but it's the most intense one (good or bad) and the most recent ones that you create memories around.

Same goes with a set.

You think about that one great (or terrible) rep, and your final rep.

And because **self-confidence is generally built on the back of our memories**, of our experiences in the water, isn't it worth using this little brain quirk to our advantage?

Finish strong.

Always.

Not only do you get the performance benefits that come with a full and complete effort, but you get the confidence that comes with it, too.

**FINISHING STRONG LEAVES YOU IN CLEAR WATERS.**

At the beginning of anything, whether it's a workout, a season, or a new year, you are full of energy and optimism. And you aren't alone—your teammates and competitors are also feeling the novelty and excitement of what's possible and getting started.

But as the training plods on, the novelty starts to wear off, fatigue accumulates, you are battle worn from setbacks/injuries/adversity, and doing the small things, the details, feels tedious and like too much effort.

When you're tired and beaten up, summoning the effort to perform at a peak level feels onerous. And spoiler alert: so is everyone else. Your teammates. Your competitors.

Which means **this is a prime opportunity to differentiate yourself from the competition.**

Take advantage of this chance to continue to sharpen your preparation and distance yourself from the swimmer in the next lane.

Finish strong.

You'll put yourself in rarefied waters.

**FINISHING STRONG IS AN ELITE HABIT.**

At the end of a race, when your lungs are on fire and you feel like you've been sluggish by a one-two punch of mental and physical fatigue, **you can rely on your established habit of finishing like a champion to carry the day.**

You don't need to think about finishing properly, the habit is already there. **Finishing strong becomes the default.**

Which, as you can imagine, will give you a solid amount of confidence when you come down the home stretch. Because you have stormed into the finish a million times in practice, doing it again in competition is second-nature.

This knowledge will give you that extra kick of adrenaline and confidence when you push off that final wall and look over the lane rope and meet eyes with the swimmer in the next lane.

Finish strong. Make it clockwork.

**THERE'S A PROCESS FOR THAT.**

A simple way you can **dial up your finishing power is to use performance cues** at the end of each rep and set.

When fatigue is kicking in, your concentration is evaporating, and your willpower is sagging to the bottom of the pool like a water-logged sweater, use your performance cues.

Last summer I did literally hundreds and hundreds of all-out 50s. When I reached the 30m-35m mark, my lungs were generally on fire, my legs had turned to concrete, and my technique and soul began to crack.

The solution? Distracting myself with a performance cue ("Hulk smash!") that also helped me stay in the **finish strong** mindset.

That simple.

Use it enough times in practice, and it will become second nature, something you can rely on in competition to guarantee that your best effort and maximum focus will be there for you at the finish.

Finish strong. Use a cue to trigger it up.

## SCHEDULE OF EVENTS

### PAC:

- July 4:** Enjoy the day! We are not in the parade.

### 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 6:** AG Game vs Tennaqua @Stevenson HS
- 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:

### Part 1 of 3: Effects of Caffeine & Kids:

When you're tired before practice or a big meet, grabbing an energy drink or coffee might seem like a quick fix. But caffeine doesn't actually create energy—it tricks your brain into feeling less tired at a cost of some very serious side effects.

Children under 12 should AVOID caffeine whenever possible. For teens ages 12–18, experts recommend staying below 100 mg of caffeine per day, unless advised by a healthcare provider.

### Too much caffeine can cause:

Increased heart rate & blood pressure  
heart palpitations & rapid breathing  
Severe cases can trigger arrhythmias (irregular heartbeats)  
Poor sleep & slower recovery  
Anxiety, jitters, or shakiness  
Stomach upset  
Headaches  
Dehydration  
Energy crashes later in the day  
For swimmers, quality sleep is one of the biggest performance enhancers. No energy drink can replace a good night's sleep.

Instead of caffeine before practice, try:

A banana with peanut butter  
Apples with string cheese  
Graham crackers with peanut butter  
Greek yogurt and berries  
Oatmeal with fruit  
A turkey sandwich  
Water and an electrolyte drink

Takeaway: If you're always reaching for caffeine before practice, your body may actually be asking for more sleep, better hydration, or more carbohydrates.

# GROUP UPDATES

## SWIMMING

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

As a group we had a very solid showing at the North Shore open. Next up is Sectionals down at FMC. Let's keep the racing going. Please make sure you are hydrating this week!

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

What an experience for those that came and practiced at the Lou! The Louisville Swim Camp was informative and the coaches were spot on with their feedback.

Congratulations to everyone that competed at the NSO this weekend. Many new cuts were made and there were huge strides in racing confidence. We are on the home stretch and I want everyone to stay focused on your goals and continue to push yourself in practice and dryland.

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

The split squads of the Patriot group did well at the North Shore Open and Rise Summer Splash meets. Multiple cuts at various levels were recorded! The next step is for everyone to laser focus on their events to be swam at North Suburban Splash. All swimmers should know their own areas of technique, race pacing, race details, and goal time of each event to work on during practices.

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

What a fun and great experience for all those that came with us to Louisville for our training trip. Hopefully, everyone took away some new knowledge in the sport of swimming that'll help you excel. With a short amount of our regular season left, make sure to keep working hard so you may achieve your goals.

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

2 weeks left of the full season! Great job this past weekend, I can see the hard work paying off. I will be reviewing entries for our last meet and adjust as needed for last chance times. With the heat this week we will stay inside for drylands but it's very important to remind your swimmers to hydrate throughout the day.

## WATER POLO

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

Nice work to all the athletes that competed in the Windy City Wind Up Tournament this weekend.

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:**

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](mailto:jroby@d125.org)

Brunson Camp is kinda mixing up our dryland but we'll be back to normal Thursday morning, normal workout schedule otherwise for the Competitive group.

**DEVELOPMENTAL DIVING**

Normal Monday, Wednesday, Friday practices for the Devo crew!

**LEARN TO DIVE**

Another week of no Saturday practice due to the holiday this weekend, have a happy and safe 4th!

**MOTIVATION OF THE WEEK:**

**“Don't let  
 yesterday  
 take up too  
 much of  
 today.”**

*Will Rogers*

**PAC Social Media**

**INSTAGRAM:**

@patriotaquaticclub

@nipc\_wp

@pac\_diving

**FACEBOOK:**

Patriot Aquatic Club -  
 Lincolnshire, IL

**YOUTUBE CHANNELS:**

Patriot Aquatic Club  
 Northern Illinois Polo  
 Club