

# PATRIOT PULSE

This weekend, PAC swimmers heads to Libertyville for the RISE Endless Summer Meet. Best of luck to all of our athletes as they compete in what promises to be a fun and exciting event!

We also have swimmers competing in the Zones Open Water Championships at Lake Andrea at the RecPlex on Thursday and Friday. We can't wait to see them take on the challenge and represent the team with pride.

Last weekend, Ella, Jocelyn, and Aria represented our team at the Mel Zajac International Invitational. Reflecting on the experience, Coach Kevin shared, "It was an amazing experience, and I'm thankful for the opportunity to serve as head coach for the trip."

Congratulations to Knox Kruk on competing at the USA Diving Junior Zone D Championships this past weekend, and to Jack Hansen on qualifying for the USA Diving Central Championships at West Virginia University later this summer. We are proud of your accomplishments and look forward to cheering you on in the weeks ahead!

## 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>
- **Parking Lot Seal Coating:** This week (June 11-12) the Stevenson Drive from Port Clinton to Lot D, E and Admin Building will be closed. Enter at Route 22 to get to Lot D. Next week (June 18-19) the whole north side will be closed so enter at Route 22 and drop off at Lot B.
- **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.

## School is Out: Surviving Summer Doubles and Maximizing Your Swim Training

by SUMMER FINKE

For many swimmers, the final school bell has rung, backpacks have been tossed aside, and summer has officially arrived. While friends are sleeping in, heading to the beach, or enjoying carefree afternoons, competitive swimmers know that summer often signals something entirely different: doubles, increased yardage, and some of the toughest training of the year.

For many, this transition can feel exciting at first. No homework means more time to recover, more time to spend with friends, and more time to focus on swimming. But after the first few weeks of early mornings and challenging practices, the reality of summer training begins to set in. Fatigue accumulates, motivation fluctuates, and swimmers quickly discover that surviving doubles requires more than simply showing up.

One of the biggest adjustments is learning how to manage energy throughout the day. During the school year, swimmers often balance academics, extracurricular activities, and training. Summer removes many of those obligations, but it also introduces a new challenge: spending multiple hours each day in the water and in the weight room.

## TABLE OF CONTENTS:

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

## 6/9/26 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.



It can be tempting between practices to fill every hour with summer activities. However, many swimmers understand that recovery is just as important as the work completed in the pool. The time between morning and afternoon practice should be treated as part of training, not separate from it. It provides a perfect opportunity to prepare for prelim and final competitions.

[Nutrition](#) also becomes especially important during summer doubles. A single practice can burn a significant amount of energy, and two demanding sessions each day place even greater demands on the body. Waiting until dinner to refuel is a recipe for fatigue. Instead, swimmers should focus on eating consistently throughout the day, prioritizing carbohydrates to replenish energy stores and protein to support muscle recovery.

Hydration is another area that often gets overlooked. Since swimmers spend their workouts surrounded by water, they may not recognize how much they are actually sweating. Add summer heat and outdoor activities into the equation, and dehydration can sneak up quickly. Keeping a water bottle nearby throughout the day and drinking consistently between practices can make a noticeable difference in performance and recovery.

Mental fatigue can be just as challenging as physical fatigue. Summer training blocks are designed to build fitness, and that process is not always glamorous. Practices may feel repetitive. Progress may seem slow. Some days, swimmers will feel amazing. Other days, simply making it through the workout feels like an accomplishment.

During these periods, it is helpful to remember the purpose behind the work. Summer training is often the foundation for success later during championship season. The endurance, strength, and mental resilience developed during long training blocks is the key to success. While the connection may not always be obvious in the moment, every practice contributes to a larger goal.

Setting small, achievable goals can help maintain motivation throughout the summer. Rather than focusing exclusively on a championship meet that may be weeks or months away, swimmers can challenge themselves to improve one aspect of practice each day. Focus on being present and giving each day your all. One day that might mean working on strong underwater kicks, it may be holding stroke technique during difficult sets, or simply bringing a positive attitude to the pool.

Perhaps most importantly, swimmers should remember that rest is productive. Sleeping in when possible, taking short naps between practices, and prioritizing recovery are not signs of laziness. They are essential components of high-level performance. The athletes who thrive during doubles are often the ones who recover as intentionally as they train.

Summer training is not easy, and it is not supposed to be. Doubles challenge swimmers physically, mentally, and emotionally. Yet those same challenges create opportunities for growth. Every challenging set, every early alarm, and every afternoon practice completed despite tired legs helps build the habits that separate good swimmers from great ones.

School may be over, but for swimmers, summer is often where the most important work begins. Embrace the process, trust the training, and remember that the effort you invest today could become the breakthrough performance you celebrate during championship season.

## SCHEDULE OF EVENTS

### PAC:

- TBA

### SWIM:

- **June 12-14:** RISE Endless Summer meet at Libertyville HS. Entries are closed.
- **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:

- TBA

### DIVING:

- **June 13-14:** Patriot Diving Summer Invite at HOME.
- **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:

Reading nutrition labels doesn't have to be complicated. Start by looking at the serving size, since all of the nutrition information on the label is based on that amount. Next, check the protein and fiber content, which can help keep you full and support recovery. Pay attention to added sugars, as foods and drinks with large amounts may provide quick energy but often lead to energy crashes later. The ingredient list can also be helpful—the shorter and more recognizable the ingredients, the better. Remember, no single food makes or breaks a healthy diet, but learning to compare labels can help you make informed choices that support your training, recovery, and overall performance in and out of the pool.

# GROUP UPDATES

## SWIMMING

## WATER POLO

## DIVING

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

This past weekend Ella, Jocelyn, and Aria all competed at the Mel Zajac Invitation. It was an amazing experience and I'm thankful I could be the head coach of the trip. This week we get back to work. We will be moving to our new schedule this week with some minor adjustments and then go 100%.

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

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

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

Congrats to Knox Kruk for competing this weekend at USA Diving Junior Zone D Championships, and to Jack Hansen for Qualifying to the USA Diving Central Championships at University of West Virginia later this summer this weekend!

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

We had a great week of training in LCM. There is a steady improvement in power, strength, control and speed. Make sure to stay focused on technique as you build up in the LCM training. Also make sure to be diligent in dryland. Keep up the good work and good luck at the Endless Summer meet!

Age Group WATER POLO:

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

DEVELOPMENTAL DIVING

If you haven't already signed up for the the Patriot Diving Summer Invitational, theres still time! Reach out to Coach Roby for any questions or issues you may have.

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

Summer season is here, which means long course practices are in full swing! This allows us to work on pacing consistency and technical durability. These areas combined with race details will better prepare our swimmers in LCM meets. Dryland workout builds explosive power, core strength, and mobility that cannot be obtained from swimming alone. Therefore, coming to practice for both dryland and swimming is important to get ready for upcoming meets!

10U WATER POLO:

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

LEARN TO DIVE

Any make up lesssons can be made up this and next week from 1-2pm, No practice this Saturday!

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

As we are now in our summer schedule, make sure you are attending all the upcoming practices you can. There are still swimmers who do not bring water to practice. With the weather warming up, it is even more important to stay hydrated; so make sure to have your water bottles. Our next meet is this weekend in Libertyville, so hopefully we all come ready to race!

MOTIVATION OF THE WEEK:

**"Your talent determines what you can do. Your motivation determines how much you are willing to do. Your attitude determines how well you do it."**

*Lou Holtz*

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

We are officially in the Summer Schedule now. As we progress the next few weeks practice groups may get split up into different interval groups to help each individual progress at their rate. As a reminder these groups are not just based on times but also stroke and drill techniques. As always a reminder that swimmers need to stay hydrated and be safe in the sun. Bad sun burns & dehydration can cause illness.

PAC Social Media

INSTAGRAM:

[@patriotaquaticclub](#)

[@nipc\\_wp](#)

[@pac\\_diving](#)

FACEBOOK:

Patriot Aquatic Club -  
Lincolnshire, IL

YOUTUBE CHANNELS:

Patriot Aquatic Club  
Northern Illinois Polo  
Club