

PATRIOT PULSE

PAC swimmers are competing in the Spring Fling at Stevenson HS this weekend. More information will be available soon. Meet information can be found here: <https://www.patriotaquaticclub.captynsites.com/hosted-meets>

The NIPC 10U, 12U and 14U teams head to Glenbrook South this weekend for games. PAC Diving heads to Glenbrook North for the AAU Summer Qualifier. Good luck to everyone!

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>
- **Volunteer Sign-Up:** Spring Fling Meet volunteer sign-up is open. Just a friendly reminder that each family that has a swimmer participating this weekend is required to sign up for one volunteer position in accordance with PAC's volunteer policy. [patriotaquaticclub.captyn.com](https://www.patriotaquaticclub.captyn.com)
- **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. Shirts will be handed out this week and will be worn on Saturday of the Spring Fling.
- **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.
- **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 for Surviving and Loving Long Course Season

by [SUMMER FINKE](#)

The jump from short course to long course season can feel like a completely different sport at first. In short course, you get walls, breaks in the rhythm, and constant chances to reset. In long course, it is just 50 meters of continuous swimming at a time, which can feel long, quiet, and sometimes unforgiving for swimmers of all levels.

With this, long course season is also where a lot of real growth happens. It teaches patience, strength, and race control in a way short course never fully can. The swimmers who learn to embrace it usually come out better prepared for championship season later in the year.

Here are some practical ways to survive the transition from short course to long course and to actually start to enjoy the long course seasons.

Stop Chasing the Clock Right Away

One of the biggest mistakes swimmers make early in long course season is expecting their short course times to translate immediately. Long course racing takes patience and is slower on the clock at first, but not because you are not progressing. There are fewer turns, fewer push-offs, and fewer chances to reset your speed. That means your race may feel much much longer.

Instead of focusing on best times early in the season, focus on how the race feels. Ask yourself if your stroke is holding together, if your breathing is controlled, and if your pace is consistent. The times will come later.

Learn to Be Comfortable in the Middle of the Pool

In short course, you are never far from a wall. Whereas in long course, you spend a lot more time in the middle of the pool with nothing but your stroke, your breathing, and your own thoughts.

This change can feel uncomfortable at first, especially when you are used to using walls as checkpoints. Use this to your advantage as this is where long course can make you mentally stronger. A good goal is to stop thinking about getting to the wall and start thinking about holding your technique. Breaking the pool into smaller mental segments will help a lot.

Pace Feels Different, So Train It That Way

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5/12/26 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.



Pacing during a long course race is not just about going out fast and hanging on. It is about control from the very second you dive into the water.

Some swimmers often go out too fast in the first 50 or 100 meters in a race and then slowly fade. A better approach is learning what “controlled speed” feels like during practice. Long course rewards swimmers who can stay patient when they feel good.

Underwaters Matter Less, But Technique Matters More

In short course, underwaters can make or break a race. In long, they still matter, but they are not going to save a bad race. This is why technique becomes the biggest factor during long course season. Streamlined, efficient swimming is what carries you.

Think about:

- Staying long through your stroke
- Keeping your head in line
- Avoiding extra movements when you get tired

When fatigue hits, technique is what keeps you moving forward.

Embrace the Burn Instead of Fighting It

Long course sets tend to feel more aerobic and more continuous. That means you will feel tired in a different way than when training for short course meets.

Instead of panicking when fatigue shows up, treat it like part of the training. Long course is building your endurance base for the end of season which will also help future short course seasons. The swimmers who improve the most are not the ones who avoid fatigue. They are the ones who learn how to embrace it.

Races Feel Longer Because They Are

A 100 LC is not just a “long pool version” of a 100 short course. It is a different race entirely. The same goes for races of 200s and above.

You need to prepare mentally for that extra space in the race. The middle of the race is where most swimmers lose focus.

A simple trick is to assign jobs to each part of the race. For example:

- First 25: controlled speed
- Second 25: settle into rhythm
- Third 25: stay long and strong
- Last 25: race

This helps keep your mind engaged when the race starts to feel long.

Trust That Long Course Makes You Better

Even when it feels harder, slower, or more frustrating, LC is doing important work for your development as a swimmer.

It builds endurance that carries into short course season. It improves stroke efficiency. It teaches race patience. And it prepares you for the competitions that matter most at higher levels of the sport.

If you can learn to stay positive through the transition period, moving to the bigger pool becomes less of something to survive and more of something to use.

Long course season is not about perfection. It is about adjustment. The swimmers who improve the most are not always the fastest right away, but the ones who adapt the quickest to a different kind of racing.

Once that clicks, long course stops feeling like a struggle and starts feeling like an opportunity.

SCHEDULE OF EVENTS

PAC:

- TBA

SWIM:

- **May 16-17:** PAC Spring Fling at HOME. Entries are closed.
- **May 27:** Northshore Quad meet at Centennial pool in Wilmette, IL. MINI/LIL can sign up until May 19th.
- **May 29-31:** BAC Jack Pettinger Invitational in Madison, WI. Entries are closed.
- **June 12-14:** RISE Endless Summer meet at Libertyville HS. Entries are closed.
- **June 26-28:** North Shore Open at HOME. Entries close May 14th.
- **June 27-28:** RISE Summer Splash at Libertyville HS. Entries close May 27th.
- **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:

- **May 17:** 10U, 12U and 14U games at Glenbrook South. 10U is 3-4p while 12U/14U is 4-5p.

DIVING:

- **May 16-17:** IL. Central District Meet (AAU Summer Qualifier) at Glenbrook North High School.
- **May 23-26:** AAU RWB Championships at the Orlando Diving Academy in Orlando, FL.
- **June 5-7:** Zone D at the University of Iowa in Iowa City, IA.
- **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:

When it comes to nutrition and performance, consistency matters far more than perfection. One unhealthy meal, snack, or dessert will not ruin your season. Athletes who consistently fuel their bodies with balanced meals, stay hydrated, and recover properly will see the biggest long-term benefits. It's important not to stress over an occasional treat, a holiday meal, or eating “perfectly” all the time. A healthy approach to nutrition is about balance, making good choices most of the time, and getting back on track at the next meal rather than feeling guilty about one less healthy choice. On the other hand, frequently eating high-sugar, fried, or heavily processed foods and neglecting hydration may contribute to feeling sluggish, more sore, low on energy, or slower to recover from workouts. Taking a look at your nutrition and hydration habits over time—not just one meal—is what truly supports better performance, recovery, and overall health.

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzakrzewski@d125.org

Only a couple more days of APs. Finish off strong! We have started final preparations for Madison/PLA meets coming up in a couple weeks. Looking forward to seeing how we race this weekend to evaluate where we are at going forward the next couple weeks.

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

Nice job racing at the NASA Blast-Off this weekend! We learned a lot from the meet and are excited to carry that momentum into the rest of the season. We'll get another opportunity to race at our Spring Fling meet this weekend, but our main focus is preparing for the BAC meet in Madison in three weeks. As we continue training, practices will shift toward more speed work and a stronger focus on each swimmer's main events. Stay focused both in and out of the pool as we continue building toward our goals!

PATRIOT - Coach Kee
keehng@gmail.com

Patriot swimmers who swam at the NASA Blast Off meet gained valuable experience at this first long course meet. There were many good swims with best personal times! Hits and misses were identified and we will accelerate the preparation work during this week's practices for the Spring Fling meet on our home turf. The main training path is still geared towards gaining knowledge in swim techniques and strategies.

JR PATRIOT - Coach Thomas
tschwingen@d125.org

Jr's will be getting new lane assignments this week from the results of last week's test set. With those new lanes, we will begin pushing it in practice with more challenging sets. We'll always spend time focusing on drills and perfecting technique, but now it's time to get outside your comfort zone. It is important to start developing both your endurance and learning how to get up and race at full speed when needed. So, come ready to work hard!

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

Great job to those that participated at the NASA meet. This week we will be preparing for the meet this upcoming weekend. As a reminder check the calendar. We have changes on some days based on pool availability.

WATER POLO

HS Water Polo - Coach Rose
rwimer@d125.org

High School Girls
Athletes: includes incoming freshmen
Dates: May 26th-July 23rd
Location: Stevenson High School Pool
Cost: \$500

Practice Days/Times HS GIRLS:
Monday: 6:00am-7:30am Pool
Tuesday: 7:30pm-8:30pm Dryland/Polo IQ 8:30-10pm Pool
Wednesday: OFF
Thursday: 7:30pm-8:30pm Dryland/Polo IQ 8:30-10pm Pool
Friday: 6:00am-7:30am Pool

[REGISTRATION LINK](#)

[NIPC WEBSITE LINK](#)

High School Boys
Athletes: includes incoming freshmen
Dates: May 26th-July 23rd
Location: Stevenson High School Pool
Cost: \$500

Practice Days/Times HS BOYS:
Monday: 7:30pm-8:30pm Dryland/Polo IQ 8:30-10pm Pool
Tuesday: 6:00am-7:30am Pool
Wednesday: 7:30pm-8:30pm Dryland/Polo IQ 8:30-10pm Pool
Thursday: OFF
Friday: 6:00am-7:30am Pool

[REGISTRATION LINK](#)

Age Group WATER POLO:

Age Group Water Polo
Athletes 8th grade and younger (11-14yrs).
Athletes who will be in 9th grade in the fall 2026 are high school registration, Please email me for details

Dates: May 26th-July 23rd
Location: Stevenson High School Pool
Cost: \$500

Practice Days/Times:
Monday: 5-5:30 pm Dryland/Polo IQ 5:30-7pm Pool
Tuesday: 5:30-7pm Pool
Wednesday: 5-5:30 pm Dryland/Polo IQ 5:30-7pm Pool
Thursday: 5:30-7pm Pool

[REGISTRATION LINK](#)

10U WATER POLO:

10u Water Polo
Athletes aged 10yrs old and younger, all levels

Dates: May 26th-July 23rd
Location: Stevenson High School Pool
Cost: \$500

Practice Days/Times:
Mondays 6:00-6:45p
Wednesdays 6:00-6:45p

[REGISTRATION LINK](#)

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

Sunday practice from 5-6:30 for all not diving in the meet this weekend!!! Tower event on thursday, Warm up 4:30pm, Event start 6pm

DEVELOPMENTAL DIVING

No practice this sunday for our Devo squad, good luck this weekend at the AAU Central Association Championships!!!!

LEARN TO DIVE

Saturday's Practice is pushed back to 5-6pm.

PAC Social Media

INSTAGRAM:

[@patriotaquaticclub](#)

[@nipc_wp](#)

[@pac_diving](#)

FACEBOOK:

Patriot Aquatic Club -
Lincolnshire, IL

YOUTUBE CHANNELS:

Patriot Aquatic Club
Northern Illinois Polo
Club