

PATRIOT PULSE

Well done to the PAC team at the Spring Fling this past weekend! We saw great improvement from many swimmers compared to last week's NASA Blast-Off, and it's exciting to see the progress already being made this season. Keep up the hard work as we continue preparing for summer break and transition into more Long Course Meter (LCM) practices.

A special congratulations to Knox Kruk and Roman Dubovoy for qualifying for the AAU Diving Nationals this weekend — an outstanding accomplishment! Also, good luck to everyone traveling to Orlando for the RWB Championships! We are excited to see all of your hard work on display and look forward to cheering you on from home.

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. 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.

The Power of Being a Great Teammate: 6 Ways to Provide Support

by [SUMMER FINKE](#)

Swimming may seem like an individual sport, but no swimmer achieves success alone. Whether it's cheering your teammates on during their race, pushing each other through tough sets, or offering words of encouragement after a challenging practice, being a strong teammate makes all the difference. From age group swimmers to those aiming for elite levels, the support you give each other plays a crucial role in everyone's growth. Here's how you can be the teammate who helps your whole team succeed.

1. Bring Positivity to Every Practice

Positivity is one of the most powerful tools you can use to motivate yourself and others. Swimming can be mentally and physically challenging, and there will be times when teammates feel discouraged. A simple "You've got this" or "Great effort" can make a huge difference in someone's mindset. It's not always about grand gestures—consistent, small acts of encouragement will go a long way in boosting morale and helping your teammates push through tough moments.

2. Support Your Teammates Through Tough Times

TABLE OF CONTENTS:

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

5/19/26 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.



Not every race will be a personal best, and not every practice will go as planned. But it's during these times that your support matters the most. If a teammate has a rough race or a difficult practice, be there to encourage them to learn from the experience. Remind them that setbacks are part of the process and an opportunity for growth. If you're struggling, don't hesitate to reach out for help. A great teammate lifts others up during both successes and failures.

3. Lead by Example

Leadership isn't just about words—it's about showing up, working hard, and being consistent. Be the swimmer who shows up on time, puts in maximum effort, and maintains a positive attitude, even when things are tough. Your actions set the tone for the entire team. When teammates see your dedication, they're more likely to mirror it. True leadership is about motivating others through your example, not just by what you say.

4. Communicate and Be Supportive

Effective communication is key to a successful team. It's not just about giving instructions or advice—it's about listening to each other, checking in, and offering support when it's needed. If a teammate seems off or frustrated, take the time to ask how they're doing and offer encouragement. If you're having trouble with a drill or technique, don't be afraid to ask for help. Being an open communicator creates trust and helps build a stronger, more supportive team culture.

5. Respect Your Teammates and Team Culture

Respect is the foundation of a positive team environment. Every swimmer brings something valuable to the table, and recognizing each person's unique strengths helps foster a sense of unity. Whether your team's focus is competitive or supportive, it's important to embrace the team culture and contribute to it. Participate in team activities, cheer on your teammates, and respect everyone's progress. Remember, not everyone moves at the same pace—being patient and encouraging is key to a strong, supportive team.

6. Celebrate the Wins of Others

A great teammate celebrates the success of others. Whether it's hitting a personal best, contributing to a relay win, or simply improving during practice, celebrating each person's achievements builds team morale. Every success, no matter how big or small, contributes to the overall success of the team. By recognizing and appreciating the accomplishments of others, you help create a culture where everyone feels valued and motivated to keep improving.

What's Next?

Being a great teammate isn't just about showing up—it's about helping everyone around you rise to their best. Next time you step onto the pool deck, think about how you can encourage, communicate, and support your teammates. The most successful swimmers aren't always the fastest—they're the ones who inspire and elevate their teammates to perform at their best. When you work together as a team, you'll accomplish more than you ever could on your own.

Remember, while swimming is often an individual sport, success becomes far more rewarding when it's shared with teammates. Let's make this season the one where everyone on the team shines.

Summer Finke has joined the Swimming World staff as a regular contributor. A two-time qualifier for the United States Olympic Trials, she competed collegiately for North Carolina State University and was a multi-time NCAA Championships qualifier.

SCHEDULE OF EVENTS

PAC:

- TBA

SWIM:

- **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 are closed.
- **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:

- TBA

DIVING:

- **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:

All about being prepared to fuel your body before, during, and after practice or meets. Keeping a few easy snacks in your bag can help you stay energized, recover faster, and avoid grabbing junk food when you get hungry. Great options include granola bars, trail mix, pretzels, applesauce pouches, bananas, dried fruit, beef jerky, or peanut butter sandwiches. For recovery after practice, chocolate milk, protein shakes, yogurt, or string cheese are great choices if you have access to a cooler. Don't forget a reusable water bottle—hydration is just as important as food for performance and recovery. It can also be helpful to keep electrolyte or hydration packets in your swim bag for long meet days, intense practices, hot weather, or times when you are feeling dehydrated. These are easy to mix into a water bottle and can help replace electrolytes lost through sweat while supporting energy and recovery. Having smart snacks and hydration options ready to go makes it much easier to stay consistent with your nutrition throughout the season.

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzahrzewski@d125.org

This week we are beginning our preparations for Madison and Project LA! This past weekend was all about getting up and racing LCM and getting that mentality rolling. Please be aware of some schedule adjustments as we navigate this final week of Water Polo.

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

We saw some nice technique improvements in the meet this weekend. We have a new focus with the group and will fine tune power and speed as we head into the Madison meet in a little over a week. Stay focused on the little things and remember how to prepare for big meets. Be smart with nutrition, hydration and sleep these 2 weeks.

PATRIOT - Coach Kee
keehng@gmail.com

Patriot swimmers had some great swims at our hosted Spring Fling meet. More importantly, they learned to prepare for their races and identified areas to improve on. This week, practice will begin with aerobic & pulling strength; focus will shift to anaerobic race pace training later in the week. We will transition from the spring to summer schedule around Memorial Day, so please stay tuned for practice schedule changes.

JR PATRIOT - Coach Thomas
tschwinger@d125.org

We saw some great swims this past weekend. Hopefully, we got excited about at least one or more of those races. Now take that excitement to practices and push yourselves to continue improving. Make sure you have all your equipment for practices, especially water bottles. We still see swimmers without one. It is very important to stay hydrated during workouts to keep performing at your best.

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

What a strong start to the Long Course competition season! Lots of new times and best times. This week we are really focusing on kicks and building the strength and endurance in our legs. Reminder to check the calendar for changes.

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:

"Try to be a rainbow in someone else's cloud."

Maya Angelou

DIVING

COMPETITIVE DIVING

Coach Jonathan - jroby@d125.org
Another congrats to Knox Kruk who also qualified to AAU Nationals on 3m this weekend! Regular practices all week except for those diving at RWB Nationals in Orlando!!! We'll see you in the Summer Session!!!

DEVELOPMENTAL DIVING

Congrats to Roman Dubovoy for qualifying to AAU Nationals this weekend on 1m and 3m at the Illinois Association Championships Meet! Normal Practice this week!

LEARN TO DIVE

Regular practice times both Wednesday and Saturday this week. Check the website for our summer offerings!

PAC Social Media

INSTAGRAM:

[@patriotaquaticclub](#)

[@nipc_wp](#)

[@pac_diving](#)

FACEBOOK:

Patriot Aquatic Club -
Lincolnshire, IL

YOUTUBE CHANNELS:

Patriot Aquatic Club
Northern Illinois Polo Club