

PATRIOT PULSE

Congratulations to BOTH the Stevenson High School Girls and Boys Water Polo teams on winning the IHSA State Championships this past weekend! What an incredible and inspiring accomplishment for the entire program. Our own NIPC Summer Season officially begins today, May 26, as we start preparing for next year's success.

Good luck to all PAC swimmers traveling to Madison, WI for the Jack Pettinger Invitational. All attending groups have been training hard and are excited for the opportunity to race and travel together.

We also have a group of swimmers heading to FMC in Westmont to represent Illinois Swimming at the Dual in the Pool competition against Team Indiana and Team Gulf.

Congratulations as well to Matilda Davis and Knox Kruk for outstanding performances at the AAU Red, White & Blue Diving Nationals this weekend!

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.
- **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.

10 WAYS TO MAKE A TRAVEL MEET SUCCESSFUL

BY [CINDY ADAIR](#)

Going on a swimming trip inter-state or overseas is exciting and fun, but you also want to set yourself up to be able to perform. Here a few tips to ensure you can still stand up and produce that time you are capable of—even when you are on the road.

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5/26/26

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.



1. Drink LOADS of water. Air travel and air conditioning can play havoc with your hydration. Pack a water bottle and consciously drink. Be sure to purchase bottled water if you are travelling in a country where water supply is not reliable/clean.
2. Book a hotel room away from the elevator shaft and facing away from the street. This simple request will ensure your room is as quiet as possible.
3. Stock your bedside table! We've all experienced that feeling of disorientation when you wake up thirsty or hungry in a strange bed not knowing where you are. Make sure you have water and maybe even a healthy snack on hand right next to you.
4. Carry ear plugs. Simple solution to a snoring room-mate. Rather than spend your time moaning about poor sleep, be prepared.
5. Pack your favourite cereals/granola and snacks. Obviously you can't carry fresh food over borders but cereals, snack bars, drink powders, etc are fine. This will ensure you have the fuel you need to race well. Just be sure to declare this on your customs forms if travelling Internationally. The day before a big meet is NOT the time to explore new ethnic cuisines.
6. ALWAYS pack your swimming essentials (cap, goggles and swimsuit) in your carry-on luggage. This way if your checked luggage is lost or delayed you can still race with confidence in a suit that fits.
7. Carry spares. Goggles break, caps split. Avoid panic and pack two of everything.
8. Pack a copy of your important documents (passport, visa, etc) in a secret location. That way if you originals are lost you will have the papers you need to arrange emergency replacements.
9. Research roaming charges on your mobile phone. You don't want to arrive home to an enormous bill! In most countries it is far more economical to purchase a SIM card upon arrival.
10. Reduce jet lag by adopting your new countries time zone as soon as you arrive. Regardless of what time it is in your home country or how long you've been travelling, if you can be disciplined upon arrival and stay awake until bedtime then you will reduce jet lag significantly.

NOW GO RACE FAST!

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:

- **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:

Long meet days can quickly lead to energy crashes if you are not fueling consistently. Instead of waiting until you feel exhausted or starving, try eating small snacks every few hours to keep your energy steady. Easy-to-digest carbohydrates like fruit, pretzels, crackers, or granola bars provide quick energy, while protein foods like yogurt, peanut butter, cheese sticks, or turkey sandwiches help support recovery and keep you full longer. Staying hydrated is just as important—sip water throughout the day and consider electrolyte drinks or hydration packets during long sessions or hot environments. Avoid heavy foods and excessive sugar instead focus on refueling with enough clean calories during sessions and balanced meals between sessions so you are ready to perform again the next day.

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzakrzewski@d125.org

This weekend is the Jack Pettinger Invite. This is our first meet to truly evaluate where we are at. Everyone should have been rested enough to gauge where we are at with training and level of recovery needed. Please make sure we practice our championship routine this weekend to make sure we get the best results

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

We have swimmers heading to Madison for the Jack Pettinger meet and to FMC for the Dual in the pool. Good luck to all our teammates as we represent PAC and IL Swimming.

We are transitioning to primarily LCM training for the rest of the season. Next week we also begin a new phase of training with morning practices as well as different dryland focus.

PATRIOT - Coach Kee
keehng@gmail.com

We're in the transition period from spring to summer schedule, so please make sure to check the practice schedule and keep current with communication! It is the last week of short-course yard swim practice and we will do more short race pace training. A small group of Patriot swimmers will be traveling to a meet in Madison, Wisconsin; we are looking forward to some fast swims!

JR PATRIOT - Coach Thomas
tschwinger@d125.org

Hope everyone had a great extended weekend and had some time to relax during the end-of-the-school-year chaos. We have a meet in Madison this coming weekend for those of you making the trip, which is always a fast and fun event, at a great facility. We also have two of our Jr. swimmers, Jayson Clark & Alexandra Phillips, participating in Duel in the Pool this weekend, looking forward to some fast swims all around! Go PAC

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

This week we are continuing our work on building kicks and maintaining details. Reminder to check the calendar, this week and next week we are starting our change towards the Summer schedule. We do our best to accommodate the school end dates but understand not every school ends at the same time. As we are into our hot weather season it is important to consider sunscreen/hats for your swimmer for outside drylands, water bottles every practice, & gym shoes for drylands.

WATER POLO

HS Water Polo - Coach Rose
rwimer@d125.org

Congratulations to the Stevenson High School Boys and Girls on winning the State Championships this past weekend. Summer Season Begins Tuesday, May 26th!

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:

"Even if it's hard, even if it's boring, do the right thing."

Maxime Lagace

DIVING

COMPETITIVE DIVING
Coach Jonathan - jroby@d125.org

Congrats to Matilda Davis and Knox Kruk who crushed it at AAU RWB Nationals this weekend! Excited to get going into our summer session and welcome our collegiate divers back!

DEVELOPMENTAL DIVING

Those still in school, finish up your studies then we will see you Monday, Wednesday and Fridays from 10:30-1:30!

LEARN TO DIVE

No Saturday or Wednesday practices, WE ARE IN THE SUMMER SESSION! Check the Website for the Schedule!

PAC Social Media

INSTAGRAM:

[@patriotaquaticclub](#)
[@nipc_wp](#)
[@pac_diving](#)

FACEBOOK:

Patriot Aquatic Club -
Lincolnshire, IL

YOUTUBE CHANNELS:

Patriot Aquatic Club
Northern Illinois Polo Club