

PATRIOT PULSE

Congratulations to all our swimmers who competed in BOTH the Fall League and Senior Circuit meets at HOME this past weekend! There was great energy, sportsmanship, and competition throughout the weekend. Way to go, PAC!

Good luck to everyone competing at the Josh Church RACE ME Meet in Libertyville this weekend, as well as all our NIPC teams competing at HOME and at York. Have a great weekend, everyone!

Here are a few important reminders and updates:

- **MEETS:** The RISE Josh Church meet is this weekend at Libertyville High School. More info for our team will be sent out in Parent Square this week. Host meet information can be found here: <https://www.gomotionapp.com/team/iscats/page/calendar#/team-events/upcoming/1783930>
- **USAS SWIM REGISTRATION:**
Returning Members - Coach Kevin will handle your registration
Transfers - Please make sure you submit your transfer on USAS account and then coach Kevin can take care of it.
NEW MEMBERS: Please follow this [LINK](#) to sign your swimmer up for USAS.
- **CAPTYN:** Meet are in the process of being posted, so keep checking. Some of the deadlines have changed, so make sure to sign up early when you get the chance! You can check out the new site using the link below: <https://www.patriotaquaticclub.captynsites.com/>
- **ParentSquare:** ParentSquare is our primary communication tool. NEW families follow this [LINK](#), fill out the form and select all of the relevant groups you need to be a part of. This is for PARENTS and ATHLETES! Make sure to change your group if you have moved up. If you have any questions please reach out to Coach Kevin Zakrzewski.
- **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.
- **Events:** Stevenson High School girls are starting the 4 week countdown to State! Pay attention to changes in the google calendar/ParentSquare notifications for changes in practices.

DO THIS FOR REAL CONFIDENCE ON RACE DAY

BY [OLIVIER POIRIER-LEROY](#)

Confidence.

It's as important as a good taper and a sleek racing suit when the bright lights go up.

But unlike a tech suit that you size, feel, and try on, confidence isn't so easy to grasp.

(Almost as hard to get into, if we are being fully honest.)

Race day confidence drops are common. And wildly frustrating.

One moment you are feeling unstoppable in the days leading up to the meet, and the next you're behind the blocks, attention wandering and confidence sinking, wondering how that swagger rolled into the gutter so quickly.

If you're tired of uneven confidence, or worse, confidence that straight-up hides in the locker room when it's time to race, here's the fix:

Train to build high-concordance confidence.

High concordance means that you are confident in **specific actions**, and not just feeling generally good about yourself.

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10/20/26 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.



As a matter of chlorinated fact, according to a 2023 meta-analysis by Lochbaum et al, when an athlete's confidence is tied to specific tasks (high concordance), the connection between confidence and performance is much higher compared to general, vague, confidence.

If you're wondering what in the pull buoys I am talking about, here's a breakdown of what high concordance confidence looks like and how it compares to the more general kind of confidence:

High concordance: *"I'm confident I'll pace my race properly, hit 5 dolphin kicks off each wall, hold my target stroke rate, and drop the hammer on the final lap."*

It's like driving with a high-resolution GPS—clear, focused, and reliable. No extra data charges, either.

Low concordance: *"I'm confident I'm a good swimmer."*

Sorta like driving by feel — you might get to your destination but will probably take some wrong turns when under pressure.

The more specific your confidence is, the stronger and more reliable it becomes.

General confidence works great on "easy" days and competitions where little is on the line.

The specific, task-based confidence is what wins the day when your heart is racing, your palms are sweating, and all sorts of uncertainty and self-doubt are flowing downhill straight at you.

HOW TO BUILD HIGH CONCORDANCE CONFIDENCE

This week in practice, **start training for this type of confidence**. Start by breaking down your goal swim into pieces and train the everlasting anti-fog spray out of them.

Some examples:

Stack reps on reps at race pace. Whether you have to distance-down to make the pace or not, get the race pace yardage under your belt. Confidence crashes happen often when we expect to go a goal speed in competition that we've never even flirted with in training.

Hit your target stroke rate over and over again. I like stroke rate for this example as it is something we can automate with enough repetition. It's a mechanical component of fast swimming in that it ignores feel and even confidence. Turn your overthinking brain off and focus on tempo.

Push-off with the same underwaters that you are going to do in competition. This is a biggie—you get hundreds, if not thousands of walls each week in practice. By increasing focus and execution in your practice underwaters, you can feel confident in knowing that they are largely automatic by the time you get to the Big Meet.

Close every repetition strongly and attack the finish. Building the habit of finishing fast in training gives you the confidence to know that when your legs are cement, your lungs are aching, and lactate is making your teeth float, you *will* close. Attack the finishes, touch on a full stroke, head down, and you'll be confident in your finish.

PRACTICE IS FOR BUILDING THE CONFIDENCE TO COMPETE

Here's a quick example of how rehearsing something as simple as closing speed plays out at the elite level.

One of my favorite Katie Ledecky stories is how she trained a fast finish to win the 200m freestyle at the Rio Olympics in 2016.

In the lead-up to the Games, for months on end in training, she finished reps in the same way she planned to close the final 15m of the 200 freestyle. Head down, big kick, all go, no quit.

Over and over, she charged at the wall. Race finishes. Let's go.

In Rio, at 175-185m of the final of the 200m freestyle, Sarah Sjöström looks like she is going to reel in Ledecky.

"When Sarah pulled even, I thought, I've seen Katie finish that race more than a thousand times," said Bruce Gemmell, Ledecky's coach at NCAP. "She's going to get her hand to the wall first."

Ledecky touches first, winning gold on her way to completing her sweep of the 200, 400, and 800m freestyles.

"No wonder she can do that in the pressure cooker at Rio," said Gemmell. "She knew exactly what she was doing in practice, over and over again."

Every time you rehearse those little, seemingly inconsequential details, you are building a performance and building legitimate confidence.

THE BOTTOM LINE

Confidence comes from evidence and not just positive thinking or bravado.

When you can look back at your training, and know that you've mastered your race pace, can hit target stroke rate in your sleep, and that your kick will be a white-water rooster tail coming down the home stretch, there is *no choice* but to be confident.

You won't have to hope for confidence.

You won't have to wonder.

You'll *know* you can.

And that is the real, unbeatable confidence that shows up when the lights are brightest.

Happy swimming!

SCHEDULE OF EVENTS

PAC:

- TBA

SWIM:

- **Oct. 24-25:** Josh Church Meet at Libertyville High School. Entries are closed.
- **Oct. 31-Nov. 1:** Patriot Fall Classic at HOME. Entries are closed.
- **Nov. 8:** Senior Circuit #2 @HOME. Entries close Oct. 22nd.
- **Nov. 20-22:** Patriot Premier meet @HOME. Entries are closed.
- **Dec. 5-6:** NASA Winter Blast-Off at Northwestern University. Entries close Oct. 26th.

WATER POLO:

- **Oct. 25:** Premier boys, NIPC White/Green and 10U all have games at HOME. 12U have games at York High School.
- Nov. 1: NIPC White play at Palatine. 14U are at Fenwick.
- Nov. 7: NIPC Green have games at Lincolnway West.
- Nov. 8: NIPC Black have games at Niles North. 12U and 10U are at York High School.

DIVING:

Nov. 7-8: Schroeder Fall-Back Invite in Browndeer, WI.

- **Schroeder Winter Invite**

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
zkakrzewski@d125.org

Great job this weekend at the first Senior Circuit meet. It was exciting to see everyone all together! We have two weeks left of peak training before we start to focus our attention on performing at the Patriot premiere. Let's get to work!!

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

We are getting ready to race at the Josh Church meet this weekend. This is another chance to gauge where we are before we switch gears in the pool to prepare for the Patriot Premier. Remember your personal goals as I set our team goals each week.

PATRIOT - Coach Kee
keehng@gmail.com

It was a fun home meet with good swims for our swimmers to prepare for the upcoming Rise meet this weekend. The anaerobic training for speed and pacing is now in full swing for our swimmers to work on exact speed, stroke rate, and effort level for their events. Each swimmer will be monitored and instructed to focus on specific technique areas to improve efficiency in racing. Conditioning work with aerobic swim, pull, and kick are continued to build endurance and strength.

JR PATRIOT - Coach Thomas
tschwingen@d125.org

We have a full week of practices, no adjustments to the schedule! Swimmers had their first test set last week (7 x 100FR) and they received new lane assignments off those results. With new lanes will come more challenging sets so we can continue to develop their strength and endurance in the water. And as always, a consistent focus on making sure to maintain correct technique throughout.

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

Another fun and fast meet this past Saturday. This week we will start focusing on turns and applying the underwaters off our turns. We will start handing out the new suits this week during practices.

WATER POLO

HS Polo - Coach Rose
rwimer@d125.org

Monday, 10/19: 7:30-8:30pm Dryland 8:30-10pm Pool
 Tuesday, 10/20: 7:30-8:30pm Dryland 8:30-10pm Pool
 Wednesday, 10/21: 7:30-8:30pm Dryland 8:30-10pm Pool
 Thursday, 10/22: 7:30-8:30pm Dryland 8:30-10pm Pool
 Sunday 10/25: GAMES at Stevenson High School, please arrive 45 minutes before each game
 Black Team: 12:30pm, 4:50pm
 White Team: 2:20pm, 5:40pm
 Green Team: 3:10pm, 6:30pm

[Missing Practice Form LINK](#)

14u WATER POLO:

Monday 10/19: 6:30pm Dryland, 7-8:30pm Pool
 Tuesday 10/20: 7-8:30pm Pool
 Wednesday 10/21: 6:30pm Dryland, 7-8:30pm Pool
 Thursday 10/22: 7-8:30pm Pool

Sunday 10/25: 12u Games at York High School, 355 W St Charles Rd, Elmhurst, IL 60126 (11:45am & 1:05pm)

10u WATER POLO:

Thursday 10/22: 5:30-6:30pm

Sunday 10/25: Games at Stevenson High School: 2pm & 3:20pm. ([Site info sheet Link](#))

DIVING

COMPETITIVE DIVING
 Coach Jonathan - jroby@d125.org

We are over halfway through October and knocking on the door at the end of our official fall season. We are locking in for a full week of practices before our first meet up at the Walter Schroeder Aquatics Center in Brown Deer, Wisconsin Nov 7-8. All divers planning on competing need to make sure their [DiveLive](#) and [AAU](#) registrations are completed before the meet deadline on November 2nd. Reach out to Coach Roby if you have any questions or concerns at jroby@d125.org. Have a great week of Practice!

MOTIVATION OF THE WEEK:

"Don't dream of winning, TRAIN for it."

Mo Farah

PAC Social Media

INSTAGRAM:

@patriotaquaticclub
 @nipc_wp
 @pac_diving

FACEBOOK:

Patriot Aquatic Club -
 Lincolnshire, IL

YOUTUBE CHANNELS:

Patriot Aquatic Club
 Northern Illinois Polo Club

Patriot's Nutrition Corner with Coach Chandra:

Nutrition Tip of the Week: Recover After Practice!
 What you eat after practice matters! Swimming uses up energy, and your body needs the right fuel to replenish energy stores, repair muscles, and prepare for your next workout. Aim to eat a snack or meal with carbohydrates for energy and protein for muscle recovery within about 30-60 minutes after practice, especially if you have another session later that day.

Easy recovery snack ideas:

- Chocolate milk and a banana
- Greek yogurt with fruit and granola
- Peanut butter sandwich and a glass of milk
- Turkey or chicken sandwich
- Cheese and crackers with fruit
- Smoothie made with milk or yogurt and fruit
- Granola bar and yogurt
- String cheese, jerky, and applesauce.
- Homemade protein balls

Remember: Recovery starts as soon as you finish swimming. Be smart about when and what you eat to achieve your goals. Eating enough throughout the day and refueling between sessions helps you maintain energy, recover better, and be ready to race again. Don't be afraid to eat when your body needs fuel!