PATRIOT PULSE

PAC Swimming

Great job to all our swimmers who competed at the Josh Church Meet over the weekend! We saw tremendous progress and improvements across all age groups. Keep up the hard work as we get ready to host the Fall Classic this weekend. Happy Halloween!

NIPC Water Polo

Congratulations to all our NIPC teams on a great weekend of competition! As we head into the next few weeks of Championship events, it's time to sharpen our focus, step up our preparation, and get ready to compete at our best. Let's finish strong!

Here are a few important reminders and updates:

- **MEETS:** The Patriot Fall Classic is this Saturday and Sunday! Meet information can be found here: **https://www.patriotaquaticclub.captynsites.com/hosted-meets.** Remember that 11/1 if the Fall time change.
- **NIPC Winter Registration is OPEN**: NIPC winter registration is OPEN for HS Girls, age group and 10u. Secure your spot NOW. **https://www.patriotaquaticclub.captynsites.com/nipc-programs#**
- **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 should 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 Importance of Showing Up: Why Being There Matters More Than You Think

by Summer Finke

In swimming, we spend a lot of time talking about hard work, dedication, and consistency. We talk about the importance of getting to practice on time, putting in the yards, and doing everything we can to get a fraction of a second faster. But one of the most important lessons this sport teaches us is something that often gets overlooked: The importance of simply showing up. Not just for ourselves, but for our teammates, our coaches, and the people who make this sport so special.

Every swimmer knows what it's like to have days when getting to the pool feels like the last thing they want to do. Maybe it's an early morning practice after a long week of school, an afternoon when you're exhausted, or a Saturday morning meet when you'd rather be sleeping in. There will always be days when motivation is hard to find, and that's part of being an athlete. What matters is understanding that progress isn't built only on the days when you feel your best. It's built through consistency, patience, and the willingness to put in the effort even when things aren't going perfectly.

TABLE OF CONTENTS:

1.) Aquatics Coordinator Message

2.) Featured Articles

3.) Group Updates & Social Media

10/27/26 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.

Of course, showing up doesn't mean ignoring your body when you need rest or pushing through an injury. It means recognizing the difference between needing recovery and simply not feeling motivated. Some of the practices that seem the least exciting end up being the ones where you learn the most about yourself. Maybe you surprise yourself during a difficult set, have a conversation with a teammate that turns your day around, or leave the pool feeling better than when you arrived. You never really know what a day might bring until you give yourself the opportunity to experience it.

However, showing up is about much more than your own training. Although swimming is often viewed as an individual sport, the people around us play an enormous role in our experiences. Think about how much better a difficult practice feels when your teammates are encouraging each other, or how exciting a close race becomes when you can see your friends cheering from the side of the pool. Sometimes, a few words of encouragement from a teammate can completely change someone's day. The energy we bring to practice and meets doesn't just affect us. It affects everyone around us.

This is especially important to remember when the spotlight isn't on you. It's easy to get excited about a meet when you're chasing a personal best, swimming your favorite event, or trying to qualify for a championship meet. But what about when your races are finished and your teammates still have events left? What about the younger swimmer competing in their first big meet, or the teammate who has been working all season to finally achieve a goal? Staying to cheer, celebrating their accomplishments, and being genuinely excited for their success can mean more than you realize. You might not think twice about standing behind someone's lane and cheering them on, but that swimmer might remember looking up and seeing their teammates there.

The same goes for everyday practices. Being a good teammate doesn't require being the fastest swimmer in the pool or having a leadership title. Sometimes, it means noticing when someone is struggling, including a younger swimmer in a conversation, or making an effort to bring positive energy to the group. Everyone has something to contribute to a team, and the strongest team environments are often built through these small, consistent actions. When swimmers make an effort to support one another, the pool becomes a place where everyone feels like they belong.

As an age-group swimmer, it's natural to focus on the next time standard, championship meet, or personal best. Those goals are exciting, and working toward them is an important part of the sport. But as you get older, you begin to realize that some of your favorite swimming memories have very little to do with the times on the scoreboard. You'll remember the teammates who made early morning practices bearable, the bus rides to meets, the laughter between sets, and the races when your entire team was standing behind the blocks cheering. You'll remember the people who showed up for you, especially when things weren't going your way.

And one day, you'll have the opportunity to look back and realize that you were that person for someone else.

Swimming gives us the opportunity to accomplish incredible things, but it also teaches us how to be dependable, how to support others, and how to be part of something bigger than ourselves. The relationships and memories we build along the way are just as meaningful as the goals we achieve.

So whether it's getting yourself to practice on a difficult day, staying a little longer at a meet to cheer for a teammate, or simply being someone others can count on, remember that showing up matters. You don't have to have a perfect practice, win every race, or always know the right thing to say to make a difference.

Sometimes, just being there is enough.

**Summer Finke is a regular contributor to Swimming World. 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:
- **Oct. 31-Nov. 1:** Patriot Fall Classic at HOME. Entries are closed.
- **Nov. 8:** Senior Circuit #2 @HOME. Entries are closed.
- **Nov. 20-22:** Patriot Premier meet @HOME. Entries are closed.
- **Dec. 5-6**: NASA Winter Blast-Off at Northwestern University. Entries are closed.
- **Dec. 11-13:** FOX Holiday Classic in Hobart, IN. Entries close on Nov. 12th.
- **Dec. 19:** Holiday Hustle at HOME. This is a FUN event for the 12 and unders. Entries close on December 8th.
- Jan. 15-17: Patriot Pride Prelim/Final meet at HOME. Entries close on Dec. 13th.

WATER POLO:
- **Oct. 31:** NIPC Black play in Naperville North.
- **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
kzakrzewski@d125.org

Coming down to our final 4 weeks of the Fall season. We no longer have any Sunday AM LCM practices but we have 3 meets over the next 4 weekends. It's all about racing now! Make sure you are recovering when you can!

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

It was a fun weekend to show off what we have been working on at the Josh Church Meet. We will take some time to work on some little things this week as we prepare for the Fall Classic this weekend. Remember to stay focused on dryland and keep your goals in mind as we work in the pool this week.

PATRIOT - Coach Kee
keehng@gmail.com
We are very proud of our Patriot swimmers for achieving many personal best times along with some Regional cuts while gaining valuable experience in the first regular format meet of the season. We will continue our speed and pacing training into the second week preparing for the home meet this weekend. It is another opportunity for our swimmers to measure their progress.

JR PATRIOT - Coach Thomas
tschwingen@d125.org
PAC had some great swims at this past weekend's Rise meet. Hopefully swimmers checked in with us coaches after each race to receive feedback. If so, they should now have some aspects about their swims that they need to start thinking about and fixing during practices. With our Fall Classic meet this weekend, they'll have some additional opportunities to get some fast swims in and learn more. As always, get to all the practices you can; the more you are here, the better!

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

This week will be a continuation of working on turns and underwaters. We'll also start introducing some sprinting work to our sets while still working to hold technique.

WATER POLO

HS Polo - Coach Rose
rwimer@d125.org
Tuesday, 10/27: 7:30-8:30pm Dryland 8:30-10pm Pool
Wednesday, 10/28: 7:30-8:30pm Dryland 8:30-10pm Pool
Thursday, 10/29: 7:30-8:30pm Dryland 8:30-10pm Pool
Saturday 10/31: GAMES at Naperville North High School please arrive 45 minutes before each game
Black Team: 12:05pm, 2:50pm
Sunday 11/1: GAMES at Palatine High School: please arrive 45 minutes before each game
WHITE TEAM: 9:40am, 12:10pm

Missing Practice Form LINK

14u WATER POLO:

Tuesday 10/27: 7-8:30pm Pool
Wednesday 10/28: 6:30pm Dryland, 7-8:30pm Pool
Thursday 10/29: 7-8:30pm Pool
Sunday 11/1: **14u Games** at Fenwick High School,505 Washington Blvd, Oak Park, IL 60302 (10am & 12:20pm)
Site Info Link. ***REMINDER FALL TIME CHANGE****

10u WATER POLO:

Thursday 10/29: 5:30pm-6:15pm
Sunday 11/1: NO PRACTICE: PAC MEET

Winter Registration is OPEN starting 10/26: we will be Sundays 10:45-11:45am and Tuesday 6-6:45pm
LINK TO REGISTRATION

PAC Social Media

INSTAGRAM:
@patriotaquaticclub
@nipc_wp
@pac_diving

FACEBOOK:
Patriot Aquatic Club - Lincolnshire, IL

YOUTUBE CHANNELS:
Patriot Aquatic Club
Northern Illinois Polo Club

DIVING

COMPETITIVE DIVING
Coach Jonathan - jroby@d125.org

With Championship season kicking off for the girls high school season, weekends are starting to get a little crazy around the pool. Because of this there are a few cancellations this week and next. There will be no diving practice 10/30-11/1 because of the conference championships and a PAC swim meet. We still have our first meet of the season Up at the Walter Schroeder Aquatics Center in Brown Deer, Wisconsin 11/7-8. Meet registration ends 11/2 so get your DiveLive and AAU memberships current and we'll see you on the boards this week!

MOTIVATION OF THE WEEK:

"You're never a loser until you quit trying."

Mike Ditka

Patriot's Nutrition Corner with Coach Chandra:

Nutrition Tip: Fuel for Meet Day!

Big meet day with morning prelims and evening finals? Start with a good breakfast, snack between races (bananas, pretzels, or granola bars), and eat a balanced lunch between sessions. Before finals, choose a familiar meal with carbs and protein, and keep sipping water throughout the day.

Remember: Don't wait until you're starving to refuel! Pack snacks, eat regularly, and finish the day with carbs and protein to help your body recover for the next day.