

PATRIOT PULSE

A Night of Big Honors for Patriot Aquatic Club!

Last night was the annual Illinois Swimming Banquet, and Patriot Aquatic Club came home with some serious hardware!

We are incredibly proud to celebrate these outstanding accomplishments:

- **AWD Athlete of the Year:** Daniella Berger
- **AWD Coach of the Year:** Coach Megan
- **Female Athlete of the Year:** Aria Grossenbach
- **Senior Coach of the Year:** Coach Kevin
- **Jack Yetter 10U LCM Team Award:** Patriot Aquatic Club



Our recognized athletes are: Ella Brace, Erica Braverman, Jayson Clark, Aria Grossenbach, Jocelyn Hayashi, Annie Ma, Nelli Sandor, Fiona Schneider, Adriana Sheleg, Arjun Shinde, Heidi Swerkun and Allan Zhu. Congratulations to all of our honorees and to everyone who continues to represent PAC with excellence, dedication, and pride. **What a night for Patriot!**

Here are a few important reminders and updates:

- **FUN IN THE WILD:** We are heading to Northwestern University for this event. More information can be found here: <https://www.nasawild.org/page/hosted-meets-sc2026-27>
- **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 declines 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 swim/dive have been at it for a month already. Pay attention to changes in the google calendar/ParentSquare notifications for changes in practices.

TABLE OF CONTENTS:

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

10/6/26 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.



WHY YOU SHOULD GO TO PRACTICE TODAY

BY [OLIVIER POIRIER-LEROY](#)

Sure, it may seem like "one" missed practice isn't a big deal, but here is why consistency and showing up matters more than you realize.

It's 2:30pm, and with a morning practice, a day full of classes and relentless eating and snacking already behind you, another swim practice looms ahead. Taking stock of your day you begin to think that maybe you are better off taking the rest of the day to yourself. In these moments it can be tempting to pull the rip chord on account of illness, homework or straight up disinterest.

Sure, it might just be "one" practice, and in the long term a single missed workout won't make much of a difference to whether or not you eventually achieve your goals in the pool. But that "one" missed workout (let's be honest here, if you're having these thoughts it's probably not just going to be one workout) has larger implications than just our goals in the pool.

Here is why you should brave the feelings of "I don't feel like it" and go to practice today.

The reality is that there will always be days where the last thing you feel like doing is going to the pool. You're tired, grumpy, and a fresh season of your favorite TV show just got released on Netflix. Some of these days will be exceptionally challenging, and even the top athletes in our sport aren't immune to these types of days.

Here are a few reasons you should make it down to the pool for practice (besides the whole getting better at the swimming aspect):

YOU BUILD INTEGRITY TO YOURSELF.

If you're constantly waffling and flaking on the things you say you are going to do, you are conditioning yourself to be the kind of person who doesn't take his/her own goals seriously. Keeping your word shows you that you are capable of commitment.

Sure, waffling on occasion might not feel like a big deal, but when you stick to the deals you've made you develop a level of invaluable confidence in **knowing that if you set out to do something it will be done.** Period. Regardless of motivation, external circumstances, or how you're feeling that day, you will keep the integrity of the promises you make to yourself.

See Also: [5 Science-Backed Reasons That Tracking Your Workouts Will Make You a Faster Swimmer.](#)

COMMITMENTS TO THE TEAM MATTER.

Is there anything more disappointing than being the teammate that people can't rely on? You probably have already swum with this teammate at some point, the swimmer who, when they miss practice, isn't given a second thought as to why they aren't there. Or it becomes noteworthy when they actually do show up to practice.

The promises and commitments you make to yourself matter, and so do the commitments you make to the team and the goals you guys have for the season.

One of the benefits of swimming with a team and a group are the communal goals and the momentum that they create. It is times specifically like these where that commitment helps to pull you along.

HOW YOU DO ANYTHING IS HOW YOU DO EVERYTHING.

I recently discussed this exact message recently with the [subscribers of the newsletter](#). How doing the seeming benign things well can have a compounding effect on the other, larger aspects of your life.

Consistency, attendance and effort in one area always bleed over into another. It's no accident that high performance achievers in one area tend to excel in others as well.

When you are able to suffer through the off-days to get your [swimming workouts](#) done you develop a type of resiliency and attention to effort that cannot help but bleed into the other areas of your life.

IT'S NEVER JUST "ONE."

Making exceptions is a dangerous thing. Once made they can spread like wildfire. Don't underestimate your ability to reason your way out of something.

The solution?

Draw a clear line in the sand for your workouts. There are things where you have to miss training, things like a family emergency, illness/injury, and so on. Draw a clear line between those and days like today.

Once you start making exceptions for things like "I just don't feel like it today" the slippery slope of excuses and rationalizations becomes treacherous and endless.

YOU'LL FEEL BETTER AFTER.

It would be impossible for me to count how many times I grudgingly showed up to practice, expecting nothing and feeling rugged, only to emerge from the water an hour and a half later grateful that I'd shown up.

While there have been plenty of times I've had my mind racing before practice trying to justify bailing, I've not once ended up regretting showing up and doing the practice. (Low expectations tend to have a way of creating higher than expected bounce-back reactions -- "*Hey, that wasn't so bad!*").

Often we fall into the line of thinking that because we aren't feeling super motivated, or because we are stressed out, that we can't have a good practice, and as a result, there's no point even going.

In these moments you will surprise yourself. Some of the best practices I've had occurred in moments where expectations were hilariously low.

Keep in mind that when all is said and done, nobody ever regretted going to the pool and giving a good effort.

IN CLOSING

Is this a call to go to workout no matter how sick you are? Or when you are neck-deep in overdue assignments? Or when you have a serious family emergency? Of course not. There will be days where the last place you need to be is at the pool.

But for the rest...

See you at practice.

SCHEDULE OF EVENTS

PAC:

- TBA

SWIM:

- **Oct. 11:** Fun in the WILD @Northwestern University. Entries are closed.
- **Oct. 17:** Fall League Meet #2 @HOME (14 and unders and PAC only) Entries close Oct. 10th.
- **Oct. 18:** Senior Circuit #1 @HOME. Entries close Oct. 10th, but must qualify to participate.
- **Oct. 24-25:** Josh Church Meet at Libertyville High School. Entries are closed.
- **Oct. 31-Nov. 1:** Patriot Fall Classic at HOME. Entries close Oct. 24th.

WATER POLO:

- **Oct. 10:** Premier boys are at HOME.
- **Oct. 11:** Green and White teams have games at HOME.

DIVING: (no dates yet)

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

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzakrzewski@d125.org

The next three weeks are our primary training phase for the Fall Season. As the weather begins to change it is especially important you are smart about your nutrition and recovery. We need to have the ability to pile multiple intense workouts in a row. We are also starting to split practices up based on individual needs.

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

We are gearing up for our first meet! We are still in the phase of building up endurance and correct technique, but we are getting more sprinting in as we prepare for the upcoming sprint meet.

Make sure to stay focused on your goals and your training, in and out of the pool!
 Heads up: Monday 10/12, practice is from 1-4p.

PATRIOT - Coach Kee
keehng@gmail.com

Last week, speed and pace training was introduced to prepare the group for racing. We are now in the final phase of general training with a main focus in aerobic swim, kick, and pull. Even with the increased intensity, swimmers will need to continue paying attention to details regarding body position to lessen drag and stroke mechanics to improve propulsion. There are two high school swim meets this week, so please stay informed about any changes on ParentSquare and the practice calendar.

JR PATRIOT - Coach Thomas
tschwingen@d125.org

This week we'll have two days of dryland only, Tues. (10/6) and Thur. (10/8). We also have the Fun in the Wild meet this Sunday with the 25FR elimination rounds, which is always fun to watch; hopefully everyone comes prepared to race. In water we will continue refining those strokes and keep introducing new drills and more challenging sets.

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

October is here and it is going to be a busy month! Lots of swim meets coming up. We will continue to focus on streamlines and kicking. We will also be focusing on attention to detail and making sure the swimmers are thinking about what they are doing during their swimming.

Also a shout out to all the LILs that were a part of State last season - PAC received the Jack Pettinger award for 10U Excellence at the Illinois Swimming Awards Banquet.

WATER POLO

HS Polo - Coach Rose
rwimer@d125.org

Monday, 10/5: 7:30-8:30pm Dryland 8:30-10pm Pool
 Tuesday, 10/6: 7:30-8:30pm Dryland 8:30-10pm Pool
 Wednesday, 10/7: 7:30-8:30pm Dryland 8:30-10pm Pool
 Thursday, 10/8: 7:30-8:30pm Dryland 8:30-10pm Pool
 Saturday 10/10: Black Team Games: 12pm and 6:25pm @ Stevenson
 Sunday 10/11: White Team Games: 12:30pm and 7pm @ Stevenson
 Green Team Games: 1:15pm and 4:15pm @ Stevenson
[Missing Practice Form LINK](#)
 *Please fill out when you will be missing practice. Please

14u WATER POLO:

Monday 10/5: 6:30pm Dryland,
 7-8:30pm Pool
 Tuesday 10/6: 7-8:30pm Pool
 Wednesday 10/7: 6:30pm Dryland,
 7-8:30pm Pool
 Thursday 10/8: NO PRACTICE: SWIM MEET

10u WATER POLO:

Thursday 10/8: No Practice Swim Meet
 Sunday 10/11: Practice
 10:45-11:45am

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

Spooky season is upon us and we have 4 weeks before our first meet! If you haven't gotten your [AAU Diving, DiveLive](#) or October month to month [registration](#) done, please do so as soon as possible as to not miss any practices before our first competition! Also, this week we have a rescheduled High school meet on October 6th, so there will be NO PRACTICE that day. Finally, the PAC team Merch Store is migrating so we ask for your patience while we get the new one set up, Coach Roby will send out emails about it when it is up and running! Have a great week!

MOTIVATION OF THE WEEK:

"There will be obstacles. There will be doubters. There will be mistakes. But with hard work, there are no limits."

Michael Phelps

Patriot's Nutrition Corner with Coach Chandra:
Signs You Are Not Eating Enough

Under-fueling can impact energy, recovery, and performance. Signs include fatigue, low energy, frequent hunger, difficulty concentrating, dizziness, increased soreness, poor recovery, headaches, cramping, declining performance, or "hitting a wall" during practice. If you're consistently struggling to keep up, your body may need more food, fluids, and carbohydrates to support training, recovery, growth, and performance.