

# PATRIOT PULSE

It was a crazy week, but great job to everyone for making it through! We don't have any disruptions this week, so it's back to our regular schedule. **See you in the pool!**

Congratulations to our **NIPC Black, Green, and White teams** on their wins over the weekend! Our 14U team went 1–1 and showed a lot of improvement along the way. Keep up the great work and momentum this week!

PAC has our **first Fall League meet** this weekend! More information and meet details will be shared on ParentSquare, so be sure to watch for updates.

Here are a few important reminders and updates:

- **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. 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.

- **Swim Team Equipment/Vouchers:**

We're happy to announce that the vouchers to use at Kiefer Aquatics have returned for the fall! Here's all the info:

- Vouchers are worth \$75 per swimmer
- Vouchers are 1 time use, and will expire on 12/31/2026
- Vouchers must be used on Speedo brand items.
- Vouchers are only good at the Kiefer Aquatics store, [830 Seton Ct., #8](#) in Wheeling
  - Open Monday – Thursday 10 am to 5 pm + Saturday's 10 am to 3 pm
  - E: [wheeling@kiefer.com](mailto:wheeling@kiefer.com)
  - P: [224-676-0344](tel:224-676-0344)
  - In store Speedo items: practice suits, goggles, equipment, bags, tech suits & more!
  - Vouchers are not good online, only in store!!
- Want some Speedo logo'd swag? No problem, see the flyer attached!
  - We can take your order at the store (or over the phone)
  - Orders will be customized at our warehouse, then ship directly to you!
  - Items available to order ([see attached flyer](#)):
    - Parkas
    - Warm up jackets
    - Backpacks & mesh bags
    - Speedo apparel

- **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.

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## **9/15/26 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.



## Fall Swimming Fever: 8 Tips and Tricks for Managing the Early Portion of the Season

The fall season creates many images: falling leaves, the autumn breeze, and undoubtedly the smell of pumpkin spice lattes. But in the swimming world, fall has always represented something else: the beginning of a new training season, and new opportunity. The beginning of the 11-month odyssey can be a challenge both mentally and physically. During this period, swimmers must work their way back into prime conditioning and speed after a long break. This often leads to long, difficult practices, complemented by struggles to reach best times at meets. Here are a few tips to help swimmers as they ease their way back into the pool.

- **Reinforce Good Habits Early:** During the initial stretch of training season, swimmers focus heavily on working back to peak conditioning. But focusing on small mechanical issues can go a long way toward finding success in February. Streamlines, turns, and underwaters are key areas that can win races, and should be part of the daily focus. I've been paying extra attention to my breakouts this year, attempting to not breathe in and out of walls. Emphasizing little things during the difficulty of this period of the season will only make them easier when it matters most.
- **Keep Your Stroke Consistent Early:** Another part of focusing on small mechanical details early should be finding a consistent stroke rate. In my article [analyzing 200 swimmers in Paris](#), the importance of a consistent stroke rate was discussed. This strategy allows a swimmer to be efficient through consistency in stroke mechanics, even when fatigued. By holding that stroke rate during difficult sets, you can ensure stroke efficiency during tough races, just like the world's best.
- **Get a Head Start on Recovery:** The early portion of the season can be grueling on the body, with both meets and practice taking a heavy toll. Settling into a recovery routine before you begin feeling heavy soreness or injury is always a good strategy. I utilize our ice baths twice a week after tough workouts, along with foam rolling and stretching when needed. By avoiding physical setbacks early in the season, you can train to your fullest to succeed later in the year.
- **Find a Food Routine:** There are many factors one must control at a championship swim meet, in and out of the pool. Preparing for these factors early makes these meet experiences much easier, and enables an athlete to find what works for you. One way to accomplish this goal is to identify what works food-wise for you on meet day. I've found myself experimenting with different carbs and fibers on meet day this season, from pancakes to waffles to oatmeal. Micromanaging the small things early can ensure racing without distractions when it matters most.
- **DON'T WORRY ABOUT THE TIMES:** A common theme during the early part of the swimming season is a struggle to reach best times. Multiple factors contribute to this. The lack of a taper or rest, which research from the National Institution of Health shows leads to an average 3% performance improvement is one factor. Another is simply the amount of training done, with the season just beginning. Nevertheless, it's important to keep perspective. Even the world's best struggle to reach best times during the early stages of the season, so put an emphasis on not setting unrealistic expectations. Instead, a good idea might be to...
- **Find A Takeaway For Every Race:** Without the massive weight of a championship meet, the early season allows time to nitpick and experiment with each race. Went out too fast in the 500? You know to hold back your pace for the next time. Was 10 underwater kicks off the start too many? You know to break out faster in your next swim. These lessons will allow you to be at your fastest when expected to be most successful.
- **Establish a Support System:** With the length of the swim season, competitors are bound to deal with a plethora of ups and downs. It's important to establish a support system for success, so you can deal with the moments of doubt that arise. From relationships with family and friends, to methods like meditation and sports therapy, find the support which works for you.
- **Enjoy Yourself:** Meets are the most exciting part of this sport! Enjoy competing with your teammates and feed off each other's energy. The most successful teams and swimmers are generally those which can balance a competitive and a fun-loving spirit. By turning stress into excitement, you'll gain an edge on the competitors.

## SCHEDULE OF EVENTS

### PAC:

- TBA

### SWIM:

- **Sept. 20:** Fall League Meet #1 @HOME (14 and unders and PAC only) Entries are closed.
- **Oct. 11:** Fun in the WILD @Northwestern University. Entries close Oct. 1st.
- **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 close Oct. 15th.
- **Oct. 31-Nov. 1:** Patriot Fall Classic at HOME. Entries close Oct. 24th.

### WATER POLO:

- **Sept. 19:** Premier Boys are at Fenwick.
- **Sept. 20:** NIPC Green and White are at Niles North. 14U are at Lyons. 12U are at New Trier.
- **Sept. 26:** 14U is at Lincolnway West.
- **Sept. 27:** Premier boys are at Loyola. NIPC Green/White are at Niles North. 12U and 10U are at Lyons.

### DIVING: (no dates yet)

- **Oct. 31-Nov. 1:** Schroeder Fall-Back Invite in Browndeer, WI.
- **Schroeder Winter Invite**

# GROUP UPDATES

## SWIMMING

**ELITE - Coach Kevin**  
[kzakrzewski@d125.org](mailto:kzakrzewski@d125.org)

This week we kick start our new dryland routine. Each week we continue to build more and more momentum. Sunday will be fun with some guests to finish the week off well.

**PATRIOT PLUS - Coach Carolyn**  
[cgrevers@d125.org](mailto:cgrevers@d125.org)

Great start with working through some challenging sets last week. We will slowly ramp up yardage to get our endurance in shape with some work in sprinting and pace. Remember to continue proper technique!

We are going to start a new dryland routine in the PWC this week. Stay focused and work hard to keep proper posture.

**PATRIOT - Coach Kee**  
[keehng@gmail.com](mailto:keehng@gmail.com)

It was good meeting with swimmers and parents; getting to know each other. Together we will work to have a fun and fruitful season! This week will be a full practice schedule and we will start to build the volume of aerobic training with emphasis on technique. The practice sessions will also include reviews on backstroke, butterfly, and race start.

**JR PATRIOT - Coach Thomas**  
[tschwingen@d125.org](mailto:tschwingen@d125.org)

We have a full week of water practices, no swim meets. So, make sure to get here and be ready to focus on those drills. Like previously mentioned, these first few weeks we get to know all PAC's drill progressions and have a great opportunity to fix those mistakes we all have in our strokes. Don't forget your water bottle; you should have it every day. Also, make sure to fill out your swimmer(s) team suit size and style; we need to get those ordered very soon.

**LIL & MINI PATRIOT - Coach Megan**  
[mosullivan@d125.org](mailto:mosullivan@d125.org)

This week is a full week of regular practices and our first Meet of the season. This week we will be working through all the strokes and their drills while also focusing on kicking. Reminder - all swimmers should have a water bottle with them for every practice.

## WATER POLO

**HS Polo - Coach Rose**  
[rwimer@d125.org](mailto:rwimer@d125.org)

Our HS teams are off to a great start with league play. NIPC Black, Green and White all went 2-0 this weekend

**14u WATER POLO:**

Our 14u team is off to a solid start with league play too. NIPC 14u went 1-1 with great progress noted!

**10u WATER POLO:**

We started 10u practice this week and are looking forward to the fall season.

We continue to have games this upcoming weekend make sure to check the schedule and join the parent square!

## DIVING

**COMPETITIVE DIVING**

Coach Jonathan - [jroby@d125.org](mailto:jroby@d125.org)

As we start week 3 of our fall session we have finalized our schedule! You can check to see what days are practice days on the bottom of the "Diving" tab of the PAC website. If you have any questions about said schedule please don't hesitate to reach out to coach Roby at [jroby@d125.org](mailto:jroby@d125.org). We will have our meet schedule finalized by the end of the month with our first meet being up at the Walter Schroeder Aquatics Center Halloween weekend! See y'all on the boards!

**PAC Social Media**

**INSTAGRAM:**

[@patriotaquaticclub](https://www.instagram.com/patriotaquaticclub)

[@nipc\\_wp](https://www.instagram.com/nipc_wp)

[@pac\\_diving](https://www.instagram.com/pac_diving)

**FACEBOOK:**

Patriot Aquatic Club -  
 Lincolnshire, IL

**YOUTUBE CHANNELS:**

Patriot Aquatic Club  
 Northern Illinois Polo Club

**MOTIVATION OF THE WEEK:**

**"Every morning  
 you have two  
 choices: continue  
 to sleep with your  
 dreams or wake  
 up and chase  
 them."**

*Carmelo Anthony*

**Patriot's Nutrition Corner with  
 Coach Chandra:**

**Hydration: Start the Season Strong!**  
 As we start a new swim season, don't forget one of the simplest ways to help your body perform its best: stay hydrated! You sweat during both swim practice and dryland, even when you don't realize it. Make it a habit to drink water throughout the day and always bring a full water bottle to practice. If you are finding yourself unusually tight, sore, or experiencing muscle cramps, take a closer look at your hydration and electrolyte intake. Water is important, but electrolytes help replace minerals lost through sweat and can be especially helpful during longer, harder practices. Don't wait until you are thirsty or cramping to start drinking—hydrate before, during, and after practice. Hydrate, recover, and start the season strong!