

PATRIOT PULSE

Thank you, everyone, for your understanding and flexibility as we worked around the installation of our new boiler. We are happy to report that it is up and running, the pool is back to temperature, and we are back in business!

This past weekend, the USA Swimming Annual Summit took place in Denver, Colorado. Our very own Aria Grossenbach attended as an Illinois Swimming student board member! Her participation highlights her growing leadership in the swimming community, complementing her impressive athletic accomplishments. We are proud of you, Aria!

This weekend is the Illinois Swimming House of Delegates (HOD) meeting, bringing together coaches and athletes for a variety of activities, discussions, and presentations. The weekend will also feature the Illinois Swimming Awards Ceremony and Hall of Fame Induction. Congratulations to all the athletes and coaches being recognized!

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. 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.

• **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
 - P: [224-676-0344](tel:224-676-0344)
 - In store Speedo items: practice suits, goggles, equipment, bags, tech suits & more!

- **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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9/29/26 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.



The Swimmer's Guide to Developing Unstoppable Momentum.

BY **OLIVIER POIRIER-LEROY**

Finding yourself getting stuck with your training? Want to build momentum like a locomotive so that you enter each practice ready to knock the main set right off the whiteboard? What you need is some good old fashioned action.

The road to mediocrity is paved with good intentions. We can have the wildest of dreams, goals with scope that are almost impossible to describe, but without one foundational element they all just hang up there in the ether. To not only kickstart the process towards achieving your goals, but to sustain forward progress and momentum you need action.

Planning is easy. It is safe. When given the choice between chasing after our goals and learning, planning and thinking about them, the safe choice is always the latter one. With no action, we risk nothing.

"An ounce of action is worth a ton of theory." – Ralph Waldo Emerson

Here are seven reasons that taking action is the key to building the kind of momentum that will send you hurtling towards your swimming goals at light speed:

1. It has the effect of inspiring more action.

Action, no matter how small, feeds itself. The baby steps get bigger, and with the confidence of seeing yourself propel forwards you grow bolder and ever more audacious.

2. Taking action commits you to the process.

When you are on the outside looking in, not taking those first few precious steps, you aren't truly committed to the goal at hand. Saying you want something isn't doing something about it. But when you do take that first step, no matter how big or small, it's a signal of commitment that you are however tenuously ready to head down that path.

3. Action opens up other possibilities.

Sitting, waiting and planning leaves you with a very narrow window of forward progression. When you consistently plod forward, you'll find that opportunities that you didn't foresee present themselves. You cannot always see what is around the corner when you act.

4. Acting allows you to (smartly) fail.

Want to know what the fastest route to getting what you want? Getting the failures and mistakes out of the way as quick as possible. And you can only get past them by making them (and learning from them, otherwise you're just hitting your head against the wall for no purpose). Purposeful and consistent action will propel you forward in one way or another, so use it as a tool to narrow your focus on the things that will help you succeed.

When we lurch forward into the unknown we are in a little bit in the dark. We have an idea of where we want to go, but truthfully we aren't sure exactly how the journey is going to look. Action fills in the gaps, shows you the bumps and bruises, the wrong roads and the right roads to take. Sure, action can leave you bruised, but it sure beats standing at the starting line, endlessly musing about how you are going to accomplish your goals.

5. It will reveal your character and true grit.

We never really know who we are until we do something until we take those fateful first few steps (which we inevitably look back and wonder why we waited so long to make). Sure, we can imagine the athlete and person we want to be, we can daydream about how awesome we would like to be, but until we do something to back that up it is all just fairy dust in our brains.

"Do you want to know who you are? Do not ask. Act! Action will delineate and define you." – Thomas Jefferson

6. It's the litmus test for people who say they want success, and people who want success.

Sure, success looks great and fun and rewarding, but what about all of that icky stuff between now and there? What is all that stuff? It doesn't look like it smells like very much fun. It will always be easy to say that you want success, but will you be one of the few that purposefully acts towards it?

7. Gives you the power.

Action has the intoxicating side effect of making us feel like we are – no matter how gingerly – the captains of our ships. For as long as we act, and purposefully move forward, we have attained some measure of control over our lives and our goals in the pool. Action has a way of cutting through the clutter, the excuses, and laying bare what it will take for you to achieve your dreams.

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. 4:** 14U have games at York. 12U are at Lyons.
- **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

This week we have hit a new gear. The higher intensity training will be at a premium now. As the weather starts to turn, make sure you are taking care of yourself. It's important you get ahead of it.

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

Goal sheets are out! Many of you have returned them and I will go through meetings in the order I received the sheets back.

We are working to prepare for our first meet and while ramping up our speed work, we are pushing our main stroke this week. Stay focused on your technique and efficiency as you push yourself into the new gear.

Heads up: Monday 10/12, practice is from 1-4p.

PATRIOT - Coach Kee
keehng@gmail.com

While we did not have many swim practices last week, we are pleased that many showed up for dryland to work on building strength and power. We had warm up, speed/agility, and core exercises conducted by Coach Carolyn in a fun big group setting! This is important since the benefits of dryland cannot be achieved by swimming alone. We are very pleased with many full attendance records that enable them to make steady progress.

JR PATRIOT - Coach Thomas
tschwingen@d125.org

Going to be getting back into it this week with only one day (Thursday 10/1) scheduled to be dryland only. Although things may change, sometimes quickly, we appreciate everyone's flexibility and still getting your swimmers to practices. Make sure to sign up for swim meets so you don't miss those deadlines. In practice, we will be getting that momentum going again and start introducing new drills and more challenging sets.

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

This week we will be starting to split into interval groups. Groups are based on technique, practice effort and what intervals are best for the swimmer. This week we'll continue to focus on kicking and underwaters.

WATER POLO

HS Polo - Coach Rose
rwimer@d125.org

Monday, 9/28: 7:30-8:30pm Dryland 8:30-10pm Pool
 Tuesday, 9/29: 7:30-8:30pm Dryland 8:30-10pm Pool
 Wednesday, 9/30: 7:30-8:30pm Dryland 8:30-10pm Pool
 Thursday, 10/1: 7:30-8:30pm Dryland 8:30-10pm Pool
 Sunday 10/4: Elite Team Practice 11:45-1:15pm

Missing Practice Form LINK

*Please fill out when you will be missing practice. Please use in place of messages or email.

14u WATER POLO:

Monday 9/28: 6:30pm Dryland, 7-8:30pm Pool
 Tuesday 9/29: 7-8:30pm Pool
 Wednesday 9/30: 6:30pm Dryland, 7-8:30pm Pool
 Thursday 10/1: NO PRACTICE: SWIM MEET
 Sunday 10/4 14u TEAM: Games @ YORK High School (12:15p & 2:30p) *Please arrive 30 minutes before each game)
 Sunday 10/4: 12u TEAM: Games @ Lyons. (9:20am & 12:00pm) *Please arrive 30 minutes before each game)

10u WATER POLO:

Thursday 10/1: No Practice Swim Meet
 Sunday 10/4: Practice 10:45-11:45am

DIVING

COMPETITIVE DIVING

Coach Jonathan - jroby@d125.org

Week 5 is here! The pool is tip top and ready to go for the week but the High School team had to reschedule a missed meet to October 6th, so we will not be practicing on that Tuesday. Changes have been made on the Google Calendar. We are about two months away from our first meet up at Schroeder Nov 7-8, please make sure your AAU Memberships are up to date if you plan on competing. Otherwise we have a normal schedule this week and I'm looking forward to making up for some lost time on the boards!

MOTIVATION OF THE WEEK:

"Every day is your day if you claim it."

Nyanla Vanzant

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:

Don't Be Afraid to Fuel Your Practice!

Your body needs fuel to train, just like a car needs gas to keep moving. For most regular 60-90 minute practices, a balanced meal or snack before practice should provide the energy you need. However, during longer or especially hard practices, some additional carbohydrate during practice can help maintain energy and prevent that late-practice crash. A general starting point is around 20-40 grams of carbohydrates (about 80-160 calories) per hour during longer, demanding sessions. This might come from a sports drink, applesauce pouch, banana, or another easy-to-digest carbohydrate. Don't be afraid of calories—they are fuel for an athlete's body!