

PATRIOT PULSE

Welcome Back to the Pool!

We are excited to kick off another great season! As we get started, now is the perfect time for athletes to refocus and take a more in-depth look at their technique. Building strong fundamentals and consistently practicing great technique will set the foundation for continued improvement throughout the season.

Remember, **consistency is key**—the more practices you attend, the more opportunities you have to learn, improve, and make progress!

We have several important parent and swimmer meetings coming up this week!

Wednesday Group Meetings:

Parent Meeting with Coach Kevin Zakrzewski 6:00 PM — Room 5120, Coach Kevin will go over important team information and details for the upcoming season.

Officials Social 7:00 PM — Room 5120

Thursday Group Meetings:

MINI — 7:00 PM (Room 5124)

LIL — 7:00 PM (Room 5124)

JR — 6:00–7:00 PM (Room 5124)

PAT — 6:00–7:00 PM (Room 5128)

ELITE Athlete Meeting — 7:00–8:00 PM (Room 5128)

We look forward to seeing everyone this week and getting the season off to a great start!

Here are a few important reminders and updates:

- **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:** PAC vouchers are active in the Kiefer site! You can go into the site today to order team suits (required) and personalized caps (optional and coming soon!). We are ordering team shirts for this season....PLEASE go into your family account and make sure the shirt size is correct for your swimmer. <https://theswimteamstore.net/teamlogin/index/loginpost?username=patriot&password=aquaticclub11>
- **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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9/8/26 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.



New Season, New Habits: Starting the Year Off Strong

by EDIE SAWYER

In many of my previous articles, I have emphasized the importance of change. You are never going to improve by constantly doing the same things all the time. It is so important to reflect on your past season and think about the things that went great, as well as the things that could have been done better. As you enter a new season, think about what you want to do a better job of. Is it getting to bed earlier? Improving your strength or flexibility? Or maybe it's getting to practice early so that you can warm your body up before getting in the pool. Whatever it may be, take some time to think about how you can change your old habits for the better. Read below to learn about the common bad habits that swimmers tend to have, and how you can change them before entering your new season!

Sleep

Many swimmers, especially student-athletes, fall victim to not getting enough sleep at night. As we all know, sleep is an integral part to success. Balancing your classes and workload with training is a difficult task, and often, sleep is the area that gets neglected. It is so important to utilize open time during your day for schoolwork so that you have less to do in the evening after practice. Staying on top of your work and not procrastinating will not only help with swimmers' sleeping habits, but it will also keep stress and anxiety levels low. Having a set time each night where you have to shut your laptop down and close your books is a way for swimmers to hold themselves accountable to getting to bed early enough every night.

Recovery

On top of swimmers' sleeping habits, their recovery habits are also usually put on the back burner. Between the several hours spent in the pool and weight room each week, swimmers are bound to feel their bodies start to break down. There are so many recovery methods out there that swimmers may find to be very beneficial, especially when they are in the heart of their season. Take a few minutes every day to stretch and foam roll after practice. This will help loosen your tense muscles and relax your body. Make time in your schedule to sit in the ice bath for 10 minutes once a week. This will help prepare you for the next training session. Fuel your body appropriately after training. Whether it is a morning practice or an afternoon practice, make sure to eat a healthy and balanced meal so that you gain your energy back.

Practice Preparation

The easiest good habit for swimmers to form is showing up to practice early. Many swimmers might ask themselves, "Why is that so important?" The reason why getting to practice early is beneficial is that it gives swimmers time to prepare. Whether you need to prepare for practice physically or mentally, showing up early gives yourself the time to do so. Take time to create good habits such as foam rolling or performing a dry warmup before getting in the pool. Doing dynamic exercises outside the water will warm your body up before your practice really starts. Make this a habit every day, not just when it comes time to race at a meet.

Once you have taken the time to reflect and think about the habits that you want to create, write them down. The best way to hold yourself accountable to your expectations is by writing down your goals and rules to live by. Your new habits/expectations are a part of how you will achieve your goals. Connect them and understand why each of them is important.

SCHEDULE OF EVENTS

PAC:

- **Sept. 9-10:** Parent/Swimmer coaches meetings at Stevenson High School.

SWIM:

- **Sept. 20:** Fall League Meet #1 @HOME (14 and unders and PAC only) Entries are not open yet....keep checking)
- **Oct. 11:** Fun in the WILD @Northwestern University. Entries open soon...
- **Oct. 17:** Fall League Meet #2 @HOME (14 and unders and PAC only) Entries are not open yet
- **Oct. 18:** Senior Circuit #1 @HOME. Entries are not open yet, but must qualify to participate.
- **Oct. 24-25:** Josh Church Meet at Libertyville High School. Entries open soon...

WATER POLO:

- **Sept. 13:** Premier boys are at Portage Park. NIPC Green, White and 14U are at Stevenson.
- **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)

- **Schroeder Fall-Back Invite**
- **Schroeder Winter Invite**

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzakrzewski@d125.org

Looking forward to yet another great season! We will have a meeting on Thursday at 7:00pm for all ELITE members to discuss the coming year. We will try and map everything out the best we can.

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

Welcome back for another exciting season! You may notice that PAT+ does not have a meeting scheduled for Thursday. Instead, every Monday (Tuesday this week), the swimmers will meet with me to make sure everyone is on the same page for the week ahead. We will review our training focus, goals, and what we will be working toward throughout the week. Now that preseason is complete, we will begin placing an even greater emphasis on technique while continuing to build strength. Try to stay focused and see where this takes you!

PATRIOT - Coach Kee
keehng@gmail.com

Welcome to the start of a new season! This week, there will only be a couple of practices due to high school swim meets. However, swimmers and parents meetings have been scheduled so please check the calendar for time and location. The main focus in our first 3 weeks is on reviewing techniques and learning new drills & terminology, while combining low level aerobics in kicking and swimming. It is very important that swimmers attend all practices during this time.

JR PATRIOT - Coach Thomas
tschwigen@d125.org

Welcome back! We are looking forward to Jr Patriots season getting underway. This week we will not have practice Wed. (9/8) and dryland only Thur. (9/10) due to SHS girls swim meets. There will be our beginning of the season parent meetings both these days. Make sure to always check the calendar weekly under the Swim Team tab for updated schedules. Jr Patriot parents meeting is this Thursday at 6:00pm.

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

Welcome to another exciting PAC Season! A huge shout out to our STATE Champ 10Us! A few season kickoff reminders, please keep an eye on the Google Calendar for practices & events, use the ParentSquare to communicate, and make sure to start planning out your swimmers meet schedule availability. We look forward to another great season with our amazing 10Us.

WATER POLO

HS Polo - Coach Rose
rwimer@d125.org
 Solid practices, keep up the good work.

Games are coming up, so check your schedules and stay in contact with ParentSquare.

14u WATER POLO:

Season starts this week! Make sure to stay connected with ParentSquare so you know about any changes or upcoming game opportunities.

10u WATER POLO:

Season starts this week! Make sure to stay connected with ParentSquare so you know about any changes or upcoming game opportunities.

DIVING

COMPETITIVE DIVING
 Coach Jonathan - jroby@d125.org

We are in our second week of the fall session! Been great to see our athletes back in the boards, and I'm excited to see what our newbies have in store for the session!

No practice on Sunday due to the Water Polo Tournament.

MOTIVATION OF THE WEEK:

"There are no secrets to success. It is the result of preparation, hard work and learning from failure."

Colin Powell

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