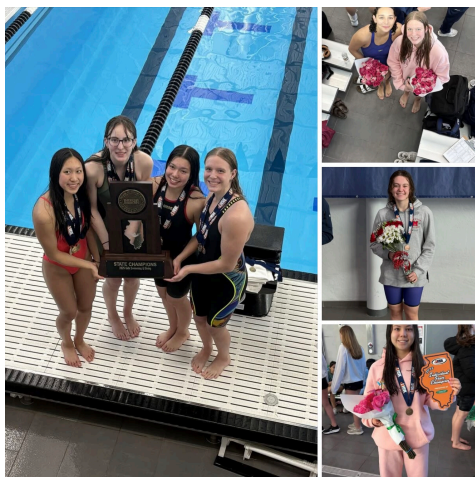


# PATRIOT PULSE

We are excited to host the Patriot Premier Meet this weekend! Best of luck to all our athletes competing in this Prelim–Final event at Stevenson High School. We're ready to race hard, support one another, and show what our team can do!

A huge congratulations to the SHS Girls Swim & Dive Team—and their coaches—on an outstanding IHSA State Championship victory this past weekend. An incredible achievement and a proud moment for the program!



Here are a few important reminders and updates:

- **NIPC AND Diving Winter Registration is OPEN:** All opportunities for this winter season water polo and diving is now open on our site.
- **Patriot Premier Meet:** We are hosting the Patriot Premier meet this week. Information about the meet is found on our website.
- **Holiday Hustle and Bowling Party:** Our Holiday Hustle meet will be at home (afternoon) on December 20th, while the Ugly Sweater Bowl will be on December 21st. More information will be out soon!
- **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.
- **ParentSquare:** We still have families that have not switched from GroupMe to ParentSquare. Please 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! 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.
- **Practice like a PATRIOT Program:** Still going.....Check it out on Instagram!

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## 11/18/25 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.



# How to Mentally Prepare for a Swim Meet

[WRITTEN BY PHILIP MOLDOVANU](#)

Preparing for a swim meet is not just about physical readiness; mental preparation is equally crucial. This article will guide you on how to mentally prepare for a swim meet, ensuring you are as ready in mind as you are in body. We will also discuss strategies to help you get mentally ready for your swim meet.

## Understanding the Importance of Mental Preparation

Mental preparation plays a pivotal role in a swimmer's performance. It involves cultivating a positive mindset, managing stress, and visualizing success. The right mental approach can significantly impact your confidence and focus during the meet.

## Setting Realistic Goals

Before the meet, set clear, achievable goals. These should be specific to your abilities and training progress. Goals provide direction and purpose, making it easier to stay motivated and focused.

## Developing a Pre-Meet Routine

Establish a consistent pre-meet routine. This might include visualization techniques, where you imagine yourself performing well in the meet. A solid routine can calm nerves and boost confidence.

## Embracing Positive Self-Talk

Positive self-talk is a powerful tool for mental preparation. Replace negative thoughts with affirmations and constructive statements. Remind yourself of your training, strengths, and past successes.

## Managing Stress and Anxiety

Learn to manage pre-meet stress and anxiety. Techniques such as deep breathing, meditation, or [listening to calming music](#) can be effective. Remember, some level of anxiety is normal and can be channeled positively.

## The Role of Nutrition and Rest

Do not underestimate the role of good nutrition and rest in mental preparation. A well-rested and well-nourished body supports a healthy mind, enhancing overall performance.

## Visualization and Mental Rehearsal

Practice visualization and mental rehearsal. Imagine the entire swim meet experience, from warming up to touching the wall at the finish. This practice can improve focus and performance.

## Seeking Support

Support from coaches, family, and friends can be invaluable. Discuss your goals and concerns with them. A strong support system can provide encouragement and advice.

## Staying Flexible and Adaptable

Be prepared to adapt to unexpected situations. Flexibility is key in handling last-minute changes or challenges, maintaining a positive mindset throughout.

## Conclusion

Mental preparation is as vital as physical training for a successful swim meet. By setting realistic goals, developing a pre-meet routine, engaging in positive self-talk, managing stress, focusing on nutrition and rest, practicing visualization, seeking support, and staying adaptable, you can get mentally ready for your swim meet. Remember, the right mindset can make a significant difference in your performance.

## SCHEDULE OF EVENTS

### PAC:

- Dec. 21 - Team UGLY SWEATER bowling party.....more information to come!

### SWIM:

- Nov. 21-23 - Patriot Premiere Meet @HOME. Entries are closed.
- Dec. 6-7 - NASA Winter Blast-Off at Northwestern University. Entries are closed.
- Dec. 10-15 - Winter Junior Nationals in Austin, TX.
- Dec. 12-14 - FOX Holiday Classic in Hobart, IN. Entries are closed.
- Dec. 20 - Holiday Hustle @HOME. Holiday fun with competitive racing!
- Jan. 16-18 - Patriot Pride Meet @HOME. Entries are open until Dec. 15th.

### WATER POLO:

- Nov. 17 - NIPC Winter Water Polo Registration is OPEN!

### DIVING:

- Nov. 17 - Winter Diving Registration is OPEN!

## Patriot's Nutrition Corner with Coach Chandra:

Protein is essential for building strength, repairing muscle, and keeping athletes resilient through tough training. Aiming for at least 30 grams of protein at each meal provides a steady stream of amino acids to support growth and recovery. This becomes even more important after workouts—during the 45-minute metabolic window when muscles absorb nutrients most efficiently. Hitting that window with lean meats, eggs, Greek yogurt, cottage cheese, tofu, or a quick protein shake can jump-start repair and reduce soreness. Prioritize protein consistently, fuel recovery smart, and stay strong for the next session.

# GROUP UPDATES

## SWIMMING

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

Congrats again on a great weekend! Very proud of all of you! We are also happy to get everyone back together this week. This coming week is an exciting weekend for those who have been training this fall. Looking forward to seeing how our HS Boys do before we lose them to HS Season.

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

We are gearing up for the Patriot Premier meet at HOME this weekend. Fine tuning the starts, turns and breakouts are what we are focusing on during practice this week. Remember to keep stretching, hydrate like crazy and work in visualization of your perfect races. Ladies returning from girls HS swim: if you need a break after HS, please take it the week of Thanksgiving.

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

We are looking forward to the Patriot group's swims at the upcoming Patriot Premiere meet at Stevenson. To prepare for the meet, the swim practices will gradually reduce volume this week but continue to focus on race pace and details. We will also have dryland sessions for doing recovery exercises and a meeting to talk about the meet.

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

Jr's will be gearing up for this weekend's Patriot Premiere. We will be focusing a bit more on those small race details during practices this week in preparation for our meet. This is our first time this season getting an opportunity in swimming in a prelim/final format. Having to get up and race in prelims and hopefully, doing it all again the same day in finals is something they'll be doing for the rest of their swimming experience. Everyone needs to come excited and ready to do their best!

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

This week is all about prepping for the swim meet this weekend. I've instructed the LILs to see what they are swimming so they know what to focus on throughout the week.

## WATER POLO

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

Congratulations to our 14U Team for taking 2nd in the Fall League over the weekend!



Congratulations to our 18U boys Elite team for winning their Championship Tournament!



## DIVING

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

Winter diving starts 11/30, make sure you register before you show up to the pool

### DEVELOPMENTAL DIVING

First Developmental practice is 12/2, email coach Roby for tryout dates for anyone moving up to this level!

### LEARN TO DIVE

Winter session begins Nov 29th!! Make sure you're registered before then!

## MOTIVATION OF THE WEEK:

**"ABILITY is what you're capable of, MOTIVATION determines what you do, ATTITUDE determines how well you do it."**

*Lou Holtz*

## PAC Social Media

### INSTAGRAM:

@patriotaquaticclub

@nipc\_wp

@pac\_diving

### FACEBOOK:

Patriot Aquatic Club -  
Lincolnshire, IL

### YOUTUBE CHANNELS:

Patriot Aquatic Club  
Northern Illinois Polo  
Club