

PATRIOT PULSE

Good luck to all our athletes competing this weekend!

We're proud to be represented at so many exciting events and locations.

Junior Nationals – Austin, TX

Best wishes to Aria Grossenbach, Claire Wang, Jocelyn Hayashi, Nellia Sandor, Brooke Eliacin, and Allan Zhu as they compete against some of the top swimmers in the country. We can't wait to see what you accomplish on the national stage!

FOX Holiday Classic – Hobart, IN

Good luck to all of our PAC swimmers racing at the FOX Holiday Classic. This is a great opportunity to show your speed, teamwork, and training—go PAC!

NIPC Winter Games – Across Illinois

Cheering on our NIPC teams as they head into competition at four locations across Illinois. Play hard, support each other, and have fun!

Let's show our pride, compete with heart, and celebrate our athletes everywhere they go this weekend. Go team!

Here are a few important reminders and updates:

- **GOODBYE TEAMUNIFY.....HELLO CAPTYN!!!:** Today we are officially announcing our transition from Teamunify to CAPTYN for our team management software. We will continue to use TeamUnify until the end of our Winter season. More information will come over time but here is the timeline...
 - January 2026 New site published.
 - February 2026 Spring Registration opens on the new site!
 - April 1st 2026...Goodbye Team Unify completely.
- **FOX Holiday Classic:** This meet is this weekend at Hobart High School. More information has been sent out to those attending this event (there was a bloop in the info, that Friday evening starts at 6p (not 5p)).
- **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. You can sign up for the [Bowling Event](#) here.
- **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.

8 TIPS FOR DEVELOPING SELF-CONFIDENCE FOR SWIMMERS

BY [OLIVIER POIRIER-LEROY](#)

Looking to level up your self-confidence in the water? Here are eight tips for increasing self-confidence for swimmers.

Self-confidence is an important part of every swimmer's training and competition performances. A lot of times, swimmers can look back at a specific swim meet, practice, or stretch of training and tangibly feel how their self-confidence impacted their swimming...for better or worse. And while we know that self-confidence is important, it's not as clear how swimmers can reliably improve upon it.

Whether you are looking to dominate some personal best times, leave nagging doubts behind as the big meet comes up, or just want more consistent self-confidence during the course of the season, these tips will help you build lasting self-confidence for faster swimming. Let's dive in.

SELF-CONFIDENCE FOR SWIMMERS

Swimmers can generate powerful self-confidence in several ways, including:

- Treat self-confidence like a skill.
- Focus on what you control.
- Measure and track your swimming.
- Set short term goals.
- List your self-confidence sources.
- Adopt a challenge-based mindset.
- Surround yourself with support.
- Work hard and strive for improvement.

Next, we will look at each tip in more detail, and offer some actionable advice for how swimmers can increase self-confidence for improved swim practices and better performances on race day.

1. TREAT SELF-CONFIDENCE LIKE A SKILL.

Like other skills in the water, like your technique, dolphin kick, or lane rope pulling ability, self-confidence is a skill that you can actively work on. Swimmers tend to hope for self-confidence on race day or accept that they aren't naturally self-confident, and as such, will never have it. Like talent or genetics. And while there will always be swimmers who exude it more naturally, self-confidence can be developed with consistent effort and intentional practice.

2. FOCUS ON WHAT YOU CONTROL.

Self-confidence is that hard to pinpoint but unmistakable feeling that you are going to be successful and perform at a high level in the water. What makes it even harder to corral when you need it most is by making self-confidence reliant on things you don't control.

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12/9/25 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.



Meet conditions. How other swimmers perform. What people on the interwebs are saying about your skillz and talent.

By focusing on the things you control in the water, stuff like your work ethic, the mindset you choose to have when you show up to practice, getting your butt to training more often, you give yourself a chance to build free-range self-confidence.

Tip: One days when self-confidence is low, write out a short list of things you do control and things you don't control to refocus your concentration and energy.

3. MEASURE AND TRACK YOUR SWIMMING.

There are a lot of reasons and benefits to logging, measuring, and tracking your swim training. Gives you an inventory of your training. Track best times, splits, and results in training. It's also a tool for self-confidence. How? By recording and noting moments when you crush it in the pool gives you a library of self-confidence boosters that you can revisit in the weeks and months ahead. Saving those moments and preserving them on paper when you perform at a high level in training (and competition), you give yourself a long trail of evidence that justifies high levels of self-confidence.

4. SET SHORT TERM GOALS.

Short term goals are particularly handy for self-confidence building for swimmers due to the long length of the swim season. By breaking up that big season-end goal into short term goals, whether by training block, month, or week, you give yourself more opportunities to build legitimate self-confidence. Checking off those short-term goals gives your confidence an electric shock. And using short term goals like a series of ladder rungs will help you climb towards that big goal more quickly.

5. LIST YOUR SELF-CONFIDENCE SOURCES.

Building self-confidence becomes a lot easier once you get to the root of make you feel confident! Spending more time doing things that make you confident. Seems simple enough. But typically, when I ask swimmers what gives them self-confidence, it's stuff like:

"When I win!"

"When I go a best time!"

"When I have a great practice!"

Those are the obvious answers. But what are the actions, beliefs, habits, and routines that develop self-confidence *for real* that lead to the personal best time/win/great practice? The problem with hanging self-confidence on an excellent (albeit more rare) result like a PB or dusting your biggest competitor, is that self-confidence will naturally plummet when you don't go a PB. So get under the hood of those confidence boosting swims. What led to those swims? Consistent training? Being more focused in training? Eating better? Going to bed sooner? Doing the little things right in the pool? While the PBs and the results get all the shine, it's those day-to-day sources of self-confidence that give swimmers the fuel to crank out the performances in training and competition.

6. ADOPT A CHALLENGE-BASED MINDSET.

We face a lot of opponents in the water, including the swimmers in the next lane, mastering the perfect shave-down, and dealing with pre-race nerves. The sweaty palms, racing thoughts, and runaway nerves can crater our self-confidence and performance before we've had a chance to get up on the starting block. One tool to keep self-confidence running high is stress reappraisal. By reframing competition stress and anxiety as a "challenge" instead of a "threat" swimmers can trigger a more efficient physiological response, including higher anaerobic power output (Wood et al., 2018). Remind yourself that competition is supposed to be fun, nerves are normal, frame the nerves as excitement instead of confidence-eroding stress, and let your self-confidence take the lead.

"I get just as nervous behind the blocks at the Olympics as I did at my first competitions as a five-year old. I take deep breaths and give myself positive affirmations all the way until my races are over." – Jessica Hardy

7. SURROUND YOURSELF WITH SUPPORT

Building self-confidence may at times feel like a solo journey, but it doesn't have to be. Thomas et al., 2022, noted that elite athletes cited coaches, teammates, and parents as sources of long-lasting self-confidence. This social support is crucial to help you navigate the off days, be a voice of reason when things aren't progressing the way you like, and to celebrate with you when you inevitably crush it. Build a constructive relationship with your swim coach by sharing goals and seeking feedback. Lean on teammates and be a source of confidence for them, creating a positive loop of self-confidence. And lean on family and close friends for support, whether it's just emotional support or a quick pep talk before a big, pressure-filled swim meet. A strong support network creates a buffer against stress and self-doubt, allowing self-confidence to flourish. The "away from the pool" social network can also be a potent reminder that you are more than the times you put up on the clock, freeing you to swim with a clear mind and confidence.

8. WORK HARD AT PRACTICE AND STRIVE FOR IMPROVEMENT.

The reality about self-confidence is that it's really hard to fake. It's earned. A study (Hays et al., 2007) with Olympic and World champions surveyed them, asking about their sources and types of confidence. All the usual suspects were there, including confidence about achievement (e.g. winning), having excellent tactical awareness, ability to manage nerves and pressure, and having a solid support team behind them. But one of the primary sources of self-confidence was simply the work they'd done in practice, both mentally and physically, to prepare themselves. I know this isn't the overnight answer or fix most swimmers are looking for, but the difficulty of consistently showing up, putting in the work, and continually aiming for improvement, in matters small and main set, will help you build iron-clad self-confidence. And because it's the harder route, fewer will accrue the confidence-boosting benefits of showing up and getting after it each day at practice. Which means:

Make the most of each day's training opportunities

Work backwards from your ideal in competition and prepare accordingly

Self-confidence, that rock steady, walk-out-on-the-pool-deck-like-The-Terminator kind, is built in training.

Work hard and train smart and self-confidence will follow.

SCHEDULE OF EVENTS

PAC:

- Dec. 21 - Team UGLY SWEATER bowling party.....sign up here, [Bowling Event](#).

SWIM:

- 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:

- Dec. 13 - Premier level is at Lyons.
- Dec. 14 - Premier level is at Palatine. Futures level is at Fremd. 12U is at Evanston.
- Jan. 11 - Futures level is at Lyons. 14U games at Loyola. 12U and 10U games at Evanston.
- Jan. 17 - Futures level is at Evanston.
- Jan. 18 - 14U games at Lyons.
- Jan. 24 - Premier level is at York.
- Jan. 25 - Premier level is at Stevenson. Futures level is at Lyons.

DIVING:

- Nov. 24 - Winter Diving Registration is OPEN!

Patriot's Nutrition Corner with Coach Chandra:

Dehydration, electrolyte imbalance, and low fuel can all sneak up on an athlete, so it's important to learn the signals your body gives you. This takes practice—paying attention to how you feel, trying small adjustments, and noticing what gets you back to feeling strong and focused. Use the symptoms below as a starting point to help you understand what your body may be asking for:

- Tight, sore, achy, or stiff muscles → likely a need for hydration/fluids
- Feeling off, disconnected, spacey, twitchy, or crampy → often a sign you need electrolytes
- Weak, sluggish, low power, or "no pop/zip" → usually a need for calories/carbohydrates
- Low motivation, mentally flat, or no inner cheerleader → may improve with a little caffeine if appropriate
- Learning these cues helps you respond faster and perform at your best.

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
zkakrzewski@d125.org

Tomorrow we depart for Austin TX for Winter Juniors. We have 6 athletes attending this event. Aria Grossenbach, Claire Wang, Jocelyn Hayashi, Nellia Sandor, Brooke Eliacin, and Allan Zhu. Excited for this opportunity at a great facility!

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

Congrats to all our swimmers that competed at the NASA Blast-Off over the weekend! Special congratulations to Emma Kierzkowski for winning the elimination 50's in her age group on Saturday! This week we have 2 routes going: 1 to prepare for the FOX meet in Hobart, IN. The other is to continue the strength buildup for those not going to the meet. Keep in mind you preparation for the meet and travel. Nutrition is harder when you are on the road, so make a plan for what you need and be prepared!

PATRIOT - Coach Kee
keehng@gmail.com

Many Patriot swimmers participated in the NASA Winter Blast Off meet this past weekend. Not only were many personal best times recorded but several swimmers achieved additional state and regional cuts. A few Patriot swimmers will attend the meet in Indiana and they will sharpen their skills with race pace details in this week's practice. Others will pick up the pace in aerobic sets to continue getting stronger while still maintaining their focus on technique.

JR PATRIOT - Coach Thomas
tschwingen@d125.org

Some exciting races this past weekend at Northwestern. Those 50 elimination events are always a blast to watch. We had many Jr swimmers participate with Arjun Shinde winning both the 10&U boys elimination events, Alex Phillips winning 11/12 girls 50FR, and Jayson Clark & Amelia Keller taking 1st in the 11/12 mystery elimination. Great job, everyone! This week for Jr Patriot practices, we will be splitting into two groups. All swimmers going to the Fox meet in Hobart and all those that are not. Main sets will be a little different because those swimming this weekend's meet will be preparing for that.

LIL PATRIOT - Coach Megan
mosullivan@d125.org

Another strong meet for the LILs this weekend. While it was not filled with best times I think the LILs had a great learning experience of racing when tired. It was an exhausting meet and I think those that swam did a great job pushing through each race. A big shout out to the Free & Mystery Elimination winner for 10u girls: Annie Ma! This week we will continue to work on building and pushing in practices. Just a reminder to make sure LILs are drinking plenty of water and eating before and after practices. We are working pretty hard and need to make sure they are refueling properly.

WATER POLO

HS Water Polo - Coach Rose
rwimer@d125.org

ParentSquare: Please follow this [LINK](#), fill out the form and select NIPC HS Girls. This is for PARENTS and ATHLETES!

Age Group WATER POLO:

No Practice on Wednesday.

ParentSquare: Please follow this [LINK](#), fill out the form and select NIPC Age Group.

10u WATER POLO:

ParentSquare: Please follow this [LINK](#), fill out the form and select NIPC Age Group (yes, same as age group).

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

No practice Wednesday due to a SHS boys swim meet!!!

DEVELOPMENTAL DIVING

Full week of practice for the Devo crew, we'll see you on the boards!!!

LEARN TO DIVE

We'll see all the L2Ders Saturday from 4-5pm!! Stay warm!!!

MOTIVATION OF THE WEEK:

"I come to practice every day with the mindset that I am there to get better"

Caleb Dressel