

PATRIOT PULSE

Great job to everyone who competed at the Fun in the WILD meet this weekend! It was an excellent opportunity to see where we are in our training, technique, and racing. These mid-season meets are all about learning, improving, and building momentum for what's next.

Good luck to the NIPC Green and White teams this weekend — let's show them what we've got!

Here are a few important reminders and updates:

- **World Aquatics Swimming World Cup:** Is coming to FMC in Westmont, IL this week! Some of the top swimmers in the world (including some of our teammates) will be competing on the main stage and tickets are still available to see this incredible event. More information can be found here: <https://www.fmcnatorium.org/buy1/world-aquatics-swimming-world-cup-2025>
- **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.
- **Winter League:** We are hosting the first meet in the NEW Winter League Series between PAC, MMSC and RISE. These meets are for 14 and under swimmers who do not have Regional qualifying times. It is intended to be a quick and fast event that is geared for our newer swimmers looking for opportunities to get times. Information will be posted soon to sign up for these fun events.
- **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. There is a home SHS swim meet Thursday night.
- **Locker room Reminder:** Locker rooms can only be accessed from the pool deck. Please enter the pool through the southeast corner by room 5044. Also, do not leave personal belongings unattended in the locker room...lock it up or leave it on deck.
- **Practice like a PATRIOT Program:** Still going.....Check it out on Instagram!

5 Signs a Swimmer Has Taken Ownership of Their Sport

By Brad Jones

One common trait that you will consistently see in successful senior level swimmers is that they have complete ownership of their swimming. Over my years of working with high school kids on the Bellingham Bay Swim Team, I've realized that the idea of ownership is frequently used but often misunderstood.

As a coach, it is easy to see when a kid has taken ownership of their swimming. Here are five characteristics that you will always see in a swimmer who has taken ownership of their swimming:

#1. Excellent communication with their coach.

Clear communication with the coach creates alignment with the coach and allows you both to know the plan and execute it. The relationship that is built between swimmer and coach is extremely important, and clear communication is where it starts. By the time a swimmer gets to high school, they should be doing most — if not all — of the communication with their coach about their swimming. Parents should not be the ones asking a coach questions about things like meet schedules or letting the coach know that the swimmer has to miss practice. If there is any question about the plan or the reasoning behind it, a swimmer who has taken ownership will be talking to the coach. Get very good at information sharing.

#2. Ability to Connect the Dots.

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10/14/25 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.



It is important to have goals, but if a swimmer does not understand the details and actions that must take place to get to the goal, the odds of being successful are not good. For example, swimmers need to be very aware of splits that they need to be holding in practice to reach their goal time in a particular event. Or maybe they need to be getting five dolphin kicks off of each wall in practice. These details don't happen at a meet unless you have been practicing them every day.

Having a goal time posted in your bedroom is great, but if you are not doing the little things everyday in practice to get to that goal time, you will most likely be disappointed at the end of the season. If you are connecting the dots, there will be no questions or mystery when that big meet comes around: you will be confident and prepared.

#3. Takes Responsibility for Actions.

Swimmers are making decisions every day that can have an influence on long-term outcomes. For example, they often ask themselves: Should I go on the slower interval for this set, or challenge myself and chose the faster interval? Should I choose to do three dolphin kicks off the wall, when my coach wants me to do five? Should I breathe out of that turn when I know that I shouldn't?

Taking ownership of everything you have a say in influencing not only empowers you to do what it takes to get the job done but also boosts the morale of the people around you and paves a two-way street of trust. It can be incredibly liberating to take full responsibility for what is happening or what has happened.

On the other hand, if you're the kind of person who habitually blames others as soon as the ball gets dropped, you're the one who's ultimately going to pay the price. We have all been around those swimmers who are constantly making excuses or blaming others for why something went wrong or why something is going to go poorly. There is always that negative swimmer at meets who is setting themselves up for failure. First off, get away from that person: that is one part that you can control. Most of the excuses you hear from these swimmers are just that – excuses. As [Jocko Willink](#) would say, "They are lies."

#4. Discipline

Discipline and commitment require personal investment and effort from the onset, but this investment will liberate the person ready to put in the hours. In swimming, you must embrace the concept of delayed gratification. This is extremely difficult today, where most teenagers are motivated by things like social media, trophies for participation, staying in one's comfort zone and immediate gratification and recognition at every turn. It takes incredible discipline to stay on the path and resist the temptations of immediate gratification.

If you are constantly choosing the easy way, the most comfortable way, or the way that gets you quick recognition without much effort, you are most likely seeking immediate gratification. Just as reaching a long-term goal takes time, so does the decay of a swimmer seeking immediate gratification. Indiscipline generally sets in progressively. If it is not stopped, it often causes degeneration and creates situations that can be costly for swimmers and teams.

Generally speaking, this means doing the right thing consistently, regardless of convenience or if anybody is "watching." Sometimes you don't feel like studying, sometimes you don't feel like going to morning practice, and sometimes you have to try to get rides to practice... Do you find a way to get it done? Do you have self-discipline to do it when it's not easy?

High-school-aged club swimmers need to have incredible discipline to get everything done and maintain their training schedule. If you have the discipline to get out of bed when the alarm goes off at 5 a.m. for morning practice, you win — you pass the test. If you are mentally weak for that moment and allow that weakness to keep you in bed, you fail. Though it seems small, that weakness translates to increasingly significant decisions in swimming and in life. However, if you exercise discipline, that too translates to more substantial elements of your life.

#5. Aware of Ego.

Ego is a tricky thing. You want to be confident, and you want to believe in yourself. Ego can drive people in a good way. It can make you want to be better, be competitive, and want to win. Ego becomes the enemy when it gets too big, when people can't take criticism or can't change. No matter how fast you

are or what you have accomplished in the pool, if you have the impression you know everything or feel you don't have to listen to advice, it may be high time for a slice of humble pie. If not, life circumstances will show you. Contrary to popular belief, you will not lose credit in the eyes of your team or coaches if you admit you don't know everything.

The main take away about embracing ownership is to look at yourself honestly and often ask: "Where can I do better?" Start taking ownership instead of blaming others, finding excuses, or maybe even denying a problem exists. A lot of this is about checking your ego at the door.

Taking ownership of your swimming generates dynamism. It pushes you to act; thus, it is no longer possible to wallow in complaints and criticism. When you have ownership, there exists a sense of simplicity. You control what you can and do not worry about things you cannot control, like what other people think about you.

Swimmers who take complete ownership of their swimming by having good communication, understand what it will take to reach their goals, take responsibility for their actions, are disciplined and keep their ego in check will reap the rewards both in and out of pool for the rest of their lives.

SCHEDULE OF EVENTS

PAC:

- TBD

SWIM:

- **Oct. 17-19** - World Aquatics Swimming World Cup (Stop #2) @FMC. Entries are closed.
- **Oct. 24-26** - RISE Josh Church meet at Libertyville High School. Entries are closed.
- **Nov. 1-2** - Fall Classic @HOME. Entries are closed.
- **Nov. 7-9** - MAC A3 Invitational at the RecPlex in Pleasant Prairie, WI. Entries are closed.
- **Nov. 8** - The NEW Winter League Series Meet #1 is @HOME! Entries will open soon...
- **Nov. 21-23** - Patriot Premiere Meet @HOME. Entries are open until Nov. 2nd.
- **Dec. 10-15** - Winter Junior Nationals in Austin, TX.
- **Dec. 12-14** - FOX Holiday Classic in Hobart, IN. Entries close on Nov. 11.

WATER POLO:

- **Oct. 18** - 14U Games and Green and White Team games (Futures)
- **Oct. 19** - 12U and 14U Games, and single games for Green and White Teams
- **Oct. 26** - 12U Game, Black, Green and White Teams games (Futures and Premier)

DIVING:

- **Nov. 8-9** - Competition at Schroeder Y in Brown Deer, WI.

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzakrzewski@d125.org

This week we turned the tide a little bit to focus on top end speed and more race focused details. We have a bunch of meets coming up. Starting with the World Aquatics World Cup this weekend in Westmont.

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

We've been making great progress gaining control in our sprinting and racing — and it showed at the Fun in the WILD meet this weekend!
 Special congratulations to **Cris Bota** and **Emma Rose** for winning their elimination 25s in their age groups!
 Now it's time to sharpen the little details as we prepare for the upcoming mid-season meets. Let's get to work!

PATRIOT - Coach Kee
keehng@gmail.com

A small group of Patriot swimmers performed well at the Fun in the WILD meet and noted things to work on to improve. Attending meets is the best chance to gain racing experience. While we are still at the phase focusing on aerobic training, we will start introducing anaerobic training to the group. Continuing to show up in practices on time for both dryland and swim sessions is essential to making progress.

JR PATRIOT - Coach Thomas
tschwingen@d125.org

PAC had fun and did well this past weekend at the NASA meet. The always exciting 25-yard eliminations were one of the events. Jr's very own Jayson Clark won 11/12 boys, and Alexandra Phillips was 2nd on the 11/12 girls' side of the event. Awesome job! Now that middle schools fall sports are ending, make sure you start attending dryland portions of our training and keep up attendance for in-water. It is extremely beneficial to be at as many practices as you can. Remember to be on time and ready to work hard!

LIL PATRIOT - Coach Megan
mosullivan@d125.org

Great job at the meet this weekend. It was crowded and not a lot of rest but everyone had some awesome races. I appreciated that the LILs really showed off their great underwaters! We will continue working on perfect details and challenging yourselves every day.

WATER POLO

HS Water Polo - Coach Rose
rwimer@d125.org

Green and White Team have games this weekend! Make sure to double check the game schedules and fill out the missing practice form if you will not be able to make it. Just a reminder ALL games are MANDATORY!

Age Group WATER POLO:

Age Group
 Reminder No Practice Thursday, 10/16
 14u Games this weekend! Make sure to check Parent Square and Email rwimer@d125.org if you will be missing any of the games!

10u WATER POLO:

Reminder No Practice Thursday, 10/16

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

A little under a month until our first meet of the season! We have a full week of practice, even with the holiday this week. See ya on the boards!

DEVELOPMENTAL DIVING

Full week of practice for the Devo kids! Make sure you reach out to Coach Roby about the November 8-9 meet up at Schroeder!

LEARN TO DIVE

Regular practices this week, Saturday from 4-5pm!!! See you there!

MOTIVATION OF THE WEEK:

"I really think a champion is defined not by their wins, but how they can recover when they fall."

Serena Williams