

PATRIOT PULSE

If you had the chance to head down to Westmont for the World Aquatics meet over the weekend—did you see the new **WORLD RECORDS**!? What an incredible opportunity to watch some of the best swimmers in the world compete in such a unique format.

A special congratulations to our own swimmers who stepped up to race alongside these elite athletes: **Aria Grossenbach, Jocelyn Hayashi, Brendan Jones, Nelli Sandor, Heidi Swerkun, and Allan Zhu!** Here is what some of them had to say about the experience...

Aria: Swimming at World Cup was a very new and exciting experience for me. Not only were there many American olympians, but there were also lots of people swimming for other countries, which was different than just swimming against people from the US. I would definitely recommend swimming or going to watch if World Cup ever comes back to Illinois because it is really fun to have new competition and get to see a familiar pool dressed up to a point where it is unrecognizable. This was a nice way to get to experience very high level competition with much lower stakes.

Jocelyn: This weekend I had the special chance to compete at the World Cup, hosted at FMC. It was an incredible experience unlike any other I've had before. There were swimmers from numerous countries, and the Olympians I met were all incredibly kind and down-to-earth. I learned a lot from watching and racing such high-level athletes, and I'm truly grateful for the opportunity.

Brendan: World cup was a really fun experience! It was cool to be surrounded by such well known swimmers and getting the chance to swim at the same meet as them. I also found it a little funny how we sat in UVA's spot.

Here are a few important reminders and updates:

- **Josh Church Meet:** The invite is at Libertyville High School. More information will come out soon, but shirts for the weekend are Friday: Black with silver star, Saturday: New blue with lightning and Sunday: New Red.
- **Swim Cap Orders are IN:** If you ordered caps or personalized caps, they are in. If you have not gotten them, please ask your coach for them. Most were handed out last week.
- **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 Saturday.
- **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!

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10/21/25 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.



Awareness - Your Key to Developing Mental Toughness & Peak Performance

by Dr. Alan Goldberg//Contributor

Do you want to take your training and racing to the next level? Do you want to better handle stress so that you more consistently swim to your potential? Would you like to be able to develop the mind of a champion?

If you're serious about your sport and have some big dreams that you desperately want to turn into a reality, then the one thing you need to "grow" as an athlete is your awareness of what I call your "mental strategies." Awareness is your key to change and the key to performance excellence!

Let me explain:

Your "mental strategies" are nothing more than what goes on between your ears both before and during your training and racing. This involves your last-minute thoughts as well as where you put your focus of concentration. Your thoughts, or what's called your "self-talk," and how you handle them can greatly affect your confidence and motivation levels, your ability to stay calm under pressure and how fast you swim. Additionally, where you put your focus of concentration will also dramatically determine how mentally tough you are and whether you're able to swim to your ability.

For example, if both your thoughts and focus go to the wrong things, that is, worries about disappointing others, how big, strong and fast your competition is, the times you need and worries about not reaching them or how bad you think you feel in the water, then you will make yourself nervous, lose your confidence and swim well below your potential. However, if you're better able to control your self-talk and focus, and keep them on what you're doing in the water, on your race strategy and the feel of your movement, one stroke at a time, then the performance results you'll get will be so much more to your liking!

In order to learn to develop winning mental strategies, you must first become aware of those that you're currently using. Specifically you want to become aware of the mental differences between when you swim fast and when you struggle!

For example, when you swim fast, whether that's in practice or at a meet, what do you tend to think about and focus on before your swims? Is your mind quiet? Are you totally caught up with executing your race plan? Are you focusing on the feel of your swim like staying long or how much water you're pulling? Take a moment right now to think back to some of your best performances and try to remember exactly where your thoughts and focus were for these, both before and during your swims. Jot down what you discovered about your mental strategies that go with fast swims.

Next, think of some of those really bad swims you've had in the past. Can you remember what you were thinking about both before and during those swims? Were you caught up worrying about other swimmers? Were you being negative and questioning your ability to swim well? Were you thinking about how bad you felt in warmup or your upset over a previous race? Were you evaluating yourself while you were swimming? Write those thoughts and focus down on that same sheet of paper and then compare them with what you came up with for your best swims.

Understand that swimming fast and swimming slowly is not a random kind of thing. It is directly related to what mental strategies you are using. This little exercise will help you begin to develop that all important awareness of the mental differences between your best and worst swims. This awareness will then put you in a position to help you begin to recognize when you're starting to make mental mistakes. Without that awareness, you will be unable to correct these mistakes. However, with an awareness that you're starting to think about or focus on the wrong things, you'll at least be in a position to be able to correct those mistakes before they result in a poor swim.

Remember, awareness is the foundation of change and the key to developing mental toughness! Take some time when you train and after races to work on developing this all important awareness of your mental strategies. This will be your key to more consistently swimming faster when it counts the most!

SCHEDULE OF EVENTS

PAC:

- TBD

SWIM:

- **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. 26** - 12U Game, Black, Green and White Teams games (Futures and Premier)

DIVING:

- **Nov. 8-9** - Fall Back Invite at Schroeder Y in Brown Deer, WI.

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzakrzewski@d125.org

This weekend was a fun experience to watch the kids share the pool with some of the best in the world. Hope they each learned something new from what they observed. It was especially fun for me to stand there and watch Adam Peaty warm up for his 200 BR.

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

We are working the little things this week as we prepare for the RISE meet this weekend. Also, keep focusing on your current goals!

HS GIRLS: Good luck as you finish up your season. Hopefully everyone can sign up for the Patriot Premier meet (At HOME) so we can use your taper for another racing opportunity. If you need a break after HS, please take it the week of Thanksgiving.

PATRIOT - Coach Kee
keehng@gmail.com

We are now at a stage where anaerobic race pace training is mixed with aerobic swim, pull, and kick. We will work with each swimmer to identify techniques or strategies to focus on when swimming an event. This is important in race pace training so the swimmer focuses on one part of the race to improve before proceeding to the next improvement. This week's practices will also prepare our swimmers for the Rise meet this weekend.

JR PATRIOT - Coach Thomas
tschwinger@d125.org

Jr Patriot will be working on increasing both endurance and speed in the water during our sets. I mentioned to everyone this past week how crucial it is to have and use a water bottle during practices. Please make sure your swimmer has one every day; hydration is extremely important. In dryland, they need to keep pushing themselves to strengthen their core muscles, which is key to balance in the water. The Josh Church RISE meet is this weekend, and we get our first chance at 200FR, 200IM, 100's of strokes, and for some, the 1000FR. Make sure to be at practices ready to listen and work hard.

LIL PATRIOT - Coach Megan
mosullivan@d125.org

This week we are focused on getting ready for the upcoming meets. We will try to spend time working on turns, starts, and underwaters. Custom caps are in and we will hand them out this week. If your swimmer has a custom cap and/or hasn't received their team shirts yet have them ask at the end of practice this week.

WATER POLO

HS Water Polo - Coach Rose
rwimer@d125.org

HS Boys
Black, 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!

HS Girls-
Winter Registration is not open yet. Emails will be sent once registration is available!

Age Group WATER POLO:

12u 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:

Normal practice schedule this week!
LAST Games of FALL on Saturday at Lyons!

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

Schroeder Fall back invite registration is up on DiveLive, please make sure to check your lists with Coach Roby before registering!

DEVELOPMENTAL DIVING

Normal practice schedule this week, see you on the pool deck!

LEARN TO DIVE

We'll see everyone on the boards this Saturday from 4-5pm!

**MOTIVATION OF
THE WEEK:**

**"Every champion
was once a
contender that
didn't give up."**

Gabby Douglas