

PATRIOT PULSE

October brings new challenges for all our swimmers. As we prepare for upcoming events, we'll continue focusing on building strength and improving stroke technique. Please remember to stay attentive, be open to trying new things, and don't forget your equipment—especially your water bottle!

SENIOR QUAD CHALLENGE (was this last weekend at SHS!):

The Illinois Swimming Senior Committee, lead by ISI Senior Vice Chair Kevin Zakrzewski, successfully hosted the 2025 Boys Senior Quad Challenge on September 27–28 at Stevenson High School. Now in its third year, the Quad Challenge continues to provide senior athletes with an exciting combination of training, education, and competition.

This year's boys camp welcomed high school athletes from across Illinois, split into four teams that rotated through in-water long course training, dryland sessions, and team-building activities. A highlight of the weekend was the return of the ever-popular culinary session, where athletes explored nutrition and cooking in a fun, hands-on environment. The PAC athletes who were able to attend were Allan Zhu (Elite), Peter Ma (PAT+), and Max Miecznikowski (PAT+).

The event concluded with a spirited long course competition, where teams battled not just for pride, but also for the coveted GOLD cap. Guided by an accomplished coaching staff—Head Coach Jeff Debettencourt (WILD) alongside assistants James Wike (WAC), Matt Elliott (PPD), and Alex Gidlow (MAVS)—athletes gained valuable experience in and out of the pool.

With the girls camp scheduled for January and the combined long course meet set for April, the 2025–2026 Senior Quad Challenge is off to a strong start. Illinois Swimming is proud to continue investing in opportunities that develop and inspire senior athletes across the state.

Here are a few important reminders and updates:

- **Traffic:** We just want to remind everyone that with the many activities and waves of high traffic, the BEST way to quickly get in and out of parking/dropoff is to enter the Port Clinton Rd. Entrance that is north of the building.
- **ParentSquare:** Patriot Aquatic Club is joining Parent Square (GroupMe will no longer be used). Many of you may already be involved with this communication software. We are transitioning to make sure we have safe and improved communication throughout all programs. 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.
- **Swim Team Equipment:** PAC vouchers are active in the Kiefer site! You can go into the site today to order team suits (required) and other apparel (optional). Team shirts will go out as soon as we have them....stay tuned!
- **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. Because of the holiday on Thursday, practice may be altered.
- **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!

7 Time Management Tips for Student-Athletes

By Kelsey Mitchell

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9/30/25 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.



Time management has always been important in the world of athletics. Student-athletes are busier than ever at this time of season. Balancing academics, athletics and a social life is no walk in the park. Here are seven simple time management tips to have your best year:

1. Prioritize Practice

Making practice a priority is crucial to athletic success. If you don't put the work in at practice, you won't see results at meets. One of the easiest ways to put in the work is by attending all practices on time and working hard while you are there. Though not always possible, by basing parts of your schedule around practices and putting your athletic commitments over other extracurricular organizations, you will have more opportunities to train and improve your swimming. This can also help academically, as having a set practice schedule can force you to stay on top of deadlines and assignments.

2. Use a Planner or Calendar

Using a calendar or planner is an easy way to view all of your commitments and deadlines in one space. These tools allow you to stay organized daily, weekly, monthly and yearly. Seeing assignments and deadlines written down can help you to determine a study schedule and decide which assignments are most urgent. Calendars and planners are one of the easiest ways to organize your schedule and stay on top of deadlines.

3. Complete Assignments in Chronological Order

By completing assignments in chronological order, it is easier to stay on top of homework. Using this study tactic, you are able to avoid assignment buildup and stay on top of your work flow and course load. You are also less likely to turn in late assignments and more likely to begin studying ahead of time.

4. Begin Studying in Advance

[Studying](#) in advance helps you to retain information and avoid exam day stress. Putting off studying until the night before can lead to exhaustion and poor grades. Starting your studies early helps you to better remember information, while also keeping you from dozing off in the middle of a test. Plus, showing up to an exam with no sleep will be detrimental to your whole day – workout included. You would not go into an important meet without preparation, so why do the same for a test?

5. Avoid Procrastination

Though we all fall into bouts of procrastination every now and then, doing so frequently can have a very negative impact on one's academics and athletics. Completing your tasks on time will de-clutter your schedule and leave more time for relaxing and other hobbies. Avoiding procrastination will also help you get assignments in on time and maintain your sleep schedule.

6. Don't Take On Too Many Responsibilities

Though being involved in clubs and other extracurricular activities are a memorable and gratifying part of the high school and collegiate experience, being involved in too much can be detrimental to your academics and athletics. Jobs, internships, clubs and other

commitments are all great for resumes and getting to know your peers, but balancing them with athletics and academics can be difficult. Before joining other groups, try to get a feel for your course load and practice schedule to be sure you aren't biting off more than you can chew.

7. Maintain a Consistent Sleep Schedule

There is no doubt that a healthy sleep schedule improves academic and athletic performance. By going to bed and waking up at a similar time every day, it is easier to keep a consistent schedule throughout the week. A consistent sleep schedule will leave you feeling refreshed and energetic, allowing you tackle your work both in and out of the pool.

All commentaries are the opinion of the author and do not necessarily reflect the views of Swimming World Magazine nor its staff.

SCHEDULE OF EVENTS

PAC:

- TBD

SWIM:

- Oct. 11-12 - Fun in the WILD @Northwestern University. Entries open until Sept. 19th.
- Oct. 17-19 - World Aquatics Swimming World Cup (Stop #2) @FMC. Entries are closed.
- Nov. 1-2 - Fall Classic @HOME. Entries open until October. 7th.
- 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. 11 - Green and White Team games (Futures)
- Oct. 12 - Black Team games (Premier)
- 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:

- TBA

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzakrzewski@d125.org

This past weekend was the ISI Senior Quad Challenge. Allan Zhu was our lone participant from the group and he did an amazing job. This week we continue to push forward and explore new challenges...and some old ones. October is the peak of our training. Buckle up!

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

Peter Ma and Max Miecznikowski participated in the ISI Senior Quad Challenge over the weekend. Max was solid on Saturday and Peter stepped it up in the meet on Sunday. We are in the thick of it training-wise. Keep up the hard work and intensity. We are starting to get more sprint and speed work as we head into competitions.

PATRIOT - Coach Kee
keehng@gmail.com

We are pleased with the swimmers working hard while we gradually increase the aerobic volume in kicking and swimming. The dryland workouts are also tuned up a notch to improve swimmers' strength, power, coordination, and flexibility – we even had a tough but fun dryland session conducted by Coach Kevin on Friday in a big group setting! We will have a meeting during Wednesday's dryland discussing self-evaluation and types of goals. Our swimmers will then fill out a form serving as the road map to fulfill their goals.

JR PATRIOT - Coach Thomas
tschwingen@d125.org

Down to our last week of focusing primarily on drill work while in water. Once we get going and have drills included with everything else, swimmers need to make sure those drills are done correctly every time to maximize their benefits. Each swimmer can improve on some aspect of their strokes, so come to practice ready and willing to do so. It's easy to fix those bad habits, but that's truly up to the swimmer because what's even easier...NOT TO.

LIL PATRIOT - Coach Megan
mosullivan@d125.org

We are almost 1 month into the season. We will continue focusing on Stroke techniques but also begin working on holding that technique as they fatigue. As a reminder ALL SWIMMERS should have a water bottle with them at practice. Proper hydration is crucial for performance and overall health. We have also begun doing Patriot Pride Beads again, ask your LIL about it and how they can earn one.

WATER POLO

HS Water Polo - Coach Rose
rwimer@d125.org

HS Boys-
 Elite team has practice Sunday 10/5:
 12:15-1:45pm

HS Girls-
 Elite Team has practice Sunday
 10/5-7:30-9am

Age Group WATER POLO:

No games this weekend.

10u WATER POLO:

Normal practice this week:
 Thursday, October 2nd: 5:30-6:15pm
 Sunday, October 5th: 12-12:45pm

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

DIVING

COMPETITIVE DIVING
 Coach Jonathan - jroby@d125.org

With the HS meet Tuesday, the Competitive kids will be swapping Drylands on Monday, doing dry board and conditioning instead of lifting. See ya on the boards!

DEVELOPMENTAL DIVING

Normal practice times this week for the Devo Crew, Happy October!!!

LEARN TO DIVE

Back in the pool this Saturday from 4-5pm, Hope to see y'all there!!

**MOTIVATION OF
THE WEEK:**

**"Once you
replace negative
thoughts with
positive ones,
you'll start having
positive results."**

Willie Nelson