

PATRIOT PULSE

Welcome back!

Thank you to everyone that took the time to come to the parent meetings last week. All groups are working hard on learning drills and proper technique.

Here are a few important reminders and updates:

- **Swim Team Equipment:** PAC vouchers are active in the Kiefer site! You can go into the site today to order team suits (required) and personalized caps (optional). We are ordering team shirts for this season....PLEASE go into your family account and make sure the shirt size is correct for your swimmer.
- **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 are SHS swim/dive events this Thursday and Friday, so please check!
- **Locker room Reminder (AGAIN!):** 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!
- **Events:** Games and meets have started. PAC meet deadlines are coming up, so please check. NIPC BLACK team is already on a roll and are 2-0 for the season so far!

Fall Tip: Focusing on Technique

by Emily Sampl//Contributor (USA Swimming)

It's the beginning of a new season. A fresh start, a blank page, a chance to be better than last season, to take your swimming to the next level. But, where to start?

Chances are, you've been out of the water for a few weeks and are somewhat out of shape—far from the taper and peak form you were enjoying not too long ago. So, what can you focus on at your early-season practices to gradually build back up, and ensure another successful season?

Jon Sakovich and Dale Porter, the head coach and head age group coach at the Bolles School Sharks—a team that has produced Olympic and World Championship gold medalists Ryan Murphy, Caeleb Dressel and Joseph Schooling—take a gradual approach to getting their swimmers ready for the season, focusing on elements both in and out of the water.

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9/9/25

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.



Back to Basics

Before getting back into actual in-water training, the beginning of the season is a great time to reinforce what proper technique should look like, as well as what exercises swimmers can do outside the pool to achieve that technique. Sakovich and Porter spend several weeks reviewing these things with their swimmers at each practice.

“With a greater percentage of new swimmers than any other time of the year, as well as coming off a two-week break, we take two to three weeks to get back to our normal progression,” said Porter. “We’ll spend more time educating the athletes on the stretching/activation routine and dryland exercises, and present a daily power point on the fundamentals we want for freestyle, backstroke, breaststroke, butterfly, forward and back starts and the seven competitive turns.

“We conclude the two weeks with an athlete meeting focused on team goals, as well as a parent meeting to present our philosophies on training, meet entries and volunteering. The increased time on land allows for a gradual return to the water.”

Drills and Conditioning

With a solid understanding of proper technique and improved strength through dryland, swimmers are ready to translate their knowledge into action. At Bolles, the first few weeks of conditioning are heavily focused on kicking, drills, balance and alignment, Porter said, and gradually progress towards lighter aerobic sets.

One of their major focuses early in the season is on kicking—kicking for endurance/conditioning, kicking for speed and kicking underwater.

“The kicking is usually front loaded on the beginning of the season,” Sakovich said. “We’ll increase the kicking yardage pretty quickly for about three to four weeks, then drop the yardage down and increase the intensity and speed of the kick sets.”

Underwater kicking can quickly go downhill after a few weeks out of the water, so it’s important to concentrate on that as well as the season gets underway.

“We start from day one and use two or three of (dolphin kicking pioneer coach) Bob Gillett’s sets, and we use them continuously throughout the season, looking for improved speed and stronger kicks throughout. We’re also fortunate to have a number of swim meets in September and October for high school season so we can regularly see how the underwaters are progressing,” Sakovich said.

Consistency and Commitment

These aspects of swimming—dryland, activation, drills, kicking and conditioning—aren’t just important at the start of the season, but the entire year. In order to improve, swimmers must be committed to executing these areas to the best of their ability every day, whether in the water or out. The start of the season is like the first breakout at the start of a race: a great breakout will put you ahead of the competition, while a poor one will leave you playing catch up.

SCHEDULE OF EVENTS

PAC:

- TBD

SWIM:

- **Sept. 20** - Patriot Intersquad Meet @HOME (14 and unders and PAC only) Entries are closed.
- **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. 12-14** - FOX Holiday Classic in Hobart, IN. Entries close on Nov. 11.

WATER POLO:

- **Sept. 20-21** - Black Team games (Premier), 14U and 12U Games
- **Sept. 21** - Green and White Team games (Futures)
- **Sept. 27** - 14U Games
- **Sept. 28** - Black Team games (Premier)

DIVING:

- TBA

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzaczewski@d125.org

Looking forward to getting the Fall rolling here. As we start to increase training and start in the mornings, it is extremely important that you take care of yourself as the weather is changing. I know we are also busy with college trips and other events. Please remember to communicate and hopefully you can make up for missed practices.

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

We just finished a week of stroke review and are getting ready to start some WORK! Now is the time to think about the stroke technique we just worked on and make your stroke more efficient and powerful. It is also the time to build on our goals from last season and think about the changes and challenges everyone is willing to make to get stronger and better in the pool. Looking forward to an excellent season!

PATRIOT - Coach Kee
keehng@gmail.com

It was a great pleasure to meet with the parents and to talk about the group. Together we will work to support our Patriot swimmers toward a fruitful season. The first phase of the training started with low level aerobics as in kicking and swimming, while the main focus is on reviewing techniques and learning new drills & terminology. It is critical swimmers attend all practices during this phase.

JR PATRIOT - Coach Thomas
tschwingen@d125.org

Welcome to Jr Patriot Fall/Winter 25/26 season. Jr's will be concentrating primarily on drills the first few weeks of practice. It is important that everyone knows the drill names and how to properly swim them since they are utilized throughout the season. Drills help tremendously in perfecting technique & efficiency, by focusing on certain aspects of the stroke, like body position, recovery phase, and catch phase. So, make sure you come ready to listen and work hard. Parents, please make sure your swimmer is on time and ready for practice each day. Looking forward to a successful season, GO PAC!

LIL PATRIOT - Coach Megan
mosullivan@d125.org

Welcome to the New Season! LILs will be focusing on drills and some team bonding over the next few weeks. Our groups are mixed together so everyone has a chance to know all their team mates a little better. A few reminders: swimmers need their own kickboard and long blade fins (not scuba fins). For Dryland LILs should be in gym shoes and have a water bottle. LILs will go outside when possible depending on the weather so please help make sure your swimmer has a jacket/sweatshirt available if needed. We look forward to a great season with LILs!

WATER POLO

HS Polo - Coach Rose
rwimer@d125.org
 BLACK team won their first 2 games and are 2-0 right now. Keep up the good work!

14u WATER POLO:

Get in and get some work done!

10u WATER POLO:

Games start Saturday!

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 this Friday due to a SHS meet at New Trier, all other practices this week are at the normal times.

DEVELOPMENTAL DIVING

We've got a growing Devo team as our competition season approaches, super excited to see who makes some moves this session and is striving for the Competitive group!!!

LEARN TO DIVE

We've got our first week in the books and we are rolling along with the L2D group, Excited to see where these little ones go as the session progresses!!!

MOTIVATION OF THE WEEK:

“Confidence comes from what you do in PRACTICE every single day.”

-Jordan Wilimovsky