

PATRIOT PULSE

We're excited to host the **Holiday Hustle** this Saturday! On Sunday, we'll continue the fun with our **annual bowling party**—don't forget, the theme is **ugly sweaters**. This is the **last call to sign up**, so be sure to register if you haven't already.

NIPC will also be busy this weekend, hosting **14U, 12U, and 10U scrimmages** at **Glenbrook North** on Saturday. Please check **ParentSquare** for all the details, or use the links below to sign up.

As the holidays approach, schedules may change. Please be sure to check the **Google Calendar daily** for the most up-to-date practice times for your group.

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.
- **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. More information about the meet will be sent out to those that have signed up this event. Tomorrow is the deadline to sign up for the **Bowling Event**.
- **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.

5 LITTLE COMMITMENTS YOU CAN MAKE IN PRACTICE TODAY

BY OLIVIER POIRIER-LEROY

Consistency with your commitment is jet fuel for your goals in the water. Here's some ideas for picking up the commitment habit.

Commitment.

Yeesh.

Just reading that word can give us a shiver of panic.

It's a word that makes it feel like our focus and options are cornered. *Captured*.

And so, under the guise of wanting to keep our options open we only give things enough commitment to stay afloat, and not enough to truly excel.

Which is too bad.

Cause commitment, when we learn that it's not as scary as it's made out to be, can do some pretty wonderful things for us in the water.

Here are some simple commitments you can make each day during your swim workouts:

COMMIT TO BEING A BETTER-ER YOU.

Comparing yourself to other swimmers can be an endless foray into not feeling too good about yourself. It's exhausting always holding up your bad days to the good days of other swimmers.

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12/16/25 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.



Have a bad workout?

Your competition have a great race over the weekend?

For some of us that is motivating, but for those who use comparison-making to solely make themselves feel worse...cut yourself some slack and commit on doing things better in your world.

Your technique. Your nutrition. Your sleep habits.

Make commitment to personal excellence today...no matter what the swimmers around you are doing.

COMMIT TO FACING ADVERSITY WITH YOUR CHIN UP.

Tough times are a part of trying to be a certified gangster in the water. Tough stuff is also a part of life. It happens to us all.

It happens unplanned, it happens out of nowhere, and sometimes so much of it keeps coming our way that we feel overwhelmed.

The DQ, the bad workout, the recurring bout of swimmer's shoulder... It's gonna happen given enough time.

The most powerful commitment you could make in this moment is a simple one.

Face that piece of adversity and ask yourself, How can I make this the best thing to ever happen to me?

COMMIT TO STARTING.

Doing big, scary sets at practice is, well...scary. Mildly terrifying sometimes.

That set of timed 50s from the blocks all out. A timed 2,000m kick. Or 20x400 freestyle...long course...on 5:00.

The key to doing anything big is to not think about the extent of the task at hand.

Just that first lap.

The first rep.

The first stroke cycle.

Don't psych yourself out before you've had a chance to try.

COMMIT TO ENJOYING THE PROCESS.

The gold medal. The record. The best time.

The goal gets us up at 5am, keeps us there doing extra, and is in the back of the mind when those hunger pangs drift towards the thought of motorboating a double cheese pizza.

Your goal is important. You don't need me to tell ya that.

But the process is even more so.

You don't become a champion or the swimmer you want to be the day of, you slowly chisel away at it via your process.

You become the swimmer you want to be via your daily and weekly process. The habits, routine, and effort you put in on a daily basis.

Everyone wants to have the best time in the pool on race day, but not everyone thinks about having the best process each day at practice.

COMMIT TO BEING A STELLAR TEAMMATE.

Swimming is a bit of a funky sport in the sense that we mostly compete on our own, but we train with a group and sometimes race as a squad (relays, competing for team points).

The idea of being a good teammate might seem like its taking away from your own performance, but this isn't the case. Especially when you consider that the hallmarks of being a good teammate require almost no time and energy.

Things like encouraging other swimmers in the lane during a hard set.

Congratulating a teammate after a monster race.

Helping put away the equipment at the end of the session.

Commitment.

Don't fear it.

Especially when it doesn't have to involve completely up-ending your current way of doing things.

Start out with these little daily commitments and holler at me with how it goes.

SCHEDULE OF EVENTS

PAC:

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

SWIM:

- Dec. 20 - Holiday Hustle @HOME. Holiday fun with competitive racing!
- Jan. 10 - Winter League Series - Meet #2 at Mundelein High School. Entries close on Dec. 19th.
- Jan. 16-18 - Patriot Pride Meet @HOME. Entries are open until Dec. 15th.
- Jan 30-Feb. 1 - RISE A+ meet at Libertyville High School. Entries close on Dec. 26th.

WATER POLO:

- Dec 20 - 10U and 14/12U teams have scrimmages at Glenbrook South.
- 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:

Potassium is a key mineral for athletes, playing an important role in muscle contraction, nerve signaling, and fluid balance. Adequate potassium helps prevent cramping, supports smooth muscle function, and works alongside sodium to maintain proper hydration. Swimmers can benefit from consistently including potassium-rich foods in their diet and it's not all about bananas. Other great sources include oranges, potatoes, sweet potatoes, avocados, spinach, yogurt, beans, and coconut water. Prioritizing these foods daily helps keep muscles firing efficiently and supports steady, reliable performance.

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzakrzewski@d125.org

Great experience down in Austin, TX. We had some amazing swims by everyone! Highlighted by Nelli Sandor getting her first USA National cut with a 2:13.52 in the 200 BR. Now the girls in the group get to take the much needed break and will reset in January!

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

We had a very successful Holiday Meet in Hobart over the weekend! As we review our races, we're seeing some key areas to continue improving—race strategy control, turns, breakouts, and underwater work. Over the next few weeks, we'll focus on sharpening these skills while continuing to build endurance and stroke power. With finals week approaching, do your best to balance everything on your plate. Morning practices are off this week to give you extra time for studying and getting some much-needed rest. Stay hydrated and keep washing your hands!

PATRIOT - Coach Kee
keehng@gmail.com

A small group of Patriot swimmers attended the Fox Holiday Classic and had great swims. Multiple cuts are added to their accomplishments while gaining valuable experience for improvement. For this week, the swim training is reinforcing the base on kicking, technique, aerobic, and pulling. Dryland is the group's main focus to build strength and power leading into the winter break.

JR PATRIOT - Coach Thomas
tschwingen@d125.org

Swimmers did a great job at the Fox meet with many personal bests and new championship qualifying swims. We also saw a lot of second swims at finals both days. With there being a few weeks before our next big meet, we will get back to the tough training and keep building on their anaerobic/aerobic base. We will also be taking time during winter break to focus on those small but very important details, like starts, turns, and underwaters. So, make sure to attend and be ready to push yourselves!

LIL PATRIOT - Coach Megan
mosullivan@d125.org

Great job to all those that swam at the FOX meet this past weekend. As we get into the Winter Break, please be sure to check the calendar for the schedule. This week the focus is staying healthy and a bit of recovery. Well wishes to everyone!

WATER POLO

HS Water Polo - Coach Rose
rwimer@d125.org

Normal practice this week.

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

Age Group WATER POLO:

Normal practice this week, and scrimmages at Glenbrook South on Saturday.

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

10u WATER POLO:

Normal practice this week, and scrimmages at Glenbrook South on Saturday.

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

We welcome back our college kids, congrats on surviving finals! Check the website for the winter break schedule.

DEVELOPMENTAL DIVING

Last full week of practices until the winter break schedule. Holidays scheduling shouldn't change much for the Devo crew.

LEARN TO DIVE

Our L2D crew will be in the pool all break at their normal time, Saturday's from 4-5pm

MOTIVATION OF THE WEEK:

**"Don't watch
 the clock; do
 what it does.
 Keep Going"**

Sam Levenson