

PATRIOT PULSE

The BDSC *Swim Your Heart Out* meet takes place this weekend at the RecPlex in Pleasant Prairie, WI. NIPC teams will be competing both at home and on the road—good luck to everyone! A special shout-out to all our High School boys as they head into their Conference Meet this weekend.

Congratulations to all of our athletes who competed last weekend. Our swimmers, divers, and NIPC squads all had strong performances. Special congratulations to the NIPC White team—coach reports “lots of growth this season!”



Here are a few important reminders and updates:

- **BDSC Swim Your Heart Out:** Is this weekend at the Rec Plex in Pleasant Prairie, WI. Enjoy Valentines Day at the pool where Age Group State will be held this season! More information will go out to those signed up soon, but here is the [EVENT PAGE](#).
- **Louisville Swim Camp:** We are proud to announce our partnership with University of Louisville for a swim camp June 21-June 25th. You can find more information about the camp and sign up on their website [HERE](#). The only thing the fee does not cover is transportation. Once we have our numbers and know what kind of bus we need we will then bill everyone separately for the cost of the charter bus. If you have any questions please contact Coach Kevin.
- **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.
- **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.
- **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.
- **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.
- **Practice like a PATRIOT Program:** Still going.....Check it out on Instagram!

TABLE OF CONTENTS:

- 1.) Aquatics Coordinator Message
- 2.) Featured Articles
- 3.) Group Updates & Social Media

2/10/26 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.



The Power of a Positive Mindset: How Your Thoughts Can Change Your Swimming

You can train harder than anyone else in the pool, but if you don't believe in yourself, it's tough to reach your full potential. The truth is, your mindset matters just as much as your physical strength. What you tell yourself before, during, and after a race shapes how you swim, how you recover, and how much you improve.

Having a positive mindset doesn't mean pretending everything is perfect. It means choosing to believe in yourself, even when things feel uncertain. It means knowing that your thoughts can either lift you up or hold you back. The best swimmers in the world don't just have great strokes; they have great attitudes. Your mind can be your best friend or your worst enemy, and I don't know about you, but I'd much rather have a friend on my shoulder.

When you train with confidence, you give yourself room to grow. You start to see every practice as a chance to get better instead of something to get through. Each lap becomes a step toward your goals. Instead of thinking, "I can't make that interval," try saying, "I'm going to give it everything I've got." That small change can completely shift how your body reacts. When you focus on what you can do instead of worrying about what might go wrong, you swim with more energy, focus, and trust in yourself.

Positivity also helps you bounce back faster. Every swimmer has rough days. The kind where the set feels endless, the race doesn't go your way, or the time on the board isn't what you hoped for. It happens to everyone. What makes great swimmers different is how they handle those moments. Instead of getting stuck on what went wrong, they look for what they can learn. They remind themselves that one swim doesn't define them. Every race, every practice, and every challenge is another chance to grow stronger.

Confidence isn't something you're just born with; it's something you build. It grows when you show up on the days you'd rather sleep in. It grows when you push through a tough set, when you support a teammate, and when you decide to reset after a mistake. The more you practice positive thinking in those little moments, the easier it becomes to bring that same mindset to big races.

Try this at your next practice: when a negative thought pops up, swap it for something better. Instead of "I'm tired," say "I'm getting stronger." Instead of "This is too hard," try "This is making me better." It might sound simple, but those small shifts matter. Your brain believes what it hears most often, so make sure it's hearing things that help you.

And here's the best part: positivity spreads. When you show up with a good attitude, your teammates feel it. The energy in the pool changes. Everyone starts working a little harder and smiling a little more. Being that swimmer who lifts others up doesn't just make you a better teammate; it reminds you why you love this sport.

At the end of the day, swimming is just as mental as it is physical. The pool will always test you, but your mindset determines how you respond. You can't control everything, not the lane you're in, not the weather, and not even the clock. But you can always control your effort, your attitude, and your thoughts.

So the next time you dive in, remember that your mind is one of your strongest tools. Believe in your training, trust your preparation, and stay positive no matter what. You'll be amazed at how far that mindset can take you.

[Summer Finke Articles](#)

SCHEDULE OF EVENTS

PAC:

SWIM:

- **Feb. 13-15:** BDSC Swim your Heart Out at the RecPlex in Pleasant Prairie, WI. Entries are closed.
- **Feb. 27-Mar. 1:** ISI Regionals @HOME. For qualifiers, entry deadline is Feb. 22.
- **Mar. 5-8:** ISI Senior Championships at UIC in Chicago, IL. For qualifiers, entry deadline is Mar. 1.
- **Mar. 7-8:** ISI 10 and under State Championships at Glenbrook North High School. For qualifiers, entry deadline is Mar. 1.
- **Mar. 12-15:** ISI 11-14 State Championships at the RecPlex in Pleasant Prairie, WI. For qualifiers, entry deadline is Feb. 28.

WATER POLO:

- **Feb. 14:** Futures Games at Stevenson.
- **Feb. 15:** Premier Games at Fremd. Futures Games at Stevenson.
- **Feb. 21-22:** 14U Midwest Middle School Championships at Fremd or Palatine.
- **Feb. 22:** Premier Games at Stevenson. 10U Game at Stevenson.

DIVING:

Patriot's Nutrition Corner with Coach Chandra:

As championship season approaches, nutrition should shift toward consistency, fueling, and recovery rather than restriction or last-minute changes. Focus on regular, balanced meals with quality carbohydrates to support training intensity, lean protein to aid muscle repair, and healthy fats to keep energy steady. As you get closer to competition, limit processed, high-fat, and high-fiber foods, including fried or greasy meals, which can slow digestion, causing bloating, swelling, and leading to stomach discomfort. Prioritize easily digestible carbohydrates—such as rice, potatoes, oats, fruit, and bread—to top off glycogen stores. Avoid excess added sugars and highly processed simple carbs, which can increase inflammation and cause energy spikes and crashes. Keeping nutrition simple and familiar helps you feel strong, confident, and ready to perform when it matters most.

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzakrzewski@d125.org

This week is our PEAK WEEK for training. We are maxing out our intensity this week. Focus, commitment and resiliency will all be on stage this week. Use this week to set yourself up for high level performance the coming weeks ahead.

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

Great job to those that competed over the weekend. We have one more event before we head into championship season and it is luckily at the Rec Plex where Age Group State is held.

Keep working on being positive in and out of the pool as we continue to work hard on underwater work and pushing our limits in racing and pacing.

PATRIOT - Coach Kee
keehng@gmail.com

We are very pleased with our swimmers' performances in the Winter North Suburban Splash meet! Multiple swimmers took home additional state and regional cuts. The last regular meet this weekend will provide our swimmers with another opportunity to pursue additional cuts. Therefore, we are maintaining the same level of training from the previous week for swimmers to focus on the meet, while some swimmers will have extra work to prepare for the upcoming championship meets.

JR PATRIOT - Coach Thomas
tschwingen@d125.org

Jr Patriots did an awesome job at our past home meet. We had many fantastic swims, with a lot of new personal bests and new champ cuts. With only one more regular season meet left this weekend, make sure you are coming to practice ready to put in quality work. Remember, it's important to take care of yourself outside the pool and stay healthy as well!

LIL PATRIOT - Coach Megan
mosullivan@d125.org

Wow, what a great meet! 30 new Regional/Champ cuts and many more new best times. We are really focusing on prepping and refining for our end of season & Champ meets. As we are coming towards the end of the season make sure to commit to Regional and/or State if your swimmer achieved those cuts. Also, make sure to check your swimmer's attendance and make sure they are at or above the 60%.

WATER POLO

HS Water Polo - Coach Rose
rwimer@d125.org

Shout out to our White Team, Lots of Growth this season!

Age Group WATER POLO:

No games this week, so regular practice schedule.

10u WATER POLO:

No games this week, so regular practice schedule.

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

Last full week of practice for the Competitive divers of the winter session, make sure you don't miss your board time!

DEVELOPMENTAL DIVING

Normal practice times this week. We'll see you Tuesday, Thursday and Sunday!!!

LEARN TO DIVE

Saturday practice may be pushed back by about 30 mins this weekend, Congrats to the L2Der's that had their first meet this weekend!!

MOTIVATION OF
THE WEEK:

**"Excellence is
the gradual
result of always
striving to do
better."**

Pat Riley