

# PATRIOT PULSE

Good luck to all our athletes as we head into this exciting weekend. As we begin our final preparations for the championship season, we have three major events across the state:

**PAC North Suburban Splash (Feb 6–8):** [Patriot Aquatic Club](#) is proud to host this swim meet at [Stevenson High School](#). Come out and support our swimmers as they compete on their home turf.

**Glenbrook Winter Invite (Feb 7–8):** Our divers will be heading to [Glenbrook North High School](#) to showcase their skills at the GA Winter Invite.

**NIPC Games (Feb 7-8):** Our water polo teams have a busy schedule with various games happening throughout Illinois this weekend.

We are incredibly proud of the hard work everyone has put in—GO PAC!

Here are a few important reminders and updates:

- **North Suburban Splash:** Is this weekend at Stevenson High School. More information will go out to those signed up soon. Thank you to everyone that has already signed up to volunteer.
- **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!

## 4 REASON TO COMMIT TO COOLING DOWN

BY [SWIMSWAM PARTNER CONTENT](#)

Swimmers have busy schedules and often have to cram in a training session as the sun rises or sets, or both. The cool-down portion of the workout tends to be the first thing we're tempted to skip when we're short on time. While it's easy to jump out of the pool and continue with your day, taking the time to complete your cool-down will pay off, time and time again. At the end of your training, commit to tacking on 5-10 minutes of laps at a leisure pace, in addition to any other [cool-down exercises](#) your coach recommends. Here are four reasons why your future self will thank you for finishing your workout by cooling down.

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## 2/3/26 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.



### Regulate blood flow:

Cooling down allows the body to **regulate blood flow**, and gradually recover regular blood pressure and can help swimmers avoid what some refer to as “lead legs”. Blood pooling (“venous pooling”) can occur when the body goes from an all-out swim immediately to a state of rest causing a buildup of blood in the veins. As the movement of blood slows within the vascular system at the end of a workout and there is less available pressure to move the blood, which can lead to a build-up as blood becomes somewhat trapped between valves. Blood pooling might cause sensations of lightheadedness, or dizziness, or even fainting. In addition, cooling down helps to “clean” muscles by eliminating lactate and other waste products accumulated during high-intensity exercise.

### Return to your resting heart rate:

Cooling down properly allows a raised heart rate to return to its resting rate safely. Check your heart rate before you begin swimming, so you can make sure you’ve reached your resting heart rate before you end your cool down. About 5-10 minutes into your cool down, check your heart rate to see if it has returned to normal if it hasn’t continue cooling down for another 5 minutes by tacking on a few additional laps at a leisurely pace. Returning your heart rate to normal allows you to restore your physiological systems to baseline and bring down your **body temperature**. This helps your body reset and prepare for the next round of exercise, which is crucial for any swimmer doing doubles or competing in multiple races in one day.

### Improved Flexibility:

A cool-down routine that includes stretching and is aimed at improving your range of motion, joint mobility and **flexibility**, will only help to improve your swimming technique. When your joints are able to move through their full range of motion, you’ll be able to consistently improve your technique, and ultimately your overall performance. You’ll get the most out of stretching when your muscles are warm and after a few cool-down laps. Improved flexibility will also reduce the occurrence of cramps and injuries, which can keep you from swimming at your best in your next training session, or race.

### Kick-start recovery:

Cool-downs give your body the chance to recover, which is key to getting the best benefits out of your work out, and ensuring your body is prepped and ready to perform for your next race. Stay hydrated with water or a **recovery shake**, if you’re down working out for the next few hours. Getting the right fluids, including electrolytes, carbohydrates, vitamins, minerals and proteins helps to fuel your body to repair and broken down muscles and tissue restore your glucose and glycogen levels. **Top athletes** know when to recover, and most will agree this should start as soon as the work ends. Kick-start your recovery by keeping your recovery drink of choice, next to your water bottle, and sip it during your cool down.

Studies continue to show improved performance for swimmers who cool down between races, so you don’t want to skip this step for **optimal performance**.

Michael Phelps talks about what a normal meet warmup and cool down is here: [https://www.youtube.com/watch?v=F\\_KS6FppUU4&t=353s](https://www.youtube.com/watch?v=F_KS6FppUU4&t=353s)

## SCHEDULE OF EVENTS

### PAC:

#### SWIM:

- **Feb. 6-8:** North Suburban Splash @HOME. Entries are closed.
- **Feb. 13-15:** BDSC Swim your Heart Out at the RecPlex in Pleasant Prairie, WI. Entries close Feb. 3rd.
- **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. 7:** Premier team has games at Naperville North. Futures White team plays at Lincoln Way West.
- **Feb. 8:** 10U games at Evanston. 14U games at Palatine. Futures White team plays at Lyons.
- **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:

- **Feb 7-8:** Glenbrook Winter Invite. Talk to your coach!

## Patriot’s Nutrition Corner with Coach Chandra:

**Iron is a critical nutrient for athletes because it helps carry oxygen to working muscles, supporting energy, endurance, and overall performance. It’s especially important for young female athletes, who are at higher risk for low iron due to growth, training demands, and menstrual losses. Low iron levels can show up as constant fatigue, shortness of breath during workouts, decreased endurance, frequent illness, headaches, or feeling weak despite good sleep and nutrition. Including iron-rich foods in your diet regularly can help prevent deficiencies – good sources include lean red meat, chicken, turkey, fish, eggs, beans, lentils, spinach, fortified cereals, and tofu. If symptoms persist, a blood test can help determine iron status, and a doctor may recommend supplementation.**

# GROUP UPDATES

## SWIMMING

ELITE - Coach Kevin  
[kzakrzewski@d125.org](mailto:kzakrzewski@d125.org)

We have another big week ahead of us. We will be starting a new phase in dryland. Form and power movements will be the focus. IN the pool we continue to build our intensity and we will also start to incorporate some race specific work to start preparing for our first "mid season" championship level meet in March.

PATRIOT PLUS - Coach Carolyn  
[cgrevers@d125.org](mailto:cgrevers@d125.org)

Our group is kicking off a new phase of dryland training, and power is the name of the game! You'll see this focus carry over into the pool as well, as we work on building strength and speed. We'll continue emphasizing strong underwaters and breakouts throughout the rest of the season—these details make a big difference! As always, be intentional and focused with your technique, both in dryland and in the water. Every lap and rep counts!

PATRIOT - Coach Kee  
[keehng@gmail.com](mailto:keehng@gmail.com)

Several additional cuts were achieved by Patriot swimmers who participated in the Rise A+ meet. Most importantly, everyone gained valuable knowledge on areas to work on for the North Suburban Splash meet this weekend. During this week's swim practice, we will gradually reduce volume but emphasize speed training plus race details. There will be a couple of dryland sessions with a light workout and recovery stretch exercises.

JR PATRIOT - Coach Thomas  
[tschwingen@d125.org](mailto:tschwingen@d125.org)

Jr Patriots did well this past weekend at the Rise meet. Keep up the hard work; a couple more chances to get those new cuts. We only have 2 more meets before champ season starts up. With the regular season wrapping up here soon, we will be splitting into different groups to focus on those qualified for Regional and those with State.

LIL PATRIOT - Coach Megan  
[mosullivan@d125.org](mailto:mosullivan@d125.org)

Can't believe we've are almost to the end of the season! This week I'll be reviewing and updating entries based on what swimmers are close to Regional/Champ cuts in. Also as a reminder LILs may wear tech suits for all meets going forward.

## WATER POLO

HS Water Polo - Coach Rose  
[rwimer@d125.org](mailto:rwimer@d125.org)

Please check your schedule for updated practice times and games.

Age Group WATER POLO:

Please check your schedule for updated practice times and games.

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

10u WATER POLO:

Please check your schedule for updated practice times and games.

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](mailto:jroby@d125.org)

Good luck to all competing at the Glenbrook Winter invite this weekend!

DEVELOPMENTAL DIVING

Thursday practice is on this week, check in with Coach Roby for meet info on the Meet at Glenbrook North this weekend if you haven't already.

LEARN TO DIVE

No practice this weekend, due to a swim meet, reach out to coach Roby for make up dates!

**MOTIVATION OF  
THE WEEK:**

**"Never say  
never because  
limits, like  
fears, are often  
just illusions."**

*Michael Jordan*