

# PATRIOT PULSE

## Congratulations to all our competitors on a fantastic weekend!

PAC swimmers hosted outstanding competition at Stevenson High School and represented the program with great energy and sportsmanship.

Meanwhile, NIPC traveled to Dallas, TX for the ODP Regionals, where many of our athletes earned selection to the Midwest Zone Team—an incredible achievement! Congratulations to our recognized players:

**Youth:** Ben Tosyali, Anthony Cardone, Adesh Arvind, Benjamin Inglis, Caroline Bichkoff, Kayla Brace, Dhanoni Seneviratne

**Cadet:** Gregory Volkov, William Kopecky, Onat Kose, Henry White, Owen Mills, Allison Bichkoff, Grace Tosyali, Alexa Skinner

**Development:** James Kopecky, Rhys Meredith, Joshua Oh

We also want to congratulate all our divers who competed at the Schroeder Invite. Special recognition goes to **Matilda Davis**, who medaled in all three events this weekend—an outstanding accomplishment!



Well done to everyone for a great weekend of competition!

Here are a few important reminders and updates:

- **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.

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## 1/20/26 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.



- **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!

## 7 Reasons Why a Swimmer's Strength - Physical and Mental - is Unmatched

by [MAGGIE LASTO](#)

The sport of swimming requires high levels of both physical and mental strength, calling to a special type of person. If you know a swimmer or are one yourself, you can consider yourself lucky. Swimmers affect the people around them and can teach us all life lessons. Here are seven reasons why swimmers are some of the strongest people you will meet.

1. They don't escape pain – they welcome it.

Swimming is not easy. Unless it's taper time, you rarely hear the words, "I feel great!" spoken on a pool deck. It's a sport where throwing up at practice is a point of pride and labored breathing is a sign that they left everything in the water. When their face is burning hot, their arms feel heavy, their legs wobbly and a sharp pain hidden beneath their ribs, this is when a swimmer will say they've had a great practice. This is what they strive for. As Olympian **Katie Ledecky** says, "I just like the feeling of a hard workout."

2. They know that the "easy way out" isn't an option.

Swimmers know how to push themselves. When their lungs are burning going into a turn, they hold their breath to make that breakout stroke, knowing that next turn will be a little easier. When they're exhausted at 5. a.m., they jump in the ice-cold pool anyways, knowing practice will only make them stronger. It is moments like these when we are able to ignore the negative voice chirping in our head and believe that we become successful. The video [Rise and Swim](#) captures the essence of what it means to truly be immersed in "the grind".

3. Perseverance is their key attribute.

Day in and day out, swimmers chase best times, strive for qualifying cuts and reach for competitors seeded above them; yet, in just .01 seconds, these goals can be crushed. Competitive swimming gets its name for a reason – swimmers love to race and hate to lose. They will keep working towards those times every practice and every meet until they succeed. Setbacks and losses motivate them and fuel their desire to work even harder.

4. Sleep? They don't know it.

Waking up in the pitch black to attend practice before morning classes mixed with afternoon workouts, meets, lifting, homework, studying, eating, clubs and everything else college swimmers are required to complete in a day, there is little time for sleep. Swimmers function at such high levels and push their bodies past their limits, even while sleep-deprived. They learn to squeeze puffy eyes into goggles, tired bodies into tight suits and bed-head into swim caps. When their peers and friends are tucked in their sheets sound asleep, this is when swimmers get to work.

5. They don't get days off.

In the sport of swimming, there is no such thing as a day off. College athletes train year-round: often twice a day, six days a week. Day after day, they make the water their home, swimming laps up and down the pool repeatedly. Many teams even practice through the holidays, swimming during Thanksgiving break and going on training trips in the winter. Due to practice, swimmers miss countless birthday parties, family gatherings, events with friends and an excessive amount of other occasions. It takes a strong-willed person to miss out on all these fun and exciting memories in order to make themselves better at something they love. According to *60 Minutes*, **Michael Phelps** practiced every day for five years prior to winning eight gold medals at the 2008 Beijing Olympics.

6. They're self-confident.

"It's what you do with the rough patches that will define the athlete that you'll become," says Olympic gold medalist **Dana Vollmer**. Swimmers spend the majority of their time with their heads in the water, their senses deprived, and only the voice in their head keeping them occupied. They know that they can push themselves past their limits, overcome challenges, and accomplish amazing things. They know how hard they've worked, the time they've put in, and how far they are still going to grow. In a sport like swimming where you break your own boundaries constantly, you also learn more about yourself than you ever thought possible.

7. When busy and overwhelmed, they push through.

Swimmers know how to balance a busy work load and can manage even the craziest of days. With four to five hours a day spent in the water and the weight room, it is crucial that they use their time wisely. Practice allows them to let go of what is causing them stress for a little while and requires them to focus on the task at hand. By learning to prioritize their daily tasks, they are able to accomplish more and keep their mind healthy at the same time.

A swimmer is a unique type of person who is far stronger than most people you know. The next time you watch a swim race, meet a swimmer or read about someone's accomplishments, consider what it took them to get where they are. That swimmer is doing the things most others refuse to and knows what it feels like to be let down. That swimmer has overcome more obstacles in their life than imaginable and is working to better themselves. A swimmer is physically strong but mentally stronger. Remember that and work towards it!

### SCHEDULE OF EVENTS

#### PAC:

#### SWIM:

- **Jan 30-Feb. 1** - RISE A+ meet at Libertyville High School. Entries are closed.
- **Feb. 6-8** - North Suburban Splash @HOME. 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:

- **Jan. 24** - Premier level is at York.
- **Jan. 25** - Premier level is at Stevenson. Futures level is at Lyons.

#### DIVING:

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

### Patriot's Nutrition Corner with Coach Chandra:

Staying hydrated means drinking regularly, not just when you feel thirsty. During practice, take drinks often and aim for about 12-24 ounces of fluid per hour, depending on how long and hard you're training. For longer or tougher practices, adding electrolytes can help replace what you lose through sweat. Throughout the day, water should be your main drink, with most athletes aiming for at least half their body weight (in pounds) in ounces of fluid per day. If you're feeling tight or sore, increasing your water intake can help support recovery. Try to limit sugary drinks, energy drinks, and too much caffeine, since they can hurt hydration, cause energy spikes and crashes, upset your stomach, and contribute to inflammation or tight, sore muscles.

# GROUP UPDATES

## SWIMMING

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

This week is our peak volume week. My goal is to hit 40,000y this week. More boring aerobic week but trying to max it out as much as we can to set ourselves up with a larger training base. Patience and details this week!

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

Congratulations to all our swimmers that competed at the Patriot Pride over the weekend.  
We are continuing our endurance building work as we introduce more speed. Speed in starts, turns and breakouts. The bridges are out and we are taking advantage of these as we focus on disciplined underwater off the walls. Get ready to challenge yourself!

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

It was a great home meet for many of our swimmers! Many personal bests and regional cuts were recorded. There is more work to do to be better prepared for the upcoming meets in 2 weeks. We will work hard at swim practice to improve endurance and at dryland sessions to develop power and strength for propulsion. It is important to attend all practices this week!

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

What a fantastic meet, with great swims all around! In Jr's, we will be picking things up in practices the next couple of weeks. Because, believe it or not, the regular swim season is coming to an end here soon. So, we don't have much more time to get prepared for it. Swimmers should be making it to as many practices as possible and come ready to work hard.

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

Another great meet this weekend. LILs had 91 new best times and a total of 6 minutes in dropped time. This week we are going to continue building up and focusing on the details of our underwater, turns, & finishes.

## WATER POLO

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

Congratulation to all our athletes that were selected to compete for the Midwest Zone Team while at the ODP Regional Championships!

Please check your schedules for updated practice times and games.

Age Group WATER POLO:

1 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)

Congrats to Matilda Davis for medaling in all 3 events this weekend at the Schroeder winter invite!  
Full week of practice for the competitive group this weekend!

DEVELOPMENTAL DIVING

Full week for the Devo squad, talk to coach Roby about the GA winter invite Feb 7-8!

LEARN TO DIVE

Our L2D group is back in the pool this Saturday from 4-5pm! Excited to see y'all on the boards!

**MOTIVATION OF THE WEEK:**

**"Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work."**

*Vince Lombardi*