

PATRIOT PULSE

Good luck to all our swimmers as they head to Libertyville High School this weekend for the RISE A+ Meet! Best of luck to our water polo teams as they compete in games at York and New Trier. Congratulations to our 10U and 12U teams on a great showing at the Dare to Dream competition this past weekend —we're proud of your efforts!



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.
- **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!

Online Water Polo Article: [Why Consistency at Practice Makes or Breaks a Water Polo Player](#)

FOCUS ON THE THINGS YOU CAN CONTROL IN THE POOL

BY [OLIVIER POIRIER-LEROY](#)

It's an awful moment, and one that almost every swimmer will experience at some point.

Moments earlier, you were standing on the blocks, staring down your lane, eyes ablaze with confidence and focus. The starter's gun went off, and you explode into the water and bang out four thunderous dolphin kicks. You take your first few strokes, and then you realize what is going on.

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1/27/26 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 swimmer beside you – the one whose qualifying time you easily demolished during prelims – already has a half body length lead, and despite your full effort is pulling away from you.

Yeah. *That* moment.

WE WANT CONTROL

It's an inherent quality that we want to be able to control all of the outcomes in the pool. We want to think that because we crossed all the T's and dotted all of our I's that we can completely control the outcome of the race.

Unfortunately, as the above example shows, this isn't always the case.

We cannot control everything, and this isn't just limited to the competition. A random illness. A freak injury. There are a myriad of things out of our control that can and will happen within our swimming.

Does this mean we should abandon our goals? That training our best and giving our all at race time is pointless?

Of course not.

But it does mean we need to consider focusing all of our energy on the things which we can directly influence.

FOCUS ON WHAT YOU CAN INFLUENCE

Those moments where you feel bewildered at the pool, when a competitor's results leave you stupefied and discouraged, or when things keep piling on one after another, go back to the following three things:

1. Work Ethic.

No matter how fast the swimmer in the lane next to you is going, you will always be able to control how much effort you exert. I know how much it stinks to have a swimmer next to you suddenly dart out ahead and above what you thought they were capable of.

But does that mean you throw in the towel? Oh, hell no.

Here are a few simple ways to develop a tough-minded work ethic so that when things don't go according to plan you can stay calm and focused—

- Refuse to procrastinate.
- Keep your word; if you say you are going to do something, do it.
- Make doing a good job habitual. Aristotle had it right when he said that excellence was a habit. When you make excellence routine, something you just do, then it extends to every part of your life, and every part of your swimming.

2. Attitude.

The way that we think and feel about things feeds into how we act. If you are second guessing a set, and telling yourself that it's going to be too hard, and that you don't feel like it, than your body will follow suite. If, on the other hand, you tell yourself that it's a challenge, an opportunity to see what you can do, your body will again follow the lead of your thoughts.

Here are some simple ways to develop a better attitude—

- Encourage your teammates during practice and competition.
- Be coachable.
- Willing to find the silver linings in setbacks and failures.
- Root for your teammates to succeed.
- Not complaining or looking for someone to blame when things stink.
- Not getting caught up in other people's negativity.

3. Focus.

When things are getting hectic, between school, social commitments, and obviously swimming, it can be easy to start feeling overwhelmed. Generally this happens when we try to deliver our attention into multiple directions at once, and when this fails to generate any meaningful results, we grow exasperated and sense as though we are in over our heads.

To get things back in focus and back on track, dial down your tasks and set to one thing at a time. Plan and manage your tasks so that you are giving your utmost attention to each one at a time. Doing so will give you that sense of control and power over your life and put you back in the driver's seat.

Here are some easy ways to generate more focus in your swimming and life:

- Measure and track your progress.
- Set daily/weekly/monthly goals to keep yourself on task.
- Break your big goals into small, bite-sized pieces.
- Drive all of your attention into one thing at a time.

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:

- **Feb. 1:** 10U games at York. 12U Games at New Trier. Futures White team plays at York.
- **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.

DIVING:

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

Patriot's Nutrition Corner with Coach Chandra:

Vitamin D plays an important role in athletic performance, supporting bone strength, energy, muscle function, immune health, and recovery. This time of year, limited sun exposure makes it harder to maintain adequate vitamin D levels. Symptoms of low vitamin D include persistent fatigue not resolved with rest, muscle weakness, aches or cramps, reduced endurance, increased injury or frequent illness, and mood changes. Direct sunlight and foods like fortified dairy products, eggs, and fatty fish can help maintain vitamin D levels. Still, some athletes may benefit from vitamin D supplementation to reach and maintain adequate levels, if recommended by a healthcare provider. Prioritizing vitamin D is key to staying healthy, strong, and consistent through the toughest part of the season.

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzakrzewski@d125.org

Looking forward to a great week as this is our last week of this phase in dryland. Keep up the great work and keep pushing yourselves. Also, reminder, this week at the RISE A+ Meet, expectation is we swim Saturday only, both P/F!

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

We are prepping this week for the RISE A+ meet at Libertyville High School. We will continue to work hard in the PWC on strength, power and core. In the pool we are building confidence in racing and maintaining speed. All the while, all athletes are challenged to work on being better on proper technique both in the pool and in the PWC. Take change and get better! Good luck this weekend.

PATRIOT - Coach Kee
keehng@gmail.com

Due to some extremely cold weather and high school swim meets, there have been weeks with less than the usual 5 practices. Therefore attendance at every practice is crucial to stay on track for the upcoming meets. We will continue with stamina and strength training for the last part of the season. This week, we will also work on race details for swimmers attending the Rise A+ meet, looking for improvements and identifying areas to focus on.

JR PATRIOT - Coach Thomas
tschwingen@d125.org

Jr Patriot will keep the hard work going during this week's practices with a slight focus on race details for this weekend's meet. Make sure to bring your water bottles to practices so you stay hydrated throughout. Also, it's important to be aware of what you are doing outside the pool, like maintaining good sleep habits and nutrition to stay healthy & strong.

LIL PATRIOT - Coach Megan
mosullivan@d125.org

This week we are continuing to work on holding perfect details while swimming faster and tired. We will also be really focusing on turns and underwaters as that is a point where many are gaining time in their races. Many LILs have been asking about Tech Suits - LILs may use a tech suit at the NSS PAC Meet and all meets after that.

WATER POLO

HS Water Polo - Coach Rose
rwimer@d125.org

HS Girls: Nice work to our Elite team that moves to 8-0 with winter league play. Green and White team have games this upcoming weekend

HS Boys: Good Luck as your swim season finishes up
Elite practices will continue on Sundays

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

No diving this Thursday for the competitive kids, either than that, normal week of practice. Please register for the GA Winter Invite Feb 7-8

DEVELOPMENTAL DIVING

We'll see everyone on the boards this week! SHS swim meet Jan 29th, so no practice Thursday.

LEARN TO DIVE

We'll see our Learn 2 Dive group this weekend from 4-5pm. Reach out to Coach Roby for February practice make up times!

**MOTIVATION OF
THE WEEK:**

**"Always
remember, your
focus
determines your
reality."**

George Lucas