

# PATRIOT PULSE

We are incredibly proud of our swimmers who participated in the Illinois Swimming Quad Challenge over the weekend. This event brought together some of the top athletes in the state for a unique experience focused on the mental, nutritional, and sportsmanship aspects of swimming. Congratulations to our PAC representatives: **Sophia Dimitrov, Claudia Glinko, and Aria Grossenbach!**

Looking ahead, this weekend marks the **second meet of the Winter League Series**, hosted at **Mundelein High School**. Additional details will be sent soon to those competing.

NIPC teams will also be busy this weekend, hosting and participating in several tournaments. Best of luck to all our athletes—we're cheering you on!

Here are a few important reminders and updates:

- **PAC Footwear:** Here is the site to purchase [PAC footwear!](#) Deadline is January 15th so please place your orders SOON!!
- **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!

## 5 Ways That Failure Can Be Used to Find Success

by [PETER MARTIN](#)

Any swimmer you meet, no matter what level, has a dream. Whether that dream lies within or out of the water doesn't matter. The reality is that these dreams almost always come at a price. This price happens to be failure. No one wants to fall short of their goals, but it has to happen to everyone at some point. What must be noted, though, is that success comes with these failures. Below are five ways swimmers can turn their failures into pathways toward success.

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## 1/6/26 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.



## Motivation for the Future

Although no one would or should ever seek failure purposefully, falling short on occasion can actually help swimmers reach their goals. If you disappoint yourself several times throughout your season and use that frustration productively, your disappointments can lead to better results and make them come faster.

For example, if you get touched out by another swimmer or maybe a rival, and your team ends up narrowly losing to that team, you might train with more intensity from that point onward to avoid feeling the weight of that loss again. Alternatively, you might make changes to your training routine, various aspects of technique, or even eating habits. Despite these shortcomings, you can become a more [motivated](#) person as a result, both in and out of the pool.

## Do Not Expect Perfection

When a swimmer decides what they want to achieve in a set, a competition, season, etc., they probably have a high degree of dedication toward achieving it. It's easy to think that if you put in "the work," surely the outcome will be favorable. Unfortunately, not all goals are going to be met. If several swimmers in a given conference want to be conference champions in the 200 backstroke, obviously only one of them will be successful.

Coming up short is a harsh reality when it comes to athletics. Sometimes goals are simply too lofty, and other times we just can't quite get it together for whatever reason. As hard as it can be to fail at something you wanted so badly and worked so hard to attain, impactful lessons can be learned. Reaching rock bottom can be a good experience for swimmers for future experiences and can even be used to help younger swimmers get through their shortcomings.

## Find the Positives in Your Negatives

When it comes to facing adversity, there is a wide range of results that can come from it. It's easy to get down on yourself when things don't go the way you expected in the water, but making excuses or putting yourself under a great deal of pressure only leads you nowhere.

Whether it's an injury, a race day choke, a missed wall, or anything else, the best thing a swimmer can do is to transform failures into something positive. Listen to whatever it is the failure is telling you and go forward with a new perspective that will help you become a better swimmer.

## Course Correction is Key

Working hard in the pool doesn't necessarily mean putting in work with persistence alone. Having a routine as a swimmer that will provide you with optimal results is critical, but the hard part is figuring out what that routine is. If you do things in a persistent manner but can't quite seem to provide what you want to your team or yourself, you need to figure out what you can do differently.

While coming back from failures and trying again is important, it's critical to learn those lessons, capitalizing on what worked and making changes when necessary. As easy as it can be to move on quickly from failures due to the disappointment they can bring, moving on too quickly can typically lead to repeats of these mistakes.

## Resilience Leads to Future Success

If you think about it, the top swimmers who achieved the most desired levels of success in swimming have experienced many failures along the way. With so many competitions and such heavy expectations, these failures can hit them even harder.

The way these top notch swimmers are able to carry on and be successful regardless of their failures, however, is by valuing failure as a tool. It can be easy to view such shortcomings as crushing blows to your swimming career and to move on, but top athletes think differently. As with many endeavors in life, resilience is key in swimming.

The more you fail at something, the more opportunities you have to become better. If you take advantage of these chances, you can fear failure less and actually seek it out more as the emotional weight lessens. Figuring out more ways to improve is critical in athletic development, as is being able to realize that short term failures do not ruin potential for long term success.

## SCHEDULE OF EVENTS

### PAC:

#### SWIM:

- **Jan. 10** - Winter League Series - Meet #2 at Mundelein High School. Entries are closed.
- **Jan. 16-18** - Patriot Pride Meet @HOME. Entries are closed.
- **Jan 30-Feb. 1** - RISE A+ meet at Libertyville High School. Entries are closed.
- **Feb. 6-8** - North Suburban Splash @HOME. Entries close on Jan 7th.
- **Feb. 27-Mar. 1** - ISI Regionals @HOME.

#### WATER POLO:

- **Jan. 11** - NIPC Games at HOME. 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:

- **Now** - Winter Diving Registration is OPEN!

## Patriot's Nutrition Corner with Coach Chandra:

I hope you had a great holiday break and enjoyed time with family and friends—along with some well-earned indulgences. After the holidays, getting back to healthy nutrition doesn't require guilt or drastic resets; it's simply about returning to consistent, supportive habits. Start by refocusing on balanced meals with quality carbohydrates, lean proteins, and healthy fats to stabilize energy and recovery. Prioritize hydration, rebuild regular meal timing, and stock your kitchen with simple, whole foods that make good choices easy. Remember, enjoying the holidays is part of a healthy lifestyle—consistency over time is what truly drives performance.

# GROUP UPDATES

## SWIMMING

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

Welcome back everyone!! Looking forward to getting our winter portion of our season started. I will be sending out the details of the meeting the girls and I had out to the parents sometime this week. Make sure you check out the footwear link!

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

We have been working hard during the school holiday break to continue building strength and power in all our strokes. As we continue this, we will get back to building up the endurance and pushing out speed in sprinting and pace. Dryland has shifted into a more focused specialty to work on our legs, back, chest and core for the next 4 weeks. Don't forget Secret Santa is TODAY (Jan 6th).

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

Welcome back from winter break! During the break, we focused on aerobics and pulling strength during swimming while building power and strength on dryland. This week, we are continuing aerobics for endurance and will gradually pick up in pace training. It is important to come to all practices especially if there was a long break from swimming!

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

Welcome back! Hopefully, everyone had a great winter break and got the chance to spend time with family or maybe get away for a bit. Jr's will be getting ready for our next meet, which will be coming up soon here at our home pool. It is important to attend both dryland and in-water practices every day. Dryland helps in building strength in your core, which is very important in swimming. Also, make sure when you are here, to pay attention and listen. Pushing yourselves and putting forth that extra effort each day is what is going to make the difference!

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

Welcome back, hope everyone had a wonderful holiday! This week we are just focusing on rebuilding the endurance and technique.

## WATER POLO

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

GREEN and WHITE Team games at Stevenson 1/11.

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

**Age Group WATER POLO:**

12u and 14u have Games please check the schedule!

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

**10u WATER POLO:**

Games Sunday 1/11 please check email for updates

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)

Welcome back from break to everyone! No practice on this Thursday but other than that, we'll see you on the boards!

**DEVELOPMENTAL DIVING**

Full schedule for our Devo kids! We'll see you on Tuesday, and Sunday!

**LEARN TO DIVE**

Any L2D diver that needs a make up from over break, please reach out to coach Roby to set up a date for the make up.

## MOTIVATION OF THE WEEK:

**"What the new  
 year brings to you  
 will depend a  
 great deal on what  
 you bring to the  
 new year."**

*Vern McLellan*