

PATRIOT PULSE

Congratulations to all our athletes on an outstanding weekend of competition. We saw excellent performances across the board, with impressive swimming and diving at the IHSA Sectional Meets. Our swimmers at both the MAC A3 Meet and Winter League Meet demonstrated great determination and teamwork, while PAC divers delivered strong results at the Schroeder Invite.

Best of luck to all our swimmers and divers competing at the IHSA State Meet at FMC this weekend. Friday preliminary session for diving begins at 9:00a and swimming starts at 3:30p. Saturday finals begins at 11:00a. Information, livestream and how to buy tickets are all found [HERE](#). Swimmers include:

Aria Grossenbach,
Nelli Sandor
Heidi Swerkun
Amelia Willis
Claire Wang
Brooke Eliacin
Kayla Brace
Sophia Dimitrov
Daniella Berger
Claudia Glinko

We also extend our best wishes to our NIPC water polo players as they compete in their respective championship tournaments this weekend: Green Team: Naperville North, 14U Championships: York High School and Premier League Championships: Stevenson High School

Here are a few important reminders and updates:

- **NIPC AND Diving Winter Registration is OPEN:** All opportunities for this winter season water polo and diving is now open on our site.
- **Patriot Premier Meet:** We are hosting the Patriot Premier meet in less than 2 weeks. Information about the meet is found on our website. A reminder about this meet will go out next week.
- **Holiday Hustle and Bowling Party:** This is just getting added to our lineup in December. More information will be out soon!
- **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

11/11/25 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.



WHY I SWIM

BY OLIVIER POIRIER-LEROY

For a lot of us swimming is beyond being just a sport. With the amount of time that we have invested into the pool it has become something larger than a hobby or a way to stay in shape. It has become part of our identity, part of our lives, part of who we are.

On occasion I get asked if I played football or rugby (thank you swimming for those shoulders!), and when I tell them, “Nope, swimmer!” the response is typically a furrowed brow and, “But, *why?*”

There are an endless number of reasons why I swim. Here are just a few of them.

It reminds me that anything worth having requires hard work. Swimming is a no-lie sport. You swim your butt off, look at the scoreboard and there is the result. There are no judges, no marks on technical merit or style, just the truthful, cold, digital numbers on the clock. There are no substitutions, no teammate to make up for your lackluster performance, no one to look to when things go poorly. The precise nature of the results in competition – and more notably, training – means that we can visibly see and feel progress as we improve, and can correlate the work we put in with the results we receive.

Reminds me to continually expand my horizons. I cannot count how many times coaches over the years dropped a gauntlet of a set, something that never in my wildest imagination would I think could survive, let alone complete. (We can be so melodramatic when those tough sets get scrawled up on the whiteboard.) But then what happens? You not only finish the set—but you leave the pool with a little pep in your step and a renewed sense of self-belief.

A good workout clears the mind. That feeling I just described? About feeling awesome about yourself after an awesome workout? Yeah, *that*. When we are pounding out a hard workout, our bodies recognize this as a moment of intense stress, and in response sprinkles a protein called **BDNF** (brain derived neurotrophic factor) all over your noodle. What does BDNF do? Improves the function of neurons and encourages new neuron growth. Which explains why you feel clear headed and happy after a big workout. (If you want even more of that good ole BDNF, get into some interval work. **Research** has shown that sprinters in particular experienced a greater surge in BDNF production.) There are obviously a lot of **physical health benefits to swimming lengths**, but it's the mental ones that I notice most on a daily basis.

It's where I go to meditate. No matter what is going on outside of the pool, for an hour or two I can unplug from everything. Whether it is work or school stress, conflict and drama with the people in our lives, whatever it is—swimming gives you the opportunity to shut it out. No cell phone, no social media, no nothing – just you and the black line.

I swim because there is a chance to be extraordinary. What extraordinary means for each of us is completely different. For some, it is to swim butterfly for 200 meters non-stop and not have their stroke collapse (okay, most of us), for others it is to swim collegiately, and others, to grace the podium in international competition. I swim because it's an opportunity to challenge myself, to fight through pain and discomfort and emerge on the other side stronger and tougher.

That is why I swim.

SCHEDULE OF EVENTS

PAC:

- Dec. 21 - Team bowling party....more information to come!

SWIM:

- Nov. 21-23 - Patriot Premiere Meet @HOME. Entries are closed.
- Dec. 6-7 - NASA Winter Blast-Off at Northwestern University. Entries close Nov. 12th.
- Dec. 10-15 - Winter Junior Nationals in Austin, TX.
- Dec. 12-14 - FOX Holiday Classic in Hobart, IN. Entries close on Nov. 11.
- Dec. 20 - Holiday Hustle @HOME. Holiday fun with competitive racing!

WATER POLO:

- Nov. 15 - Premier League Championships at Stevenson HS! Futures game for the Green Team at Naperville North. 14U Championships at York HS.
- Nov. 17 - NIPC Winter Water Polo Registration is OPEN!

DIVING:

- TBD

Patriot's Nutrition Corner with Coach Chandra:

Proper nutrition is the engine that drives athletic performance. It fuels your energy, speeds up recovery, and keeps your body strong through the grind of training and competition. Every athlete should aim for balance—loading up on quality carbohydrates, lean proteins, and healthy fats to power their sport. Carbohydrates are your body's main energy source, especially when you're pushing through tough workouts or long competitions. Refueling with clean, unprocessed carbs within 45 minutes after training helps restock the glycogen your muscles and liver burn through, setting you up to feel fresh, strong, and ready to attack your next session. Keep whole grains, fruits, and vegetables on hand so you can hit that recovery window and stay one step ahead of fatigue. Fuel right, recover smart, and your performance will follow.

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzakrzewski@d125.org

Congrats to all of the girls who competed in their HS conference meets this past weekend. Good luck at Sectionals this coming weekend. We are less than 3 weeks away from our hosted Prelim/Final meet. Going to start doing final preparations for that event. This coming weekend at the MAC meet will be our first trial run in numerous events. It's time to step up and RACE!

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

Congratulations to everyone that swam at the MAC A3 meet over the weekend. We had some stellar racing as we continue to learn and grow. We are not holding back as we clean up turns and breakouts this week. These two weeks are dedicated to prepare for the Patriot Premier meet (At HOME). Suit up and get ready to compete!
 Ladies returning from girls HS swim: if you need a break after HS, please take it the week of Thanksgiving.

PATRIOT - Coach Kee
keehng@gmail.com

The Patriot group had a small presence at the Winter League Series, having fun while delivering solid performances. This week, we will add more race pace and technique training to prepare for the Patriot Premiere meet in 2 weeks. Swimmers are advised to continue coming to all practice sessions as well as staying healthy by eating, resting, and recovering well.

JR PATRIOT - Coach Thomas
tschwingen@d125.org

Jr Patriots will continue our focus on next weekend's home meet. Come ready to work hard and push yourselves. Everybody is capable of improvements, whether it's time drops or technique. But that requires dedication, focus, and willingness to make those changes. Jr's did another test set last week and received new lane assignments. This is our second time doing this specific test set, and it will be a recurring event. I find it is a good way to gauge swimmers' progress and not necessarily just time drops. Other things like being able to keep their technique throughout, consistency in their 100 times, and whether they are really putting forth the effort I know they are capable of are all factored in.

LIL PATRIOT - Coach Megan
mosullivan@d125.org

The next couple of weeks we are planning to try and get in the water a few minutes early each day so we have extra time to focus on starts and turns each practice. Majority of the DQs LILs are getting are during starts and turns so we are taking the extra time to really emphasize proper technique. We will also be working on the underwaters to breakouts to help maintain speed off of starts and turns.

WATER POLO

HS Water Polo - Coach Rose
rwimer@d125.org
 Premier League Championships are this weekend at Stevenson!

Green Team has their last regular season game at Naperville North.

Regular practice this week.

Age Group WATER POLO:

14U championships are this weekend at York High School!

10u WATER POLO:

Regular practice Thursday/Sunday this week.

Winter registration is open for returning athletes.

DIVING

COMPETITIVE DIVING
 Coach Jonathan - jroby@d125.org

Congrats to everyone who competed up at Schroeder this weekend! Last week of the Winter session is Friday 11/14 from 5:30-8pm

DEVELOPMENTAL DIVING

Normal Practice on Tuesday, Last practice on Friday!!!

LEARN TO DIVE

Come in on Tuesday and Friday from 5:30-7pm for the last practice of the session!!

PAC Social Media
INSTAGRAM:

[@patriotaquaticclub](https://www.instagram.com/patriotaquaticclub)
[@nipc_wp](https://www.instagram.com/nipc_wp)
[@pac_diving](https://www.instagram.com/pac_diving)

FACEBOOK:

Patriot Aquatic Club -
 Lincolnshire, IL

YOUTUBE CHANNELS:

Patriot Aquatic Club
 Northern Illinois Polo
 Club

**MOTIVATION OF
 THE WEEK:**

**"What you feel
 doesn't matter in
 the end; it's what
 you do that
 makes you
 brave."**

Andre Agassi