

PATRIOT PULSE

Great job to all athletes who competed at the Patriot Premier Meet this weekend! Our swimmers raced exceptionally well, and we enjoyed some outstanding competition throughout the event.

It was a big weekend for NIPC as well! Congratulations to our Futures Teams on wrapping up a strong Fall Season. Green Team finished 4th and White Team finished 9th!



As we head into the holiday, we want to wish everyone a wonderful Thanksgiving. We're truly grateful for this incredible community and program. Please remember to check the calendar, as practice schedules will be adjusted over the holiday week.

Here are a few important reminders and updates:

- **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.
- **NIPC AND Diving Winter Registration is OPEN:** All opportunities for this winter season water polo and diving is now open on our site.
- **Holiday Hustle and Bowling Party:** Our Holiday Hustle meet will be at home (afternoon) on December 20th, while the Ugly Sweater Bowl will be on December 21st. 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!

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11/24/25 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 We're Thankful for Swimming

by [SUMMER FINKE](#)

As Thanksgiving rolls around, swimmers, families and coaches across the country naturally find themselves thinking about what they are thankful for. Between the early mornings, the long meets, and the endless hours spent around the water, the sport has a way of shaping our lives in big and small ways. Through all of it, swimming continues to give us countless reasons to be grateful. This season feels like the perfect time to pause and recognize them.

We're Thankful For the People

If you ask a longtime swimmer what they miss most, they usually do not talk about medals or rankings. They talk about the people who made the journey meaningful. Swimming gives us teammates who become like family. These are the people who make 5 a.m. training bearable and who laugh with us through the toughest sets. They cheer for our best days and help steady us during the hard ones. The friendships built in the pool are special because they grow from hours of shared work and shared dreams that not many others understand.

Coaches also deserve their own moment of appreciation. They are teachers, motivators, problem solvers, mentors, and often the steady voice swimmers need most. They show athletes how to race, but they also show them how to show up with character and commitment. Their belief in their athletes often becomes the foundation for how swimmers learn to believe in themselves.

We're Thankful For the Structure the Sport Gives Us

Swimming has its own rhythm. Practices, meets, training cycles, recovery, and repetition. For young swimmers, that structure teaches responsibility and time management in a way few other activities can. For older swimmers, former swimmers, and masters athletes, that routine becomes something steady to lean on when life becomes busy or stressful. Even those who eventually step away from the sport often carry its habits with them. The discipline learned in the pool has a way of showing up in school, work, and adulthood.

We're Thankful For the Big Moments and the Small Ones

Swimming gives us unforgettable memories. Breakthrough races, championship meets, and personal bests after months of hard work. Those are the moments everyone notices. But the smaller victories matter just as much. The first practice back after an injury. The feeling of finishing a tough set you were not sure you could complete. The joy of watching a younger teammate succeed and knowing you played a part in their growth. Thanksgiving is a good reminder to appreciate those quiet moments too.

We're Thankful For the Community Wrapped Around the Sport

Swimming thrives because of people who care deeply. Clubs, officials, volunteers, parents, meet directors, and fans all help move the sport forward. The community supports one another in ways that reach far beyond a pool deck. It celebrates achievements, lifts people up during tough seasons, and creates spaces where swimmers feel included, supported, and understood. It is a community built on passion and shared experiences.

We're Thankful For the Chance to Grow

Swimming can be humbling. One day the water feels smooth and easy, and the next day you may feel like you have completely forgotten how to swim. That unpredictability teaches athletes how to handle setbacks and how to respond with resilience. Swimmers learn how to reset and how to manage nerves and pressure. The sport asks for effort and commitment, but it also gives something lasting in return. It builds confidence, patience, and trust in the process.

Most of All, We're Thankful For the Journey.

Every swimmer's path looks different, but all of them are shaped by the lessons and memories the sport creates. Swimming gives us a place to grow, to compete, to connect, and to belong. As this season of gratitude arrives, it is worth taking a moment to appreciate the ways the sport has shaped your life and the lives of those around you.

This Thanksgiving, whether you are racing, cheering, coaching, or taking a well earned break from the water, remember what the sport has given you. Swimming makes us better in ways that often show up long after the meet is over.

And for all of that, we are truly thankful.

SCHEDULE OF EVENTS

PAC:

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

SWIM:

- **Dec. 6-7** - NASA Winter Blast-Off at Northwestern University. Entries are closed.
- **Dec. 10-15** - Winter Junior Nationals in Austin, TX.
- **Dec. 12-14** - FOX Holiday Classic in Hobart, IN. Entries are closed.
- **Dec. 20** - Holiday Hustle @HOME. Holiday fun with competitive racing!
- **Jan. 16-18** - Patriot Pride Meet @HOME. Entries are open until Dec. 15th.

WATER POLO:

- **Nov. 17** - NIPC Winter Water Polo Registration is OPEN!

DIVING:

- **Nov. 17** - Winter Diving Registration is OPEN!

Patriot's Nutrition Corner with Coach Chandra:

Healthy fats the third of the macros to balance! These are essential for steady energy, sharp brain function, and managing inflammation—all crucial for athletes. Unlike quick-burning carbs, they provide slow, sustained fuel that keeps you focused through long practices and competitions. They also support cognitive health and help reduce inflammation, aiding smoother recovery. Include sources like avocados, nuts, seeds, olive and avocado oil, and fatty fish to keep your mind sharp, your energy stable, and your body performing at its best.

GROUP UPDATES

SWIMMING

ELITE - Coach Kevin
kzakrzewski@d125.org

Great weekend by everyone! Proud of how we competed and grinded through the weekend. Best of luck to the HS boys as they start their HS season. Next up for us is preparing for Winter Junior Nationals. Looking forward to these next few weeks.

PATRIOT PLUS - Coach Carolyn
cgrevers@d125.org

We had an absolutely fantastic weekend! All that hard work has paid off and we learned more about what we can improve on and new goals have been made. Let's get to work!
 HS Girls: This is your week off before we get back to it. Also, goal sheets have gone out and goal meetings will happen after the holiday week. Happy Thanksgiving, team! Be safe, love your family and friends, and embrace all you are thankful for.

PATRIOT - Coach Kee
keehng@gmail.com

Many personal best times were achieved by our swimmers at the Patriot Premiere Meet. We congratulate those who nailed their first state and regional cuts and those who got additional cuts. Most importantly, everyone is highly motivated and committed to get even better! For this shortened holiday week, the swim training will shift back to aerobics and kicking while refining on race details observed from the meet.

JR PATRIOT - Coach Thomas
tschwingen@d125.org

Jr's had a lot of great races this past weekend at our prelim/final event. Every swimmer made at least one best time, and some had multiple. We also saw a bunch of new regional and state qualifying swims, awesome job! But we also saw some familiar mistakes during some races that need to be corrected to keep improving. So, make sure to take away a few pointers given to you by the coaches to think about during practices in the coming weeks. No practice this Thursday/Friday, hope everyone has a safe and happy holiday.

LIL PATRIOT - Coach Megan
mosullivan@d125.org

Amazing weekend! There were a lot of great swims. This is a short recovery week to let everyone enjoy the holiday. Happy Thanksgiving!

WATER POLO

HS Water Polo - Coach Rose
rwimer@d125.org

HS Girls: Winter Season is in full swing, No practice Thursday for Thanksgiving!

HS Boys: Good Luck with Swim Season!

Age Group WATER POLO:
 This is our 1st week of Winter Season!!

Monday: 6:45-7:15pm Dryland
 7:15-8:30pm pool

Tuesday: 7-8:30pm Pool

Wednesday: 6:45-7:15pm Dryland
 7:15-8:30pm pool

Thursday: No Practice Thanksgiving!

10u WATER POLO:

Winter Season Begins Tuesday, December 2nd!

Winter Practice Schedule:
 Sundays 12:15-1:00pm
 Tuesdays 6-6:45pm

DIVING

COMPETITIVE DIVING
 Coach Jonathan - jroby@d125.org

Competitive team practices start back up Friday the 28th for those in town, see you then!!!

DEVELOPMENTAL DIVING

We are back in the pool after thanksgiving, reach out to coach Roby for details!!

LEARN TO DIVE

Tryouts Monday and Wednesday from 6:45-7pm!!

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:

"Persistence can change failure into extraordinary achievement."

Matt Biondi