

ST. CHARLES SWIM TEAM PARENTS MEETING

WELCOME TO ST. CHARLES SWIMMING



- ◆ 8 Illinois Swimming Senior Team Championships
- ◆ Top 5 Team at Age Group Championships 20 out of the last 25 Championships, including the 2011 LC Age Group Championship Team
- ◆ 18 Olympic Trial Qualifiers
- ◆ University Games Champion
- ◆ SCST Swimmers hold 15 ISI Individual & Relay Records
- ◆ Over 100 members have achieved Collegiate & Academic Scholarships

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AGENDA/TOPICS TO BE COVERED

- Introduction
- Team Philosophy (General Description & Objectives)
- Coaching Staff
- Coaching Responsibilities
- Competitive Teams
- Swimmer's Training Responsibilities
- Swim Meets
- Communication
- St. Charles Swim Team Parents Association
- Parents
- Fundraising
- Fee Structure



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INTRODUCTION

St. Charles Swim Team was founded in 1975

We offer a guided age-group/senior youth program for children age 5 and up, from the beginning swimmer to the most competitive and skilled swimmer.

Saint Charles Swimming has not only become recognized as one of Illinois' finest programs, but has also stepped up into the national level by virtue of its' national ranked swimmers, National Top 16, Junior National Finalist, Senior National Qualifiers, and Olympic Trial Qualifiers.

The swimmers of the Saint Charles Swim Team want to thank their families for their support through the Saint Charles Swim Team Parents Association and a special thanks to all their friends in the community for their pride in the Saint Charles Swim Team.

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TEAM PHILOSOPHY

(GENERAL DESCRIPTION & OBJECTIVES)

Mission Statement:

The St. Charles Swim Team is committed to excellence and a dedication to developing positive role models.

Vision Statement:

The St. Charles Swim Team is a competitive program with a purpose and commitment to develop positive role models. The experience with SCST tends to shape and develop character throughout one's lifetime. St. Charles Swimming strives to develop champion athletes; the Team's success is measured not only by National Level Competition and College Scholarships, but also by personal development.

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TEAM PHILOSOPHY

(GENERAL DESCRIPTION & OBJECTIVES)

The Saint Charles Swim Team is offered as a service to the residents of School District #303 and surrounding communities who want their children to participate in a competitive swim program.

The program is designed to meet the needs of all levels of competitive swimmers

The four major areas of our program are:

- Physical development through proper workouts.
- Group interaction through group dynamics at practice, meets, and social events.
- Development of self-esteem through accomplishing individual goals.
- Self-actualization through planning goals and accepting the responsibility of working towards their achievement.

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TEAM PHILOSOPHY

(GENERAL DESCRIPTION & OBJECTIVES)

The degree of commitment to swimming is the decision of each swimmer.

The basic program design is one where the amount of time available for practice increases as the swimmer matures and is therefore able to handle the increased physical pressures and demands on their time.

The coaching staff feels that while winning is important, the work and planning leading up to the competitive experience is more important.

The accomplishments of the team are as important as those of the individual.

Remember that not every swimmer becomes a world record holder, but everyone can gain from his or her swimming experience!

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TEAM PSYCH



How we feel about ourselves and how we appear to others plays a large role in how successful we can be as a team.

For all your Team Apparel needs contact

- Linda Popp, lpopp@aol.com

Swimmers are expected to wear Team Attire at all swim meets.

The Swim Team Store, 630-548-550

1212 S. Naper Blvd. Unit#109, Naperville, IL, 60540



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COACHING STAFF

Coaching Staff

- Co-Head Coach – Jon Cabel, jcabel@stcswim.com
- Co-Head Coach – Tim Lewarchick, tklewarchick@aol.com
- Assistant Coaches
 - Joe Cabel
 - Laurie Chokran
 - Mary Dauw
 - Anna Hutchinson
 - Colleen Kuszynski
 - Nicole Kucera
 - Dean Koch
 - Brigid Leavy
 - Anne McManus
 - Brian McMeans
 - Brian Mitchell
 - Denise Mitchell
 - Matt Munz
 - Kent Pearson
 - Sara Quinn
 - Emily Rogman
 - Rob Rooney

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COACHING RESPONSIBILITIES

The coaches' job is to supervise the entire competitive swim program.

The Saint Charles Swim Team coaching staff is dedicated to providing a program for youngsters that will enable them to learn the value of striving to improve oneself.

The coaches are responsible for placing youngsters in practice groups.

Sole responsibility for stroke instruction and the training regimen rest with the Saint Charles Swim Team coaching staff.

The coaching staff will make the final decision concerning which meets the Saint Charles Swim Team swimmers may attend.

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COACHING RESPONSIBILITIES (CONT.)

The coaching staff also makes the final decision concerning which events a swimmer is entered into.

Sole responsibility for stroke instruction and the training regimen rest with the St. Charles Swim Team Coaching Staff.

The Coaching Staff will make all final decisions concerning with meets.

At meets, the coaching staff will conduct and supervise warm-up procedures for the team.

After each race, the coaches will offer constructive criticism regarding the swimmers performance.

The building of a relay team is the sole responsibility of the coaching staff.

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COMPETITIVE TEAMS

The Saint Charles Swim Team is a developmental age group program designed to develop the child physically, mentally, and emotionally in a systematic fashion.

In addition to emphasizing long-term rather than short-term results, it is also important that we establish training groups of swimmers who are compatible in respect to abilities, commitment levels and goals.

At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer.

As each child is different, she / he will progress at her / his own rate.

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COMPETITIVE TEAMS (CONT.)

Senior Team

- Senior Team 1
- Senior Team 2
- National Team

Age Group Team

- Orange Team
- Blue Team
- White Team
- Gold Team



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SWIMMER'S TRAINING RESPONSIBILITIES

Practice Sessions

- Practices are the most important aspect of competitive swimming.
- As much as a swimmer comes to practice is as much as they improve. It is important that each swimmer attends as many practices as possible in order to derive the full benefits of the program.

Practice & Attendance Guidelines

- Swimmers will be responsible getting specified training gear at workout s.
- It is the swimmer's responsibility to make sure these items are properly adjusted and that spares are readily available.
- Swimmers should arrive at the Norris Recreation Center 15 minutes early to change and talk to teammates and coaches. They should also be picked up no later than 15 minutes after their practice is over. Swimmers should be ready to swim five minutes prior to the start of their practice.
- If a swimmer is late for practice we ask that a note be sent with the swimmer explaining the tardiness.
- Plan to stay the entire practice.
- Swimmers are to enter the Recreation Center at the lobby doors and go directly to the pool area.
- During practice sessions, swimmers are never to leave the pool area without their coach's permission.

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SWIMMER'S TRAINING RESPONSIBILITIES (CONT.)

Practice & Attendance Guidelines (cont.)

- Parents are allowed to observe practice.
- Make practice a positive experience, benefit from the time you spend in the pool.
- To be the best, you must be concerned with all areas of racing: start, turns, finishes, strokes, etc. Be committed to Details.
- Set goals to motivate yourself both in practice and at meets.
- Team Meetings be informed, look smart, listen at meetings and encourage those around you to listen as well.

Bad Weather Policy

- If the Norris Recreation Center is open then we will have practice. In the event of a last minute practice cancellation the Saint Charles Swim Team Calling Post will be activated, along with a Team mass email, and notification posted on the SCST Website.

Code of Conduct

- Any swimmer caught violating the St. Charles Swim Team Code of Conduct will be dealt with by their Coach.

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SWIM MEETS

SCST Swimmers must be a registered athlete with USA Swimming to compete at any competition.

Coaching Staff will determine the meet schedule.

On the average we compete two to three times per month. NO More than two USA Swimming Meets.

As a general rule, we will not permit any swimmer to compete in competition on two consecutive weekends (except in championship meets).

Team Meets or Team Championship Meets swimmers who qualify for these meets are expected to attend.

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SWIM MEETS (SEASONS / MEET TYPES)

Swim Seasons

- Spring/Summer Long Course Season (Apr. – Aug.)
- Fall / Winter Short Course Season (Sept. – Mar.)

Swim Meets

- SCST Time Trials
- USA Meets (Developmental / Prelim Final)
- SCST Team Championship
- State Championships
- Zone Championships
- USA Zone Sectionals
- USA National Championships



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SWIM MEETS (MEET GUIDELINES)

Meet Guidelines

- Swimmers are to wear Team Apparel at all competitions
- Arrive to the pool at least 15 minutes before the scheduled warm-up time begins.
- Find the check-in place and have your swimmer check themselves in.
- Swimmers will sit together in one area together .
- The coach will decide swimmers events.
- There will be no scratching of events unless the coach feels it is imperative.
- Coaching Staff will decide All Relays.
- According to USA Swimming Rules individuals who are not registered athletes or non-athletes are not allowed on deck unless they are serving in an official capacity.
- After each race swimmers will go immediately to the St. Charles Coaching Staff.
- Do not leave a meet until you are sure your swimmer is done for the day.

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COMMUNICATION

Family Folder - A file folder for each family is located in the file boxes in the back hallway of the Norris Rec. Center.

Waterlog - Each week the Waterlog is prepared which keeps the swimmers and their parents informed on Team Business, Meet Entries, and changes in practice times.

Bulletin Boards - The Team bulletin board provides meet information in detail and entry summaries for upcoming meets.

Along with other information that might need to be communicated.

Meet and Practice Schedule - Schedules are distributed at the beginning of the short course (Sept.) and long course (Apr.) seasons.

Team Office - The pool office is located in the pool area of the Norris Recreation Center. Phone 630-377-1720 or email swim@stcswim.com.

Team Website - The SCST Website contains a wealth of information about the team. www.stcswim.com

Calling Post – Calling Post allows the Team to deliver information via mass phone message to the general membership.

Office Hours – M-T-W-Th-F 9:30 to 2:00pm @ Norris Rec. Center.

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SCSTPA ST. CHARLES SWIM TEAM PARENTS ASSOCIATION

Mission Statement:

The mission of the SCSTPA is to support the St. Charles Swim Team through fundraising and volunteerism.

Vision Statement:

The vision of the SCSTPA is to support the long-term development of swimmers at every level in their individual pursuit of excellence; to help make that process enjoyable and promote swimming to the Greater St. Charles Area.

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SCSTPA ST. CHARLES SWIM TEAM PARENTS ASSOCIATION

Voting Members:

- President – Craig Popp
- Vice President – Lori Falk
- Secretary – Julie Jesko
- Senior Division Representative – Bill Smith
- Age Group Division Representative – Stephanie Bawolek
- Treasurer – Dean Koch
- Co-Head Coaches – Jon Cabel & Tim Lewarchick
- Co-Meet Director – Natalya Filipovic and Alan Jania
- Fund-raising Chairperson – Lisa McCormack
- Officials Director – Bill Shanel

Directors at Large

- Apparel – Linda Popp
- Registration Chairperson – Ann Bindseil

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PARENTS

USA Swimming is a wealth of knowledge for New and Veteran Parents.

www.usaswimming.org is the USA Swimming Website.

Some of the topics under the Parents Section:

- What is USA Swimming?
- Swimming 101
- Role of Parent
- Parent & Coach
- Parent & Club
- Parent & Swimmer
- Swim Meets
- Glossary of Terms
- And from there explore all you want about this great sport.

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PARENTS

Support the team and coaches not only by what you do but also by what you say.

Parents are not permitted on the pool deck during any swim team practice or swim meets, but are encouraged to observe from the stands.

Do not try to coach your swimmers.

If you should need to contact your child during practice or at a meet, please go through the coach.

If you have any question about St. Charles Swimming please contact Coach Cabel or Coach Lewarchick at 630-377-1720 or swim@stcswim.com.

Question concerning the Norris Rec. Center contact Jon Monken at 630-377-1405 or norrisrec@sbcglobal.net

We have a large, strong, and cohesive parents group. Besides the talent of your children you are what makes this program go.

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FUNDRAISING

It takes a large budget to keep a year-round swim team in the water, and the yearly dues you pay only cover a part of the cost.

Parents are also members of the St. Charles Swim Team and are expected to volunteer their assistance at various team functions.

SCST Fundraising

- 3 Short Course Meets (Fall Classic – Nov., 8 & Under Classic – Dec., Valentine Classic – Feb.)
- 3 Long Course Meets (Pentathlon – May, Summer Classic – Jun., Endless Summer – Jul.)
- Corporate Sponsorship
- Additional Gatherings or Outings.
- If you have an idea we will use it, please contact Lisa McCormack.

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FEE STRUCTURE

Norris Membership

Session Fees

USA Swimming Membership Fee

Meet Fees

Swimmer's Fee

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THANK YOU!

Without all of these people we would not be successful!

Swimmers

Coaches

Parents

SCSTPA

St. Charles High School Athletic Departments

Norris Recreation Center

Swim Team Store

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