

Proud Sponsors  
Of the  
St. Charles Swim Team



## 1. PRACTICE CHANGES & CANCELLATIONS

**PRACTICE CHANGE, TUESDAY, JANUARY 25th for 9 & 10 SWIMMERS**, Practice will be 7:30-8:45pm at St. Charles North High School

**REGULAR PRACTICE SCHEDULE, FRIDAY, JANUARY 27th thru SUNDAY, JANUARY 30th for ALL SWIMMERS** not attending the Barrington Swim Club Winter Classic.

## 2. NEW TRIER SWIM CLUB TRI STATE CHALLENGE

Over the weekend SCST competed against some of the best programs in the State of Illinois; we finished 2nd Friday in the Relay portion of the Meet and 3rd in the Team competition on Saturday and Sunday. SCST came away with some good swims and races, but there is still a lot of work ahead of us.



USA Swimming Olympian and TYR Athlete **Amanda Weir** swam on Saturday and won both of her events! Then after Prelims on Saturday she signed autographs and gave a great talk to athletes who stayed to listen. It is a wonderful opportunity for our swimmers to hear the experience of USA Swimming Olympic Athletes.

### Top 10 Goals for SCST

- 1. SCST Swimmers will clean up after themselves!** Not a good job. We are not leaving meets they way SCST Swimmers should be represented.
- 2. SCST Be Early to Warm-Ups.** Great Job!
- 3. SCST will not miss a race.** No Missed Races, that is why our swimmers are at the meet!
- 4. SCST will have a swimmer in finals of every event SCST competes in!** We did not have swimmers in every finals heat for events SCST competed in. But SCST was represented in either the consolation final heat or final heat of events SCST competed in.
- 5. SCST will have less than 2% of our swims be disqualifications!** 11 disqualifications, just under 2% our new standard is under 1%.
- 6. SCST win the meet!** SCST finished 2nd in the Relay Meet to host New Trier and 3rd in the Team Competition on Saturday and Sunday.
- 7. SCST Swimmers will have Female and Male Highpoint Winners!** We had a Male Highpoint Winner, Congratulations Nathan Jesko, but no Female Winner.
- 8. SCST Swimmers and Parents will have a uniform appearance.** SCST looks Great when we look like a Team
- 9. SCST Swimmers & Fans display Team Spirit, GO SCST!**
- 10. SCST HAVE FUN & SWIM FAST!**

The St. Charles Swimmer who dropped the most time in one event goes to a swimmer who drop 24.09 seconds in his 100 Free; Congratulations **ZACH ECKSTROM** this kid loves to race!

St. Charles Swimmers that achieved Life Time Best in Every event they swam over the weekend were; **HELENA EBELING, NIK EBELING, ZACH ECKSTROM, MAYA KIRL, AMANDA KURAL, MARISSA KURAL, SYDNEY PANFIL** and **GABBI POMPILIO**.

2010-2011

Short Course Meet Schedule  
Follow Meet Link to Meet Information

January 28 thru 30, 2011

[BSC WINTER CLASSIC](#) (Open) @ Barrington High School, Barrington, IL (entry closes 12/18/2010)

January 30, 2011

[SCST DISTANCE TIME TRIAL](#) (Limited Entries) @ TBA

February, 11 thru 13, 2011

[SCST PRELIM/FINAL MEET](#) (Team Meet) @ Norris Rec. Center/St. Charles North High School, St. Charles, IL (entry closes 01/05/2011)

February, 18 thru 20, 2011

[COLUMBIA GRAND PRIX](#) (Qualifier) @ University of Missouri, Columbia, MO

February, 20, 2011

[SCST TEAM CHAMPIONSHIP](#) (Qualifier) @ Norris Rec. Center, St. Charles, IL

February, 25 thru 27, 2011

[ISI REGIONAL CHAMPIONSHIPS](#) (Qualifier) @ Barrington High School, Barrington, IL

March, 3 thru 6 2011

[ISI SENIOR CHAMPIONSHIPS](#) (Qualifier) @ University of Illinois Chicago, Chicago, IL

March, 11 thru 13, 2011

[ISI AGE GROUP CHAMPIONSHIPS](#) (Qualifier) @ University of Illinois Chicago, Chicago, IL

March, 15 thru 20, 2011

[NCSA JUNIOR NATIONALS](#) (Qualifier) @ Orlando, FL

"The question isn't who is going to let us; it's who is going to stop us."

Author Unknown

**For all the News that is  
Swimming  
visit**



## 2. NEW TRIER SWIM CLUB TRI STATE CHALLENGE

St. Charles Swimmers that achieved **NEW National "B" Time Standards** over the weekend were: **PAYTON BAXTER, ZACH ECKSTROM, SYDNEY MAXWELL, NATEMILOSCH, SYDNEY PAN-FIL, MOLLY YETTER** and **SEAN YETTER**.

St. Charles Swimmers that achieved **NEW National "BB" Time Standards** over the weekend were: **AUSTIN CABEL, KATIE CANTRELL, SIBA FILIPOVIC, STEPHEN HUTCHINSON, AMANDA KURAL, MATTHEW NAGLER** and **GAVIN REGGEBRUGGE**.

St. Charles Swimmers that achieved **NEW National "A" Time Standards** over the weekend were: **SIBA FILIPOVIC, KEEGAN HAWKINS, GRACE SAMUELSON, JOHNNY TARPEY, ANNE TAVIERNE, JILLIAN WASLAWSKI** and **BRAD WHITEHURST**.

St. Charles Swimmers that achieved **NEW National "AA" Time Standards** over the weekend were: **IZZIE BINDSEIL, RYAN FALK, STEPHEN HUTCHINSON, EMILY JANIA, SYDNEY JESKO, JOHNNY TARPEY, ALLISON WESSEL** and **FRANCIS YIP**.

St. Charles Swimmers that achieved **NEW National "AAA" Time Standards** over the weekend were: **IZZIE BINDSEIL, KYLE CHAPKO, LINDA LICARI, MITCHELL MILOSCH, MEAGAN POPP** and **ALLISON WESSEL**.

St. Charles Swimmer that achieved a **NEW National "AAAA" Time Standards** over the weekend was: **MEAGAN POPP**.

St. Charles Swimmers that achieved **NEW ISI Regional Time Standards** over the weekend were: **SIBA FILIPOVIC, COOPER HAWKINS, MAYA KIRL, AUSTIN LAMP, JAMES LICARI, NICK MILOSCH, MATTHEW NAGLER, HANNAH POZEZINSKI, GAVIN REGELBRUGGE** and **JILLIAN WASLAWSKI**.

St. Charles Swimmers that achieved **NEW ISI Age Group Championship Time Standards** over the weekend were: **IZZIE BINDSEIL, KYLE CHAPKO, KEEGAN HAWKINS, EMILY JANIA, MITCHELL MILOSCH, JOHNNY TARPEY** and **ALLISON WESSEL**.

St. Charles Swimmer that achieved a **NEW Central Zone Speedo Champion Series Time Standard** over the weekend was: **IZZIE BINDSEIL** and **ALEX DUFFY**.

St. Charles Swimmers that won events over the weekend were: **NICOLE CHAPKO, ALEX DUFFY, JOE HOLLMAN, NATHAN JESKO, KYLE LEWARCHICK, SYDNEY MAXWELL, MITCHELL MILOSCH, MEAGAN POPP** and **LAUREN ZIMA**.

St. Charles Swimmers that set **NEW** Meet Records: **KYLE LEWARCHICK** set a **NEW** record in the 10 & Under Boys 100 Free with a time of 1:01.48 and **MEAGAN POPP** set **NEW** record in the 13-14 Girls 200 Breast with a time of 2:22.95. Nice racing **MEAGAN** and **KYLE**!

St. Charles Relays that won over the weekend were the: 10 & Under Mixed Medley Relay— **LINDA LICARI, EMILY JANIA, KYLE LEWARCHICK, JAMES LICARI**, 13 & Over Men's 200 Medley Relay— **ALEX DUFFY, JOE HOLLMAN, GAVIN REGELBRUGGE, AUSTIN LAMP**, 10 & Under Mixed 400 Individual Medley Relay— **LINDA LICARI, EMILY JANIA, JAMES LICARI, KYLE LEWARCHICK**, 11-12 Mixed 400 Individual Medley Relay—**HEATHER HOUSE, MITCHELL MILOSCH, RYAN FALK, NICK MILOSCH**, 13 & Over Mixed 400 Individual Medley Relay - **MEAGAN POPP, NICOLE CHAPKO, JOE HOLLMAN, ALEX DUFFY**, 13 & Over Mixed 850 Crescendo Free Relay - **NICOLE CHAPKO, ASHLEY SHANEL, JOE HOLLMAN, ALEX DUFFY**, 10 & Under Mixed 400 Free Relay - **EMILY JANIA, LINDA LICARI, JAMES LICARI, KYLE LEWARCHICK**, 11-12 Boys 200 Free Relay - **JOHNNY TARPEY, KYLE CHAPKO, MITCHELL MILOSCH, NICK MILOSCH**, 13 & Over Boys 200 Free Relay - **ALEX DUFFY, JOE HOLLMAN, GAVIN REGELBRUGGE, AUSTIN LAMP**, 13 & Over Boys 400 Free Relay - **AUSTIN LAMP, GAVIN REGELBRUGGE, STEPHEN HUTCHINSON, BRANDON LACH** and 13 & Over Boys 400 Medley Relay - **NATHAN JESKO, JOE HOLLMAN, ALEX DUFFY, JAD SLIM**.

St. Charles Relays that set **NEW** Meet Records: 10 & Under Mixed Medley Relay— **LINDA LICARI, EMILY JANIA, KYLE LEWARCHICK, JAMES LICARI** set a **NEW** record with a time of 5:15.37, 13 & Over Men's 200 Medley Relay— **ALEX DUFFY, JOE HOLLMAN, GAVIN REGELBRUGGE, AUSTIN LAMP** set a **NEW** record with a time of 1:49.43, 13 & Over Mixed 400 Individual Medley Relay - **MEAGAN POPP, NICOLE CHAPKO, JOE HOLLMAN, ALEX DUFFY** set a **NEW** record with a time of 3:58.41, 13 & Over Mixed 850 Crescendo Free Relay - **NICOLE CHAPKO, ASHLEY SHANEL, JOE HOLLMAN, ALEX DUFFY** set a **NEW** record with a time of 8:18.15, 10 & Under Mixed 400 Free Relay - **EMILY JANIA, LINDA LICARI, JAMES LICARI, KYLE LEWARCHICK** set a **NEW** record with a time of 4:41.10, 11-12 Boys 200 Free Relay - **JOHNNY TARPEY, KYLE CHAPKO, MITCHELL MILOSCH, NICK MILOSCH** set a **NEW** record with a time of 1:49.56 and the 13 & Over Boys 200 Free Relay - **ALEX DUFFY, JOE HOLLMAN, GAVIN REGELBRUGGE, AUSTIN LAMP** set a **NEW** record with a time of 1:36.48. Congratulations to Everyone!

St. Charles Swimmers that finished in the Top 3 for Individual High Point Winners; **KYLE LEWARCHICK** (3rd Place 10 & Under Boys), **MEAGAN POPP** (2nd Place 13 & Over Girls) and **NATHAN JESKO** (1st Place 13 & Over Boys).

The Barrington Meet will be a great meet to give the Coaching Staff an idea of where we are as a Team before heading into our Chicagoland Championship Prelim / Final Competition!



### **3. BARRINGTON SWIM CLUB WINTER CLASSIC**

SCST has a large number of swimmers attending this weekends BSC Winter Classic and SCST is looking to be FAST!

Here is a [link](#) for the Meet Information and here is the [link](#) for SCST Team Entries.

The Meet will be held at the Barrington High School Natatorium ([616 West Main Street, Barrington, IL 60010](#)).

#### **Meet Schedule**

**Friday PM** - Session 1  
10 & U, 11-12 and 13 & Over  
Warm-Ups 5:00pm  
Start 6:00pm

**Saturday & Sunday AM** - Sessions 2 & 4  
11-12 and 13-14  
Warm-Ups 7:15am  
Start 8:15am

**Saturday & Sunday PM** - Sessions 3 & 5  
8 & U, 10 & U and 15 & Over  
Warm-Ups 12:30pm  
Start 1:30pm

#### **Sunday PM** - Session 6

Open 1650

Session will immediately begin following session 5.

#### **Top 10 Goals for SCST**

- 1. SCST Swimmers will clean up after themselves!** SCST was not great about this at New Trier, clean up your mess before you leave the pool area!
- 2. SCST Be Early to Warm-Ups.** Keep up the great job here.
- 3. SCST will not miss a race.** You are there to race, don't miss your race!
- 4. SCST swimmers will not breathe out of their starts or turns.** SCST needs to be better about this part of our races, swimmers are not great at this part of their race.
- 5. SCST will have less than 1% of our swims be disqualifications!**
- 6. SCST win the meet!** Always go to Win the Meet!
- 7. SCST Volunteering.** Be ready to time, SCST Parents were great at the New Trier Tri State Challenge.
- 8. SCST Swimmers and Parents will have a uniform appearance.** Friday - Favorite SCST Shirt, Saturday - Black 2011 Team T-Shirt & Sunday - Blue Abercrombie Style T-Shirt
- 9. SCST Swimmers & Fans display Team Spirit, GO SCST!**
- 10. SCST HAVE FUN & SWIM FAST!**

#### **Important Meet Information**

Positive Check In Closes 15 Minutes after the beginning of Warm-Ups

Check In for the Open Mile will occur during session 5 and will close at 3:00pm.

Failure to check in will result in the swimmer being scratched from that session.

Volunteers, All Teams will be required to provide timers. Session 6 Swimmers must provide their own timer.



### **4. IMPORTANT INFORMATION - SCST TYR CHICAGOLAND CHAMPIONSHIP**

St. Charles Swim Team Families, Thank You for all your support. The 2011 SCST/TYR Chicagoland Championship is our last Short Course Meet and we are going to finish the Short Course Season Strong! SCST has 29 available volunteer positions for the meet. If you did not have a chance to fulfill your required sessions now will be a good time to do so.

Please check Supermeets for your volunteer assignments, contact Susan Watts ([purcellwatts@gmail.com](mailto:purcellwatts@gmail.com)) for questions regarding Supermeets.

\*\*\*The 2011 SCST TYR Chicagoland Championship will have a venue change for the 12 & Unders Prelim Session on Saturday and Sunday.\*\*\*

Current renovations to the Norris Rec. Center will continue past the date of our hosted competition. The 12 & Under Prelim Session will be hosted at Marmion Academy ([1000 Butterfield Road, Aurora, IL 60502](#)).

The Meet Schedule for the Weekend of SCST TYR Chicagoland Championship

- Friday PM Timed Finals (10 & Under, 11-12, 13-14 and Open) at St. Charles North High School
- Saturday & Sunday AM Prelims (13-14 and Open) at St. Charles North High School
- Saturday & Sunday 1000 Timed Finals (Open) at St. Charles North High School
- Saturday & Sunday AM Prelims (10 & Under and 11-12) at Marmion Academy
- Saturday & Sunday 500 Timed Finals (12 & Under) at Marmion Academy

We are happy to have neighbors who are willing to help out with our meet.

## 5. [THE SWIM TEAM STORE](#), SCST OFFICIAL TEAM RETAILER

The **Swim Team Store** which has a store in Naperville has become the Official Retailer for the St. Charles Swim Team since the recent closing of Kiefer Stores in Naperville and Westmont.

The St. Charles Swim Team Swimmers will receive 15% off of general purchases and 30% off of all fast suits.

The Swim Team Store is located at—[1212 South Naper Blvd, Naperville, IL 60540](#) (630-548-5500).



## 6. 20 QUESTIONS WITH MISSY FRANKLIN from USA SWIMMING

Earlier this month, National Teamer Missy Franklin won three events in 30 minutes at the Austin Grand Prix and is currently the frontrunner on the USA Swimming Grand Prix leader board. In the first of a two-part 20 Question Tuesday, Franklin talks about what brought her to this point, and where she hopes to go from here.

Here are the Questions check out her answers at [www.usaswimming.org](http://www.usaswimming.org).

1. That triple in Austin – wasn't that wild?
2. How fun are these events since you get to see your new friends on the National Team?
3. You compete in a diverse list of events. Will you stay like that?
4. Doesn't that make training more enjoyable?
5. So you like the 400 IM?
6. So there is a synergy among events?
7. Your parents seem pretty cool. What has that kind of support been like from them?
8. They have a role clearly defined in this swim thing as being parents only, don't they?
9. You swim for your club and for Regis High School. Those friends are important aren't they?
10. What do you do to wind down?
11. I miss that about Colorado, but it could all be melted the very next day, can't it?
12. Training at altitude, is that worth it?
13. You are young enough that some of these stars like Natalie especially, but even Katie Hoff, were people you were huge fans of growing up, right?
14. What makes Natalie so amazing?
15. How versatile is Katie Hoff?
16. Swimming in Colorado is underrated, isn't it?
17. What is your club team, Colorado Stars, like?
18. What's he like?
19. What do you know about him that they rest of us don't know?
20. You enjoy relays?



## 7. LIFE AS A PROFESSIONAL SWIMMER from [SWIMMING WORLD MAGAZINE](#)

Being a professional swimmer is tough. You will hear many of us say things like: "If I were as good at baseball as I am at swimming, I'd be a millionaire!"

And for many, this is all too true. I know more than a few professional swimmers who need to work full-time or multiple jobs in order to support their training. Before you stop reading, don't be scared; this is not going to be a post full of complaining. Instead, I want to try and get into a few of the reasons why American post-grad and professional swimmers are having such a hard time.

### **The USOC and USA Swimming are not funded by the U.S. government**

Swimming has historically been an amateur-only sport, and it is only relatively recently that it has come to be dominated by a top tier of professional athletes. Because of this history, many swimmers are still reliant upon support from the governing bodies.

Since these are both non-profit organizations and neither is funded by the U.S. government, there is little money to go around, and much less for the athletes once administrative and sports development costs are taken out of the coffers. In many other countries this is not the case. An athlete on a foreign National Team can be fully funded, and focus completely on training and competition.

### **There isn't a whole lot of swimming equipment to sell**

While an elite swimmer may have a huge sack full of training gear to use at every practice, all that is really needed to train is a swim suit, cap and goggles. (As a man, one can also forgo the cap with a shaved head.) Check out the complete article at <http://www.swimmingworldmagazine.com/lane9/news/26277.asp?q=Life-as-a-Professional-Swimmer>.

## **HOTEL INFORMATION SCST TRAVEL MEETS**

*ISI Age Group Championships*  
(Mar. 11, 12 & 13, 2011)

### [Springhill Suites](#)

410 Dearborn  
Chicago, IL 60611  
312-494-9301

Reservations due by  
February 8th, 2011

*Information Coming Soon  
ISI Senior Championships*

**"It's not every four  
years, it's everyday!"**

USA Olympic Committee Moto