



St Charles Swim Team H2O Log

2011-2012 Short Course, Issue 15

01/30/2012

Practice Changes & Cancellations

- **NO PRACTICE** - Friday, February 3rd for the **WHITE** and **GOLD TEAMS** due to the Upstate Eight JV Conference at the NRC
- **PRACTICE CHANGE** - Saturday February 4th for **WHITE TEAM** swimmers not swimming in the Time Trial. Practice will be at the Norris Rec Center 9:00-1030am
- **PRACTICE CHANGE** - Saturday February 4th for **GOLD TEAM**, practice will be 7:00-9:00am at the Norris Rec Center
- **PRACTICE CHANGE** - Saturday February 4th for **SENIOR** and **NATIONAL TEAMS**, practice will be 7:00-9:00am at the Norris Rec Center
- **NO PRACTICE** - Sunday, February 5th for the **GOLD** and **NATIONAL TEAMS** due to the Masters Super Bowl Meet.

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BARRINGTON SWIM CLUB 18TH ANNUAL WINTER CLASSIC JANUARY 27, 28 & 29, 2012

The St Charles Swim did very well at the Barrington Swim Club Winter Classic, not only did SCST come away with some New Life Time Best Swims, SCST came away winning the meet. Barrington was a good tune up for the SCST Chicagoland Championships coming up next week.

SCST GOALS

- **SCST Swimmers will clean up after themselves!** SCST Coaches had to pick up a little but it is becoming a good habit. Keep up the good work!
- **SCST Be Early to Warm-Ups.** Nice Job!
- **SCST will not miss a race!** 4 missed swims.
- **SCST will have less than 2% of our swims be disqualifications!** 38 out of 1050 swims comes out to about 4%. Be better at the SCST Chicagoland Championships
- **SCST Swimmers will RACE EVERY EVENT, START to FINISH!** Good Job.
- **SCST Swimmers & Fans display Team Spirit, GO SCST!**
- **SCST Swimmers will have better than 60% improved times!** SCST had more improved swims than last year but SCST also had more entries with 1050, which comes out to about 44% improved swims.
- **SCST win the meet!**
- **SCST Swimmers and Parents will have a uniform appearance.** SCST looked good!
- **SCST HAVE FUN & SWIM FAST!**



SCST did a lot of improved swimming over the weekend.

The Swimmer who dropped the most in one event did it in their 200 Free. **GARRETT FARMER** had another Great Meet! In his 200 Free he dropped a total of 47.01 seconds! Keep up the Great Racin' **GARRETT!**

SCST Swimmers who achieved a Life Time Best in every event they swam were; **JACOB BANKS, ANTHONY BLISS, CALLIE BRADY, JACK BRUCATO, BREANA CARLINO, DOMINIQUE CARRAVETTA, SARAH GIBSON, SYDNEY JESKO, MEGAN KOCH, JAMES LICARI, EMMA MAXWELL, SKYLER MISCH, RILEY QUAN, GRACE QUINN, MADDIE SANDERS, ALIVIA ST. CLAIR, ALLY TARPEY, OLIVIA TRAXLER, KALAY WEBER, HANNAH WOJDYLA** and **TYLER WOJDYLA.**

SCST Swimmers achieving **NEW USA Swimming Time Standards**

NEW "B" Times - **JACOB BANKS, JOSHUA BANKS, CARLY BARTON, JACK BRUCATO, AUSTIN CABEL, KYLE DUNLAP, GARRETT FARMER, SEAN GALLE, HARRISON HOLLMAN, MEGAN KOCH, SARAH KOCH, HUNTER KOSDONDLINGER, AMANDA KURAL, LINNEA LARSON, JAMES LICARI, SAMANTHA MARLOWE, EMILY MATTHEWS, NICK MILOSCH, MICHAEL O'DONNELL, HANNAH POZEZINSKI, KIRSTEN ROGERS, RILEY TOONEY, ANNIKA SCHMIDT, CAMDEN SILVESTRI, ALLY TARPEY, OLIVIA**

(continued on page 3)

SCST 12 & UNDER TIME TRIAL

FEB 4, 2012

Saturday, February 4th, 2012 the St. Charles Swim Team will be hosting a 12 & Under Time Trial for SCST Swimmers ONLY.

The Time will be at St. Charles North High School. Warm-Ups will begin at 9:30 and the Time Trial will begin at 10:00am.

NO ENTRY FEE!

To compete swimmers can not have an ISI Regional Time Standard in an event for their age group.

Swimmers meeting this qualification will receive an invite to the Time Trial. If your swimmer does not receive an invitation and you think your swimmer qualifies please contact your swimmers coach.

Entries Open today and close Thursday, Feb. 2nd, 2012.

Maximum number of entries per swimmer will be 3.



SCST Families

Thank You for all your support! The 2012 SCST/TYR Chicagoland Championship is our last Short Course Meet and we would like to finish the Season Strong! SCST has 18 available volunteer positions for the meet. We need your help for: Awards, Timers and Take-down. If you did not have a chance to fulfill your required sessions now will be a good time to do so. SCST can not run a quality meet without your help.

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

Thank you.

Natalya Filipovic & Alan Jania
SCST Meet Directors

There has been some confusion on the meet schedule for the Chicagoland Championships.

Meet Schedule

Friday PM Session 1 at Norris Rec Center
(10 & U, 11-12, 13-14 and Open)

W-Up 4:00pm Start 5:00pm

Saturday & Sunday AM Session 2 & 7
at Norris Rec Center
(13-14 and Open)

W-Up 7:00am Start 8:00am

Saturday & Sunday AM Session 4 & 9
at North High School
(10 & U, 11-12)

W-Up 7:00am Start 8:00am

Sat & Sun Timed Final Session 3, 5, 8 & 10
at Norris Rec Center & North High School
W-Up immediately following end of session, Start 30 minutes after the start of W-Up.

Saturday & Sunday Final Sessions 6 & 11
at Norris Rec Center
(10 & U, 11-12, 13-14 and Open)

W-Up 4:00pm Start 5:00pm

2012 CHAMPIONSHIP MEETS

The 2012 Championship Season is not far away. The Championship Season begins with the SCST Team Championship February 19th, 2012 and will finish with the NASA Nike Showcase Classic April 11th thru 14th, 2012.

You will receive an invitation for your swimmer to participate in these championship meets via email. **If you do not receive an invitation 2 weeks prior to the competition** contact the SCST Coaching Staff (630) 377-1720 or swim@stcswim.com immediately.

Eligibility Reports for each of the meets in the Form Section of the SCST Website. These reports show the times we have your swimmer in our database. If you think there might be an error please contact the SCST Coaching Staff.

Here are links to the meet and eligibility reports.

- [SCST Team Championships](#); [Eligibility Report](#) (1/30/12)
- [ISI Regional Championships](#); [Eligibility Report](#) (1/30/12)
- [ISI Senior Championships](#); [Eligibility Report](#) (1/30/12)
- [ISI Age Group Championships](#); [Eligibility Report](#) (1/30/12)
- [NCSA Junior National Championships](#); [Eligibility Report](#) (1/30/12)
- [NASA Age Group Showcase Classic](#); [Eligibility Report](#) (1/30/12)

More information on each of these meets will follow.

SCST COACHING STAFF

CO-HEAD COACHES

[Jon Cabel](#)
[Tim Lewarchick](#)

SENIOR COACHES

[Tim Lewarchick](#) Head Coach
[Joe Cabel](#)
[Rob Rooney](#)

ORANGE TEAM COACHES

[Laurie Chokran](#)
[Denise Mitchell](#)
[Colleen Kuszynski](#)
[Nicole Kucera](#)

BLUE TEAM COACHES

[Mary Dauw](#)
[Sara Quinn](#)
[Matt Munz](#)
Brigid Leavy

WHITE TEAM COACHES

[Brian Mitchell](#)
[Kent Pearson](#)
Brian McMeans

GOLD TEAM COACHES

[Jon Cabel](#)

PRE TEAM COACHES

[Anna Hutchinson](#)
[Colleen Kuszynski](#)
[Anne McManus](#)

JUNIOR TEAM COACHES

[Colleen Kuszynski](#)
Dean Koch

BSC 18TH ANNUAL WINTER CLASSIC

TRAXLER, LUCY TYKAL, KAYLA WEBER, BROOKE WILSON, HANNAH WOJDYLA, CHARLIE YOUNG and BROOKE ZIMNY.

NEW "BB" Times - ASHLEY ASUNCION, CARLY BARTON, NATHAN BAWOLEK, MATT BORYK, JACK BRANDT, ELLIE BRAULT, MARGARET BRONEC, JACK BRUCATO, DOMINIQUE CARRAVETTA, KYLE DUNLAP, OLIVIA ENGLERT, ALEK FILIPOVIC, LAUREN GONSALVES, BRITTA GESELL, SARAH GIBSON, MEGAN KOCH, KRISTEN KOWALESKI, AUSTIN LAMP, GRACE LILLY, EMILY MATTHEWS, NATE MILOSCH, KENNEDI NORRIS, REBECCA PALMQUIST, LESLIE POZEZINSKI, GRACE QUINN, JOHN QUINN, CLAIRE SEBASTIAN, GIANNA SHAW, OLIVIA TRAXLER, SOPHIE WATTS, CALVIN WINDLE, MOLLY YETTER, SEAN YETTER and HANNAH ZIMMER.

NEW "A" Times - ALLI ANDROS, NATHAN BAWOLEK, KATIE CANTRELL, DOMINIQUE CARRAVETTA, KYLE CHAPKO, BRIANNA CICHON, JAMIE

CRANFILL, MEGAN CUMMINS, ZACH ECKSTROM, RYAN FALK, ERIN HART, IZZY HERB, STEPHEN HUTCHINSON, MARISSA KURAL, NATHANKUSZYNSKI, EMMA McSPADDEN, REBECCA PALMQUIST, AMY PEARSON, GABBI POMPILIO, EMILY PONTE, JOEY REITER, CLAIRE SEBASTIAN, MARIA TAVIERNE and THAD THOMPSON.

NEW "AA" Times - ALLI ANDROS, HENRY BLISS, KATIE CANTRELL, JAMIE CRANFILL, RYAN FALK, IZZY HERB, MARY JANIA, LUCY JOHNSON, GRACE LILLY, EMMA McSPADDEN, MATTHEW NAGLER, GABBI POMPILIO, EMILY PONTE, CLAIRE SEBASTIAN and THAD THOMPSON.

NEW "AAA" Times - KRISTEN CZARNECKI, RYAN FALK, MARY JANIA, SYDNEY JESKO, MITCHELL MILOSCH, KIMMIE SCOTT, ANNE TAVIERNE and BRAD WHITEHURST.

NEW "AAAA" Times - KRISTEN CZARNECKI, AUDREY GUYETT, LINDA LICARI, MEAGAN POPP, ANNE TAVIERNE and BRAD WHITEHURST.

SCST Swimmers achieving **NEW** [Illinois Swimming Time Standards](#)

NEW ISI Regional Championship Time Standards - NATHAN BAWOLEK, AUSTIN CABEL, KATIE CANTRELL, DOMINIQUE CARRAVETTA, BRIANNA CICHON, KYLE DUNLAP, ZACH ECKSTROM, HEATHER HOUSE, STEPHEN HUTCHINSON, KRISTIN KOWALESKI, AMANDA KURAL, GRACE LILLY, SYDNEY MAXWELL, EMMA McSPADDEN, KENNEDI NORRIS, REBECCA PALMQUIST, EMILY PONTE, GRACE SAMUELSON, CLAIRE SEBASTIAN, MARIA TAVIERNE, SOPHIE WATTS, CLAVIN WINDLE and HANNAH ZIMMER.

NEW ISI Age Group Championship Time Standards - HENRY BLISS, SIBA GILIPOVIC, MARY JANIA, SYDNEY JESKO, GRACE LILLY, MATTHEW NAGLER, JOEY REITER, JOHNNY TARPEY and BRAD WHITEHURST.

NEW ISI Senior Championship Time Standards - KRISTEN CZARNECKI, AUDREY GUYETT, MEAGAN POPP and MARY SNYDER.

SCST Swimmers achieving **NEW** [Central Zone Time Standards](#)

NEW Speedo Series Time Standards - KRISTEN CZARNECKI, AUDREY GUYETT, SHEA HOYT, MEAGAN POPP and MARY SNYDER.

SCST Swimmers who won event over the weekend; NICOLE CHAPKO, KRISTEN CZARNECKI, ALEK FILIPOVIC, AUDREY GUYETT, ERIN HART, JOE HOLLMAN, SHEA HOYT, STEPHEN HUTCHINSON, NATHAN JESKO, SYDNEY JESKO, LUCY JOHNSON, ETHAN KOS-DONDLINGER, LINDA LICARI, MNITCHELL MILOSCH, MATTHEW NAGLER, AMY PEARSON, MEAGAN POPP,

BSC 18TH ANNUAL WINTER CLASSIC

JOEY REITER, EMMA SMITH, JOHNNY TARPEY, THAD THOMPSON, BRAD WHITEHURST, CALVIN WINDLE and MOLLY YETTER.

SCST Swimmers set 4 **NEW** Team Records over the weekend. **LINDA LICARI** continues to rewrite the SCST 10 & Under Girls Records. In the 9-10 500 Free **LINDA** swam a 5:51.00 breaking her own record of 6:01.01 set earlier this season. **LINDA** swam a 1:07.02 in the 9-10 100 Back breaking her record of 1:07.83 set earlier this year. Then her third record of the meet was in the 9-10 Girls 100 Fly. **LINDA** swam a 1:09.05 in the fly and broke the record of 1:09.58 set by Monica Jones in 1995. Congratulations **LINDA**, on some outstanding swims, keep up the great racing! The other SCST Swimmer to set a record this weekend was **KRISTEN CZARNECKI**, she swam a 4:37.58 in the 11-12 Girls 400 IM breaking the old record of 4:39.88 set by Meagan Popp in 2010. Nice swim **KRISTEN!**

A nice meet for the St. Charles Swim Team, get ready for the SCST / TYR Chicagoland Championships.

SCST SWIMMER OF THE MONTH

For the month of December here are SCST's Swimmers of the Month!

ORANGE TEAM - JACK REDDEN

BLUE TEAM - GRACE LILLY

WHITE TEAM - GIA NAVARRO

GOLD TEAM - RYAN FALK

SENIOR TEAM - ALEX DUFFY

Swimmers will be receiving a T-Shirt and Cap recognizing their accomplishments. Keep an eye open for December's Swimmer of the Month.

SCST PARENTS

SUPPORT YOUR CHAMPIONSHIP SWIMMERS

When your swimmer qualifies for ISI Regional Championships, ISI Age Group Championships, ISI Senior Championships or NCSA Junior Nationals show your support by ordering the 2012 SCST Short Course Championship T-Shirt.

Front



Back

Veni.

Natavi.

Vici.

I came. I swam. I conquered.

Shirts are \$15.00 each

Order form [Link](#)

Questions email Linda Popp at lspopp@aol.com.

Does "Energy Drink" In = Energy Out?

You find them everywhere. So-called energy drinks with names like Red Bull, Piranha, Monster and Rock Star are on the shelves of your local grocery store, in vending machines at the gym and at the convenience store in the gas station down the street. Frequently displayed next to Gatorade and fruit juices, energy drinks are heavily marketed to young adults and athletes. Continued on Page 5

2011-2012 Meet Schedule

PAC Patriot Games

(Open Competition)
10/21 thru 10/23, 2011
Stevenson High School
Lincolnshire, IL
Results can be found [here](#).

SCST TYR Fall Classic

(TEAM Competition)
11/04 thru 11/06, 2011
Norris Rec Center & St Charles
North High School
St Charles, IL
Results can be found [here](#).

West Chicago Fall Fling

(Open Competition)
11/18 thru 11/20, 2011
West Chicago High School
West Chicago, IL
Results can be found [here](#).

Western Great Lakes Open

(Qualifier)
11/18 thru 11/20, 2011
Schroeder YMCA
Brown Deer, WI
Results can be found [here](#).

Short Course Jr. Nationals

(Qualifier)
12/08 thru 12/10, 2011
University of Texas
Austin, TX
Results can be found [here](#).

SCST TYR 8 & Under Classic

(TEAM Competition)
12/04, 2011
St Charles North High School
St Charles, IL
Results can be found [here](#).

Wheaton SC Team Challenge

(TEAM Competition)
12/09 thru 12/11, 2011
Neuqua Valley High School
Naperville, IL
Results can be found [here](#).

FAST MLK Prelim/Final Classic

(TEAM Competition)
1/13 thru 1/15, 2012
Fishers High School
Fishers, IN
Results can be found [here](#).

Barrington Winter Classic

(TEAM Competition)
01/27 thru 01/29, 2012
Barrington High School
Barrington, IL
Results can be found [here](#).

SCST 12 & Under Time Trial

02/04/2012
St Charles North High School
St Charles, IL
Entries Close 02/02/2012

6th Annual SCST TYR Chicagoland Championships

(TEAM Competition)
02/10 thru 02/12, 2012
Norris Rec Center & St Charles
North High School
St Charles, IL
Entries are now closed!

SCST TYR Team Championship

(Qualifier)
02/19, 2012
Norris Rec Center
St Charles, IL
Entry Closes 2/18, 2012

ISI Regional Championships

(Qualifier)
02/24 thru 02/26, 2012
Glenbrook North High School
Glenbrook, IL
Entry Closes TBA

ISI Senior Championships

(Qualifier)
03/01 thru 03/04, 2012
University of Chicago
Chicago, IL
Entry Closes TBA

ISI Age Group Championships

(Qualifier)
03/09 thru 03/11, 2012
University of Chicago
Chicago, IL
Entry Closes TBA

NCSA Junior Nationals

(Qualifier)
03/20 thru 03/24, 2012
Orlando YMCA
Orlando, FLA
Entry Closes TBA

Nike Showcase Classic

(Qualifier)
04/11 thru 04/14, 2012
Doyle Aquatic Center
Clearwater, FLA
Entry Closes TBA

KATIE HOFF IN A BETTER PLACE

By USA Swimming Correspondent
Mike Gustafson

She was an hour and a half late for our interview. I don't blame her. She was in the midst of unpacking after a cross country move, settling into her new Naples, Fla apartment. Just six months before the Olympic Trials, Katie Hoff has changed teams, locations and coaches. She's tried the East Coast. She's tried the West Coast. Now she's trying the Gulf Coast.

One of the more talented, prolific and enigmatic swimmers in the USA, Hoff was explaining over the phone her recent move from Fullerton, Calif to Naples, where she will reunite with former Coach at North Baltimore, Paul Yetter. To read the full article follow [link](#).



Does "Energy Drink" In = Energy Out?

Continued from Page 4

But, have you ever asked yourself what so-called energy drinks really do? Should you accept the advertising claims at face value? Can energy drinks give you more energy, uplift your spirit and increase your concentration and reaction speed? And, even if these drinks could really deliver on the promises made about them, is there a hidden price to pay for drinking them?

Each drink is different, but most energy drinks contain a cocktail of fancy, high tech sounding ingredients which are not regulated, have little or no nutritional value, and can be potentially harmful given that many of them can enhance the potency of stimulants in the drinks.

The best piece of advice to remember is that the energy needed to sustain difficult and long training schedules and other daily activities and responsibilities is not going to be found in a can or a bottle. The only reliable way to maximize peak performance is to evaluate and modify your dietary intake to ensure that you are meeting the nutritional requirements for your body and level of energy output. When it comes to optimizing your diet, the sensible and scientific approach is to consult a dietician or other health care professional rather than rely upon the grandiose claims of an advertising firm.

For complete article follow [link](#).

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of the
St. Charles Swim Team



1050 Dunham Road
St. Charles, Illinois
60174
Phone: 630-377-1720
E-mail: swim@stcswim.com