

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

SCST BAD WEATHER POLICY if [School District 303](#) cancels school then practices at [St. Charles North High School](#) will be cancelled. If [School District U46](#) cancels school then practices at [South Elgin High School](#) will be cancelled. If there is a late cancellation please check the SCST Website, Email, Callingpost and Twitter for messages. Use your best judgment driving to practice in hazardous weather conditions.

NO PRACTICE, SUNDAY, FEBRUARY 6th for 9 & 10 SWIMMERS, PRE TEAM and JUNIOR SWIM TEAM due the St. Charles Super Bowl Masters Swim Meet.

PRACTICE CHANGE, SUNDAY, FEBRUARY 6th for the **SENIOR TEAM** practice will be 5:30-7:00am at St. Charles North High School.

NO PRACTICE, FRIDAY AFTERNOON, FEBRUARY 11th for the **11 to 14 SWIMMERS** and **SENIOR TEAM** due to the SCST / TYR Chicagoland Championships.

PRACTICE CHANGE, FRIDAY AFTERNOON, FEBRUARY 11th for the **8 & UNDERS**, practice will be 5:00-6:00pm at South Elgin High School.

NO PRACTICE, SATURDAY, FEBRUARY 12th & SUNDAY, FEBRUARY 13th for **ALL TRAINING GROUPS** due to the SCST / TYR Chicagoland Championships.

NO PRACTICE, SUNDAY, FEBRUARY 20th for **9 & 10 SWIMMERS** due to the SCST Team Championships.

2. BARRINGTON SWIM CLUB WINTER CLASSIC

SCST performed well at the BSC Winter Classic. As a Team we finished a strong 3rd place in the Combined Team Standings. Nice Job SCST!



SCST has one more regular season competition then it is championship season. SCST Swimmers looking to compete at any of the championship meets SCST participates in then swimmers need to be ready to race at the SCST / TYR Chicagoland Championships.

Top 10 Goals for SCST for the BSC Winter Classic

- 1. SCST Swimmers will clean up after themselves!** Much better than New Trier, SCST will be GREAT at our Meet!
- 2. SCST Be Early to Warm-Ups.**
- 3. SCST will not miss a race.** Out of 713 Splashes over the weekend SCST missed 3 races. Do not miss a Race!
- 4. SCST swimmers will not breathe out of their starts or turns.** Starts and Turns were better, but that is not what is needed to be fast. Starts and Turns have to be GREAT!
- 5. SCST will have less than 1% of our swims be disqualifications!** 35 Disqualifications out of 713 Splashes that is 4.9% this has to improve at our meet.
- 6. SCST win the meet.** SCST did not win the meet, but we finished a strong 3rd place almost beating the host club. Nice Job TEAM!
- 7. SCST Volunteering.** Thank you for helping!

2010-2011

Short Course Meet Schedule
Follow Meet Link to Meet Information

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

HOTEL INFORMATION SCST TRAVEL MEETS

ISI Senior Championships
(Mar. 3, 4, 5 & 6, 2011)
and
ISI AG Championships
(Mar. 11, 12 & 13, 2011)

Springhill Suites

410 Dearborn
Chicago, IL 60611
312-494-9301



2. BARRINGTON SWIM CLUB WINTER CLASSIC

Top 10 Goals for SCST for the BSC Winter Classic (continued)

8. **SCST Swimmers and Parents will have a uniform appearance.** *We looked like a TEAM*

9. **SCST Swimmers & Fans display Team Spirit, GO SCST!** *Our Swimmers did a good job of supporting one another.*

10. **SCST HAVE FUN & SWIM FAST!**

The St. Charles Swimmer who dropped the most time in one event goes to a swimmer who dropped a total of 44.15 seconds in their 200 Free. SCST had 3 other swimmers that dropped more than 30 seconds in an event. Nice swimming to; **JOHN CRANFILL, EMILY JANIA** and **LINDA LICARI**. But the swimmer who dropped the most time in one event goes to **KATE LILLIE**, Congratulations **KATE** on an outstanding time drop!

St. Charles Swimmers that achieved Life Time Best in Every event they swum over the weekend were; **CARLY BARTON, PAAYTON BAXTER, MARGARET BRONEC, JOHN CRANFILL, SARAH GIBSON, MARY JANIA, ASHLEY JONES, NICK KANUTE, MARISSA KURAL, AUSTIN LAMP, EMILY LEHMAN, JAMES LICARI, LINDA LICARI, MATT NAGLER, ANNA O'MALLEY, DIVYA PATEL, HANNAH POZEZINSKI, LESLIE POZEZINSKI, JOEY REITER, REESE ROONEY, TANNER SCHISLER** and **ALEXIA SCOTT**.

St. Charles Swimmers that achieved **NEW National "B" Time Standards** over the weekend were: **SYDNEY ANDERSEN, ALI ANDROS, STEVEN ARRAMBIDE, NATHAN BAWOLEK, DOMINIQUE CARRAVETTA, CLAY CHOCK, JOHN CRANFILL, ZACH ECKSTROM, SIBA FILIPOVIC, SARAH GIBSON, NICOLE GUYETT, MARY JANIA, SYDNEY JOHNSON, NICK KANUTE, KALIE KOCH, MEGAN KOCH, KELLY KONICEK, KRISTIN KOWALESKI, JAKE MILOSCH, RACHEL NAGLER, JOHN ORTLUND, MATT ORTLUND, JENNI ORZOLEK, REBECCA PALMQUIST, HANNAH PEARSON, GRACE QUINN, KIRSTEN ROGERS, ALEXIA SCOTT, CLAIRE SEBASTIAN, GIANNA SHAW, KATHERINE STEELE, THAD THOMPSON, OWEN TYKAL** and **NICK WOLFF**.

St. Charles Swimmers that achieved **NEW National "BB" Time Standards** over the weekend were: **SYDNEY ANDERSEN, ALI ANDROS, NATE BAXTER, ANTHONY BLISS, HENRY BLISS, MARGARET BRONEC, DOMINIQUE CARRAVETTA, JOHN CRANFILL, SEAN GALLE, MONICA GUYETT, ISABEL HERB, MARY JANIA, NICK KANUTE, KALIE KOCH, KRISTIN KOWALESKI, AMANDA KURAL, MATTHEW NAGLER, RACHEL NAGLER, DEVIN NEISES, JENNI ORZOLEK, DIVYA PATEL, GABBI POMPILIO, HANNAH POZEZINSKI, JOEY RIETER, KIRSTEN ROGERS, SHAW GIANNA, KATHERINE STEELE, JOSTIN TRINIDAD, ALLISON WESSEL, BRAD WHITEHURST** and **NICK WOLFF**.

St. Charles Swimmers that achieved **NEW National "A" Time Standards** over the weekend were: **ANTHONY BLISS, EMILY JANIA, KRISTIN KOWALESKI, AUSTIN LAMP, EMMA McSPADDEN, ANNA O'MALLEY** and **DELANEY SOULE**.

St. Charles Swimmers that achieved **NEW National "AA" Time Standards** over the weekend were: **HENRY BLISS, NICK BORYK, ISABEL HERB, LINDA LICARI** and **AMY PEARSON**.

St. Charles Swimmer that achieved a **NEW National "AAA" Time Standard** over the weekend was: **AUDREY GUYETT**

St. Charles Swimmers that achieved **NEW ISI Regional Time Standards** over the weekend were: **SYDNEY ANDERSEN, NATE BAXTER, ANTHONY BLISS, HENRY BLISS, MARGARET BRONEC, DOMINIQUE CARRAVETTA, SIBA FILIPOVIC, SEAN GALLE, MONICA GUYETT, KAYLA JONES, KRISTIN KOWALESKI, MARISSA KURAL, EMILY LEHMAN, MATTHEW NAGLER, ANNA O'MALLEY, REBECCA PALMQUIST, AMY PEARSON, HANNAH POZEZINSKI, ROXANNE PRIGGE, GAVIN REGELBRUGGE, JOEY REITER, ELANEY SOULE, JOSTIN TRINIDAD, ALLISON WESSEL** and **BRAD WHITEHURST**.

St. Charles Swimmers that achieved **NEW ISI Age Group Championship Time Standards** over the weekend were: **HENRY BLISS, NICK BORYK, AUDREY GUYETT** and **LINDA LICARI**.

St. Charles Swimmers that won events over the weekend were: **PAYTON BAXTER, NICK BORYK, ZACH ECKSTROM, LINDA LICARI, RYANN MITCHELL** and **NILAN PATEL**. Great Racing Everyone!

St. Charles Swimming has had two Good Meets with Barrington and New Trier. The St. Charles Swim Team Coaching Staff is looking forward to a long string of Great Meets starting with the SCST/TYR Chicagoland Championships. GO SCST!

3. SCST 1650 / 400 IM TIME TRIAL

On Sunday a Time Trial was held at St. Charles North High School, the events swum was the 1650 and 400 IM. Swimmers participated in both events. Swimmers that achieved Lifetime Best in both events were; **JAMIE CRANFILL, NICOLE GUYETT, KYLE LEWARCHICK, MITCHELL MILOSCH** and **NICK MILOSCH**. Nice Double Swimmers!

St. Charles Swimmer that achieved a **NEW National "B" Time Standard** at the Time Trial was: **NICK MILOSCH**.

St. Charles Swimmers that achieved **NEW National "BB" Time Standards** at the Time Trial were: **JAMIE CRANFILL, NICOLE GUYETT, NICK MILOSCH, LAUREN REYNOLDS, JAD SLIM** and **KAYLA WIDDOWSON**

3. SCST 1650 / 400 IM TIME TRIAL

For all the News that is
Swimming
visit

SwimmingWORLD
magazine.com

3. SCST 1650 / 400 IM TIME TRIAL (continued)

St. Charles Swimmers that achieved **NEW National "A" Time Standards** at the Time Trial were: **MARY SNYDER, MONICA GUYETT, MARISSA KURAL, AUSTIN LAMP, MITCHELL MILOSCH** and **CHLOE TYKAL**.

St. Charles Swimmer that achieved a **NEW National "AA" Time Standards** at the Time Trial was: **MITCHELL MILOSCH**.

St. Charles Swimmer that achieved a **NEW National "AAAA" Time Standard** at the Time Trial was: **AUDREY GUYETT**.

St. Charles Swimmers that achieved **NEW ISI Regional Time Standards** at the Time Trial were: **JAMIE CRANFILL, AUDREY GUYETT, MONICA GUYETT, AUSTIN LAMP, NICK MILOSCH, CHLOE TYKAL** and **KAYLA WIDDOWSON**.

St. Charles Swimmer that achieved a **NEW ISI Senior Championship Time Standards** at the Time Trial was: **AUDREY GUYETT**.

Some good races, not just in times but in splitting. We have a lot of swimmers that know how to split distance races. Now it is time to watch our swimmers Race Distance Races, properly split and very fast! Ready, Set and GO!

4. IMPORTANT INFORMATION OMITTED FROM LAST WEEK'S WATERLOG

SCST forgot to recognize two swimmers in last week's Waterlog; **KEEGAN HAWKINS** and **ALEX DUFFY**.

At the New Trier Tri State Challenge **KEEGAN HAWKINS** won the 10 & Under Boys 50 Breaststroke with a time of 40.44.

ALEX DUFFY not only won the 13 & Over Boys 200 Fly but he also set a **NEW** Team Record in the process. **ALEX** swam a time of 2:00.89 to qualify first for finals. His time established a **NEW** 13-14 Boys Team Record breaking the old record set by CURTIS DAUW in 2002 with a time of 2:01.71.

Congratulations **KEEGAN** and **ALEX**, Great Racing!

5. 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) 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](http://www.marmionacademy.com)).

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.

6. 2011 SHORT COURSE CHAMPIONSHIP SEASON

The St. Charles Swim Team participates in a number of Championship Meets at the end of the Short Course Season; **SCST TEAM CHAMPIONSHIP** (FEB 20th), **ISI REGIONAL CHAMPIONSHIPS** (FEB 25th thru 27th), **ISI SENIOR CHAMPIONSHIP** (MAR 3rd thru 6th), **ISI AGE GROUP CHAMPIONSHIPS** (MAR 11th thru 13th) and **NCSA JUNIOR NATIONALS** (MAR 15th thru 19th). If your swimmer qualifies we expect them to participate. If you have questions please contact your swimmers Coach.

2nd ANNUAL SCST TEAM CHAMPIONSHIP, February 20th - This meet is for only registered St. Charles Swim Team Swimmers. Swimmers are eligible to swim up to four events that they do not meet or exceed the [ISI REGIONAL CHAMPIONSHIP Time Standard](#) in an event offered. The cost is \$5.00 per swimmer and the Top 12 Athletes will be awarded. This is an exciting meet and all swimmers that qualify are expected to participate. Volunteers for the meet will be the St. Charles Swim Team Senior and 11 to 14 Swimmers that do not qualify for the meet. Officials will be needed. Please contact Coach Cabel or Coach Lewarchick if you are interested in helping with this meet. Parents sit back and watch your swimmers have fun and swim fast! Meet Information posted soon on the St. Charles Swim Team Meet Schedule.

6. 2011 SHORT COURSE CHAMPIONSHIP SEASON (continued)

ISI REGIONAL CHAMPIONSHIPS, February 25th thru 27th - This is the beginning of the Illinois Swimming Championship Series of Meets. Swimmers must achieve an **ISI REGIONAL CHAMPIONSHIP Time Standard** to compete at this meet. This year's competition will be hosted by **Barrington Swim Club** at Barrington High School Pool. The last meet to qualify for ISI Regional Championships will be the SCST Team Championship.



ISI SENIOR CHAMPIONSHIP, March 3rd thru 6th - This meet is open to any age of swimmer that has achieved an **ISI SENIOR CHAMPIONSHIP Time Standard**. This year's competition will be hosted by **Lake Forest Swim Club** at the **University of Illinois Chicago Natatorium**. This is a travel meet for the Senior Team, for more information about Senior Champs contact **Coach Lewarchick**. The Team Hotel will be Springhill Suites, 410 Dearborn, Chicago, IL 60611 (312) 494-9301. The last meet to qualify for ISI Senior Championships will be the ISI Regional Championship Meet.

ISI AGE GROUP CHAMPIONSHIPS, March 11th thru 13th - This meet is open to swimmers 14 & Under that has achieved an **ISI AGE GROUP CHAMPIONSHIP Time Standard**. This year's competition will be hosted by **Wildkit Swim Organization** at the **University of Illinois Chicago Natatorium**. For more information about Age Group Championships contact **Coach Cabel**. The Team Hotel will be Springhill Suites, 410 Dearborn, Chicago, IL 60611 (312) 494-9301. The last meet to qualify for ISI Age Group Championships will be the ISI Regional Championship Meet.

NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS, March 15th thru 19th - This meet is open to any age of swimmer that has achieved **NCSA Time Standard**. This meet is held AT THE Orlando YMCA Aquatic and Family Center in Orlando, Florida. The Host Club is Swim Orlando. For more information please contact **Coach Lewarchick**.



7. **DUEL IN WHICH POOL? SOME OF THE COUNTRY'S BEST NATATORIUMS** *Feature by Jennifer Wilson, Swimming World intern*

There are many great pools left off this list, like **Lakeside Quarry** in Louisville, KY. But this is a fun article to read anyway.

ADD them to your bucket list, swimmers. Given that a single list could not encompass all deciding factors, categories have been included for clarity's sake.

The History Buffs **George F. Haines International Swim Center** and **Fort Lauderdale Aquatic Center (ISHOF)**.

Home to Santa Clara Swim Club, the International Swim Center is not only named after one of the greats, but has produced many of them. Mark Spitz trained here, and Olympians return each year for the Santa Clara International Invitational. It may not be a state-of-the-art facility, but that certainly hasn't inhibited fast swimming. To date, 26 World, 35 American and 64 Foreign National Records have been broken at the pool.

For students of the sport, the Fort Lauderdale pool holds few comparisons. The Aquatic Complex and ISHOF will be forever paired. The pool has hosted national and local events as well as Olympian and amateur swimmers for the past half a century. Venture down the road to the Hall of Fame museum for historical enlightenment and inspiration. Additionally, Fort Lauderdale is in the midst of a renovation of the facility.

High and Mighty **The Olympic Training Center**

Countless national team members flock to Colorado Springs each year. This training-trip headquarters is not for the faint-hearted though—at altitude, yours will have to pump harder, and that difference can be unpleasant. But upon returning to sea level, you'll feel tangible results as well as an extreme sense of accomplishment.

Old School **IU Natatorium** and **Federal Way (Weyerhaeuser King County Aquatic Center)**.

Arguably the two most famous pools in the country, each one continues to measure up to its reputation. "The Nat's" seating capacity makes it the biggest pool in the country, but that only begins to indicate just how much it has to offer. 101 American and 15 World Records have been set in the pool to date at national meets, NAAs, and Olympic Trials.

Since 1990, Federal Way has accrued an equally impressive event resume. It certainly hasn't passed its prime: guess which city drew hosting duties for the NCAA Division I Men's Championships in 2012?

New Kids on the Block **University of Iowa** and **University of Missouri Aquatic Centers**.

These recently-built aquatic centers certainly have all the amenities imaginable. Iowa just opened and is already slated to host both the men and women's Big Ten Conference Championships next year. Site of the Missouri Grand Prix, Mizzou's pool has already gained a reputation for producing fast swims. Both sites will be regular championship destinations in the future.

The Clothes Make the Man **SMU Perkins Natatorium** and **Orlando YMCA Aquatic Center**.

These pools earned their spots on the list not because of the facilities themselves but because of the events that define them. Each January the Dallas Classic draws in swimmers from the best collegiate men's teams in the country and the energy created by the athletes and crowd of a few hundred has a transformative effect on the small six-lane pool. As for the Orlando Y, it's where most young swimmers get to experience their first national meet. NCSA Junior Nationals as an event for those at the developmental national level it's hard to find much better. The relatively lenient time standards lead to a massive meet with a unique buzz—and the retractable roofs create an outdoor pool feel.