

MEET SIGN UP

Don't miss the deadline for the following meets

TYR / SCST Chicagoland Championships – Feb. 5th

Do it Now Don't wait till the last minute, you might forget completely! Questions concerning Escrow, contact our Escrow Chair [Jeanne Egizio](#)

2009-2010 SHORT COURSE MEET SCHEDULE

January
29th thru 31st
TOPS Claire Statton Memorial Invitational (Open Competition) @ University of Illinois Chicago – Chicago, IL

31st (7:00-10:00am)
Time Trial @ Norris Rec. Center – St. Charles, IL

February
12th thru 14th
SCST Prelim / Final Meet (TEAM Competition) @ Norris Rec. Center/St. Charles North High School – St. Charles, IL

2000-2010 SHORT COURSE CHAMPIONSHIP MEET SCHEDULE

February
21st
SCST Team Championships @ Norris Rec. Center – St. Charles, IL

26th thru 28th
ISI Regional Championships (Qualifier talk to Swimmers Coach) @ Barrington High School – Barrington, IL

March
4th thru 7th
ISI Senior Championships (Qualifier talk to Swimmers Coach) @ University of Illinois Chicago – Chicago, IL

12th thru 14th
ISI Age Group Championships (Qualifier talk to Swimmers Coach) @ University of Illinois Chicago – Chicago, IL

16th thru 20th
NCSA Junior Nationals (Qualifier talk to Swimmers Coach) – TBA

St. Charles Swim Team Team Championship

**Sunday February 21st
At
The Norris Rec. Center**

**Warm-Up 7:30am
Start 8:10am**

**Sign Up TBA
Cost \$5.00 per Swimmer**

1. PRACTICE INFORMATION, CHANGES & CANCELLATIONS

There was confusion with the **WHITE TEAM PRACTICE** on Saturday, this was Coach Jon Cabel's error, and I am sorry for any confusion. I did not have the St. Charles North High School Invitational on my schedule. I will do better in the future.

NO PRACTICE – TUESDAY, JANUARY 26TH for the **BLUE** and **PRE NATIONAL TEAMS** due to the rescheduled St. Charles East Boys Dual Meet.

PRACTICE CHANGE – THURSDAY, JANUARY 28TH for the **BLACK TEAM**, practice has been moved to St. Charles North High School 6:30-8:00pm

PRACTICE CHANGE – FRIDAY, JANUARY 29TH for the **ORANGE TEAM** practice has been moved to the Norris Rec. Center 5:00-6:00pm

NO PRACTICE – SATURDAY, JANUARY 29TH for the **BLACK TEAM** due to the TOPS Claire Statton Memorial Invitational

2. NTSC TRI STATE CHALLENGE TEAM GOALS

It will take our best to win this meet and we were not quite there this weekend.

- o **BE EARLY TO WARM-UPS**, We are better than last year, we are so much better the impromptu early warm-up worked out great for our Team. Plan on getting to the pool and ready 15 minutes prior to the beginning of warm-ups.

- ✓ **SCST WILL HAVE LESS THAN .8% MISSED SWIMS**, We did not miss a single swim this weekend! Let's see if we can get two in a row!

- ✓ **SCST WILL HAVE LESS THAN 2% DISQUALIFICATIONS**. We had 8 disqualifications which is 1.7%, fewer than 2%. Keep up the great swimming!

- ✓ **PARENT VOLUNTEERING**, We heard other teams being called to time this weekend, but we did not hear anyone call for SCST Timers, Way To Go!

- o **SCST SWIMMERS AND PARENTS WILL HAVE A UNIFORM APPEARANCE**, We are looking more and more like a Team at each meet. It is even getting easier to identify the parents in the stands. It helps when everyone sits together.

- o **SCST SWIMMERS & PARENTS WILL DISPLAY TEAM SPIRIT**, We weren't the loudest, but you did know that SCST had fans in the stands.

- o **EVERYONE HAVE FUN & SWIM FAST!** Swimming is fun and our swimmers will not be faster unless they find swimming fun.

- ✦ **CLEAN TEAM AREA!** This is a New Goal for the St. Charles Swim Team Swimmers; the area where our Team is sitting at each meet must be picked up prior to leaving the area after each session. It is our swimmers responsibility to pick up after themselves, not the Coaches or Swimmer's Parent's. Out of respect for the host club SCST will leave our area better than how it was when we arrived.

New standards were set this weekend and they will be difficult to improve, but if there is a group of swimmers who can rise to the challenge it is the group of swimmers heading down to UIC this weekend for the TOPS Claire Statton Invitational.



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Click on each logo to visit our Sponsor's Website

Birthdays
For the Week Of
01/25 thru 01/31

**HAPPY
BIRTHDAY**

FRANZ ALLENDORFER
KATHERINE BENJAMIN
BROOKE FLESHER
SARA QUINN
CLAIRE SEBASTIAN
NICK WOLFF

**TEAM MANAGER
ONLINE**

SCST Entries and
Results
([Team Stats Online](#))

The 2010 Age Group
Championships is
coming **March 12th-14th!**
It's not too soon to start
planning.
Supermeets is open!
Look for updated
information each week in
the H2O log.

St. Charles Swim Team
Team Championship

Sunday February 21st
At
The Norris Rec. Center

Warm-Up 7:30am
Start 8:10am

Sign Up TBA
Cost \$5.00 per Swimmer



For ALL Your
Swimming Equipment
Contact Kiefer
www.kiefer.com/630-579-9020

Mention that you swim
with the
[St. Charles Swim Team](#)

3. 2010 TYR TRI-STATE CHALLENGE



This is always a difficult meet for the St. Charles Swim Team and this season was no different. We always looking for races and with the change of format, to make it to finals swimmers had to be ready to race right away or they would

miss out, and SCST had a number of swimmers miss making finals. Finals was no cake walk, not only did a swimmer have to swim fast, finals went quick! This meet did test the mental and physical sides of our athletes! SCST has some work before championship season!

St. Charles Swimming finished 2nd at the meet with 2,744.50 points, the rest of the teams finished like this; 1st Academy 4,675.50, 3rd Hickory Willow 2,536, 4th New Trier 2,455, 5th Lake Country 2,033, 6th Barrington 666 and J-Hawk Aquatics 420. SCST was the inaugural winners of this meet. We want to win again!

St. Charles Swimming had 170 improved swims this weekend. The swimmer who dropped the most time in one event did so in the 10 & Under Girls 100 Free. This swimmer dropped 15.15, Congratulations **FRANCECESCA CARRAVETTA** on an Outstanding Swim!

Swimmers who achieved Life Time Best in Every Event were; **AMY PEARSON, ALLISON WESSEL** and **FRANCIS YIP!** Great racing **BLUE TEAM**, all three swimmers represent the **BLUE TEAM**. It is that time in the season when swimmers need to have perfect swims to beat their best times. Let's work on those perfect swims!

Swimmers achieving **NEW National "B" Time Standards;**
AUSTIN CABEL and **MATHEW NAGLER**

Swimmers achieving **NEW National "BB" Time Standards;**
STEPHEN HUTCHINSON, EMILY JANIA, RACHEL NAGLER,
TIM STEELE and **ANNE TAVIERNE**

Swimmers achieving **NEW National "A" Time Standards;** **IZZIE BINDSEIL, GABBY CESARONE, KYLE CHAPKO, JESSICA ENGLAND, MEEGAN HART, STEPHEN HUTCHINSON, KYLE LEWARCHICK, KATHERINE STEELE, TIM STEELE** and **ALLISON WESSEL**

Swimmers achieving **NEW National "AA" Time Standards;**
TAYLOR FALK, HEATHER HOUSE, ELLIE HUTCHINSON,
KYLE LEWARCHICK, LAUREN McCORMACK, AMY PEARSON, WILL SHANEL and **JAD SLIM**

Swimmers achieving **NEW National "AAA" Time Standards;**
ALEX DUFFY, STEPHANIE GARVIN, NATHAN JESKO,
EMMA KUSZYNSKI, NATHAN KUSZYNSKI, EMMA SMITH
and **LAUREN ZIMA**

Swimmers achieving **NEW National "AAAA" Time Standards;**
NICOLE CHAPKO and **NATHAN KUSZYNSKI**

Swimmers achieving **NEW ISI Regional Time Standards;**
GABBY CESARONE, STEPHEN HUTCHINSON, RACHEL NAGLER, KATIE QUINN, JAD SLIM, KATHERINE STEELE,
ALLISON WESSEL and **FRANCEIS YIP**

St. Charles Swim Team

The Mission Statement of SCST is the commitment to excellence and developing positive role models.

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

Head Coach	Jon Cabel
Head Senior Coach	Tim Lewarchick
Pre National Team	Jon Cabel
Black Team	Brian Mitchell
White Team	Denise Mitchell
White Team Asst. Coach	Matt Munz
Blue Team	Mary Daw
Blue Team Asst. Coach	Sara Quinn
Blue Team Asst. Coach	Tim Lewarchick
Orange Team	Laurie Chokran
Orange Team	Kent Pearson
Pre-Team (M & W)	Colleen Kuszynski
Pre-Team (M & W)	Anna Hutchinson
Pre-Team (T & Th)	Terry Anderson

The SCST Office is located at the Norris Rec. Center (1050 Dunham Rd, St. Charles, IL 60174)

Office Hours:
Monday, Tuesday, Thursday and Friday 9:30am – 3:00pm

Direct Office Phone Line: 630-377-1720
Email: swim@stcswim.com

**St. Charles Swim Team
Parents association**

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

The Vision Statement of 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.

The SCSTPA Boosters are –

President	Bill Shanel
Vice President	Craig Popp
Secretary	Julie Jesko
Treasurer	Tamara Phelan
Meet Directors	Lori Falk & AJ Jania
Escrow	Jeanne Egizio
Fundraising	Lisa McCormack
Officials Chair	Al Reynolds
Apparel	Janine Staudacher
Senior Team Rep.	Colleen Clay
Age Group Rep.	Carla Summers
Registration	Ann Bindseil & Mary Dieter
Publicity	Pam Waslawski
Head Coach	Jon Cabel
Volunteer Coordinator	Cathy Snyder

SCST H2O Log - January, 25, 2010

Tsunami Swimming 2010 - check us out on the web www.stcswim.com

3. 2010 TYR TRI-STATE CHALLENGE (continued)

Swimmer achieving a **NEW ISI Age Group Time Standards**; **ALEX DUFFY, STEPHANIE GARVIN, SYDNEY JESKO, KYLE LEWARCHICK, LAUREN McCORMACK** and **AMY PEARSON**

Swimmer achieving a **NEW ISI Senior Championship Time Standards**; **ASHLEY SHANEL**

Swimmer achieving a **NEW Central Zone Section 1 Championship Time Standards**; **NICOLE CHAPKO**

SCST Swimmers that won an individual event at the meet were; **NICOLE CHAPKO, ANGIE CHOKRAN, JOE HOLLMAN, NATHAN KUSZYNSKI, MITCHEL MILOSCH** and **MEAGAN POPP**.

Relays that won an event at the meet were; 10 & Under Boys 200 Free Relay (**KYLE LEWARCHICK, MITCHELL MILOSCH, FRANCIS YIP, NATHAN KUSZYNSKI**), 10 & Under Boys 200 Medley Relay (**NATHAN KUSZYNSKI, FRANCIS YIP, MITCHELL MILOSCH, KYLE LEWARCHICK**), 13 & Over Boys 400 Free Relay (**ALEX DUFFY, JAD SLIM, NATHAN JESKO, JOE HOLLMAN**), 13 & Over Boys 400 Medley Relay (**NATHAN JESKO, ALEX DUFFY, WILL SHANEL, JAD SLIM**)

SCST Swimmers that finished in the Top 3 of the Individual High Point Races were; **MEAGAN POPP** won the 11-12 Girls High Point, **NICOLE CHAPKO** finished 2nd in the 13 & Over Girls category and **ALEX DUFFY** finished 3rd in the 13 & Over Boys category.

10 New Meet Records Set by St. Charles Swim Team Swimmers! Since there was a new format to the Meet **NICOLE CHAPKO** set New Meet Records in everything she won; 13-14 Girls 200 IM 2:08.77, 200 Breast 2:26.79, 200 Free 1:55.73 and 100 Breast 1:08.93. **MEAGAN POPP** set 3 New 11-12 Girls Meet Records in the 200 IM 2:11.06, 200 Free 1:57.97 and 50 Free 25.71. **NATHAN KUSZYNSKI** set a New Meet Record in the 10 & Under Boys in the 100 Fly 1:10.29. And **MITCHELL MILOSCH** set a New 10 & Under Boys Meet Record in the 100 Back 1:11.33. SCST Relays set a New Meet Record the 13 & Over Boys 400 Free Relay of **ALEX DUFFY, JAD SLIM, NATHAN JESKO** and **JOE HOLLMAN** went 3:30.33, great way to leave your mark on an extremely competitive meet.

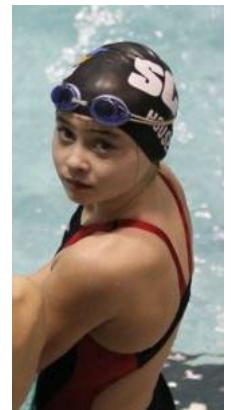
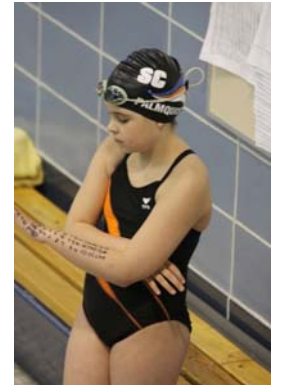
New Team Records achieved at the Meet; **MEAGAN POPP** went her best time in the 100 Breast and at the same time set a New Team Record with a time of 1:07.77 breaking her old record of 1:09.19. **MEAGAN** also set a New Team Record in the 11-12 Girls 200 IM with a time of 2:11.06 breaking her previous record of 2:11.96 set earlier this season at the Western Great Lakes Open. The 11-12 Girls 400 Medley Relay of **EMMA KUSZYNSKI, MEAGAN POPP, ERIN HART** and **LAUREN McCORMACK** set a New Team Record with a time of 4:18.95 breaking the old record of 4:20.56 set by Erin Hart, Meagan Popp, Hannah James and Stephanie Garvin in 2009 at the ISI Age Group Championship Meet.

Congratulations SCST on a good meet but you need to keep getting better and the chances are becoming limited.

4. TEAM GOALS FOR THE TOPS CLAIRE STATTON MEMORIAL INVITATIONAL

Attack these Team Goals like a race and you will have a better chance at success with your individual goals, Go SCST!

- o **BE EARLY TO WARM-UPS**, Get to the pool 15 minutes prior to the beginning of warm-ups, there will be traffic everyday.
- o **SCST WILL HAVE LESS THAN .8% MISSED SWIMS**, Swimmers you can not miss an event!
- o **SCST WILL HAVE LESS THAN 2% DISQUALIFICATIONS**. We have 450 swims, there is not much room for error, lets set a new goal NO Disqualifications for the weekend!
- o **PARENT VOLUNTEERING**, Be ready to help out!
- o **SCST SWIMMERS AND PARENTS WILL HAVE A UNIFORM APPEARANCE**, Friday wear a black SCST Team Shirt, Saturday wear you 2009-2010 St. Charles Swim Team Blue Shirt and Sunday wear your favorite SCST Shirt.
- o **SCST SWIMMERS & PARENTS WILL DISPLAY TEAM SPIRIT**, Swimmers do a team cheer before each session and cheer for your teammates! Parents have fun and sit together.
- o **EVERYONE HAVE FUN & SWIM FAST!** Swimming is fun!
- o **CLEAN TEAM AREA!** Swimmers and Parents do not leave our area a mess, we are running a meet at UIC in March and we do not need the facility staff thinking we do not care about the facility.



5. THE TOPS CLAIRE STATTON MEMORIAL INVITATIONAL



SCST has 64 athletes attending the meet this weekend, make sure we swim fast and let everyone know who you are! It is a different venue this year, the facility that is the fastest pool in the state of Illinois, and where the 2010 ISI Senior & Age Group Championship Meets will be held. Swimmers be ready to be fast!

Meet Location – University of Illinois – Chicago Natatorium ([901 W. Roosevelt Rd. Chicago, IL](http://901.W.Roosevelt.Rd.Chicago.IL))

SCST H2O Log – January, 25, 2010

Tsunami Swimming 2010 – check us out on the web www.stcswim.com

5. THE TOPS CLAIRE STATTON MEMORIAL INVITATIONAL (continued)

Meet Schedule

Friday PM (10 & U, 11-12, Open)

Warm-Up: 4:30pm

Start: 5:30pm

Saturday & Sunday AM (9-10, 11-12)

Warm-Up: 7:00am

Start: 8:00am

Saturday & Sunday PM (8 & Under, Senior)

Warm-Up: TBA (Immediately following conclusion of morning session, check www.topswim.org for the most up to date information. SCST will inform our general membership as soon as we find out.)

Start: TBA (Immediately following conclusion of morning session, check www.topswim.org for the most up to date information. SCST will inform our general membership as soon as we find out.)

6. 2010 AGE GROUP CHAMPIONSHIPS HOSTED BY SCST INFORMATION UPDATE!

Check out the logo for the 2010 Age Group Championships, it is cool! Thank you, Melissa Chapko for the fantastic design of this year's logo.



SCST General Membership thank you for the outstanding initial sign up on Supermeets to volunteer for the 2010 Age Group Championship Meet. However we still have 134 openings that need to be filled before the meet, do not wait to the last minute to sign up. Any questions check out the SCST Volunteer FAQ on the St. Charles Swim Team Website. Follow the [link](#) provided to the information.

For the latest information going on with the 2010 Age Group Championship Meet visit the webpage, soon to be located on www.stcswim.com until then visit the [News](#) section on the right side of www.stcswim.com for the document containing all the [Latest Information](#).

St. Charles Swim Team Hotel Information

The Wit Hotel, A Doubletree Hotel (201 N. State Street, Chicago, IL)

\$119.00 per night + parking

For reservations call 866-318-1514 or follow the [link](#) provided. Block expires February 12th

The Hampton Inn Majestic Chicago, Theatre District (22 W. Monroe, Chicago, IL)

\$129.00 per night + parking, 1 King Bed Nonsmoking

\$129.00 per night + parking, 2 Queen Beds Nonsmoking

For Reservations call 312-395-9222 or follow the [link](#) provided. Group Name St. Charles Swim Team, Group Code SCS, Block expires February 9th

Interested in an inexpensive hotel reservation for the weekend of the 2010 Age Group Championship?

Only \$80.00 per night, Great Deal!

Contact Sally Scott at 630-513-7433

7. ST. CHARLES SWIM TEAM, TEAM CHAMPIONSHIP – SUNDAY, FEBRUARY 21ST, 2010

This season instead of attending the CASL Conference Meets, the St. Charles Swim Team will be hosting the 1st Annual St. Charles Swim Team Championship at the Norris Rec. Center Sunday, February 21st. We look forward to this being an ongoing tradition of St. Charles Swimming.

Swimmers are eligible to swim up to four events that they do not meet or exceed the Illinois Swimming Regional Time Standard in that event.

The cost will be \$5.00 per swimmer and the Top 12 swimmers in each event will be awarded.

Warm-Ups will begin at 7:30am

Meet Starts at 8:10am

Volunteers for the meet will be the St. Charles Swim Team Senior and Pre National Team, along with the Coaching Staff. We will need Officials to help with the meet. Please contact Coach Lewarchick to let us know that you are interested in working. Parents sit back and watch your swimmer go fast in a friendly and fun environment.

Be a part of a great new tradition of St. Charles Swimming.

8. PARENT PRESSURE by DR. ALAN GOLDBERG Sports Psychologist

One of the great propaganda magazines is Splash Magazine published by USA Swimming; every registered swimmer with USA Swimming receives this great publication in the mail. There is a lot of information for the fan, athlete, coach, parent, official and everyone else that might want a look at our great sport. This week there is a great article written by [Dr. Alan Goldberg](#) a sports psychologist that has worked with many athletes and is a prominent speaker. Swimmers and Parents please take time to read the article...

"I'm so nervous. Oh my God, I can't wait for this event to be over! If I don't get a good time, I'm going to hear about it all the way home! Every time I swim slow, I have to go through the ringer with my dad (or mom) and listen to everything I did wrong. According to them I don't work hard enough, my turns suck, and I fool around too much. They always make me feel awful after bad races, like they're disappointed in me. It makes me hate swimming."

A lot of swimmers get a bad case of performance anxiety pre race which saps their confidence, tightens their muscles and drains the fun right out of the sport. Often times, underlying these pre race jitters is the powerful worry that unless they produce, mom and dad will be very angry and disappointed.

SCST H2O Log - January, 25, 2010

Tsunami Swimming 2010 - check us out on the web www.stcswim.com

8. PARENT PRESSURE by DR. ALAN GOLDBERG Sports Psychologist (continued)

When a parent responds to your bad swims with their anger, disapproval and criticism, we can assume that most of the time, their heart is in the right place. They're simply trying to be helpful and want you to do well. Unfortunately, this is not their role on the team, and they need to know that their trying to be helpful in this way may actually be causing you to swim slower.

Why?

In order to swim your best, you must be loose, relaxed, excited and having fun pre race. If you're worried about disappointing your parents, then you'll be too nervous, distracted and physically tight to swim well. Your parents need to understand that if they really want you to go fast, then their role on the team must be to help you stay calm and have fun.

They can do this in two ways:

First, by being your "best fan"; parents need to be emotionally supportive and positive with you, to pick you up when you're down, to help you feel happier and better about yourself, especially after a bad swim.

Second, by not coaching, coaching is the one parent mistake that will cause serious unhappiness in your house and performance problems in the pool. Coaching involves critiquing your practices and races, pushing you to work harder, trying to motivate you, focusing you on beating other swimmers or achieving certain times, offering pre race strategy and technique advice, etc.

Have a conversation with your parents today and tell them that when they act like your coach and get angry and frustrated when you go slowly, they aren't being supportive, and this will never help you relax, have fun and swim faster. Instead, coach them as to exactly what you need from them before and after your races. Help them understand what, if anything, they could say pre meet that would help you relax and have fun. Tell them what you most need from them after a disappointing swim or meet. Remind them that they have to play their right role on the team for you to be successful!

9. WORLD SWIMMERS OF THE DECADE: 2000-2009 - BY CASEY BARRETT//Splash Correspondent

Talk about bodies of work. The following sixteen swimmers define the term in the most literal sense. For the last ten years, or put another way - for the entire 21st Century, thus far - these athletes have assembled aquatic resumes that go far beyond mere moments of greatness. They dominated their events for the better part of a decade. In some cases, the entire decade.

Narrowing down the greats to the top eight men and women is a daunting task, and one deserving of debate. Certain swimmers like Brendan Hansen or Poland's butterfly queen Otylia Jedrejczak were indisputably dominant in their specialties for lengthy stretches, yet for a variety of reasons (say the absence of individual Olympic gold...), this consensus of one decided they just missed the final cut.

Emphasis was placed on multi-stroke brilliance and multiple years on top. Interestingly, the men's list came together much easier than the women's. For the guys, it seems the decade of the Aughts were owned by a handful of all-time legends, led of course by some guy named Michael. Among the women it was trickier. There were those who ruled the first half of the decade, those who made their mark during non-Olympic years, and others whose striking success over the last two years made them impossible to exclude.

Enjoy this look at the Swimmers of the Decade... and the let debates begin!

Women

8th – Federica Pellegrini (Italy) & Laure Mandadou (France)
7th – Katie Hoff (USA)
6th – Inge de Bruijn (Netherlands)
5th – Leisel Jones (Australia)
4th – Stephanie Rice (Australia)
3rd – Kirsty Coventry (Zimbabwe)
2nd – Yana Klochkova (Ukraine)
1st – Natalie Coughlin (USA)

Men

8th – Laszlo Cseh (Hungary)
7th – Ryan Lochte (USA)
6th – Pieter van den Hoogenband (Netherlands)
5th – Grant Hackett (Australia)
4th – Kosuke Kitajima (Japan)
3rd – Ian Thorpe (Australia)
2nd – Aaron Peirsol (USA)
1st – Michael Phelps (USA)

To read more about each swimmer check out the [article](#) on www.usaswimming.org.

10. MYTHICAL AGE GROUP CHAMPIONSHIPS

Check out where St. Charles Swimmers are ranked this week in the [Mythical Age Group Short Course Team Championships](#).

11. ORANGE AND BLACK TEAM SUITS

If you have recently purchased a TYR Orange and Black Team suit and it is showing unusual wear and tear. Please bring your suit to the SCST Team office clearly marked with your name and we will return it to Kiefer Swim Shop for an exchange. Questions please contact the Team Office at 630-377-1720 or swim@stcswim.com.