

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

SWIMMERS LAST DAY OF PRACTICE, if a swimmer has not qualified for Illinois Swimming Regional, Age Group, Senior Championships or NCSA Junior Nationals; **Thursday, Feb. 17th** will be the last practice for **9 & 10 SWIMMERS**, **Friday, Feb. 18th** will be the last practice for **8 & Under SWIMMERS** and **Saturday, Feb. 19th** will be the last practice for **11 to 14 SWIMMERS**.

PRACTICE CHANGE, **Wednesday, Feb. 16th & 23rd** for **9-10** and **11 to 14 SWIMMERS**, **9-10 SWIMMERS** will practice at St. Charles North High School 6:15-7:45pm and **11 to 14 SWIMMERS** will practice at St. Charles North High School 7:45-9:30pm.

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

PRACTICE CHANGE, **Monday, Feb. 21st** for the **SENIOR, 11 to 14** and **9 & 10 SWIMMERS**, **SENIOR SWIMMERS** will practice at St. Charles North High School 3:00-5:00pm, **9 & 10 SWIMMERS** will practice at St. Charles North High School 5:00-6:30pm and **11 to 14 SWIMMERS** will practice at St. Charles North High School 6:30-8:30pm.

PRACTICE CHANGE, **Friday, Feb. 25th** for the **SENIOR SWIMMERS**, practice will be 3:00-5:00pm for those swimmers not competing at ISI Regional Championships.

NO PRACTICE, **Friday, Feb. 25th, Saturday, Feb. 26th** and **Sunday, Feb. 27th** for **10 & UNDER SWIMMERS** and **11 to 14 SWIMMERS** due ISI Regional Championships.

PRACTICE CHANGE, **Monday, Feb. 28th** thru the end of the season. Once renovations are complete at the Norris Rec. Center SCST will begin using the NRC again, please keep an eye open for practice changes.

2. 2010 SCST TYR CHICAGOLAND CHAMPIONSHIP

A Good Meet for SCST!

First the Meet Directors would like to Thank All the Incredible Volunteers who helped to make the 5th Annual Chicagoland Championships such a Great Meet! A Big Thank You to the Officials, Coaches, Admissions, Announcers, Awards, Bullpen, Console, Concessions, Hospitality, Timers, Safety Marshals, Set-Up and Take Down. What a Great Meet to finish the Short Course Season and it could not have been done without all of your help. We greatly appreciate the time and energy of All our Volunteers who gave their time to make this meet such a success.

SCST still has some work as we enter the Championship Season. SCST Swimmers look good but there are still a few details that need to be taken care of as we go into this weekend. At the SCST Team Championship SCST wants to make sure that swimmers correct the Goals that we did not achieve. The smallest of details make the biggest of changes.

At the Chicagoland Championship SCST won the Combined Team scoring. Congratulations to all those SCST Swimmers that had the chance to participate in a finals event. Not only did SCST have a number of swimmers participate in finals we also had many swimmers achieve new LTBT's. Along with LTBT's SCST Swimmers achieved numerous New Time Standards.



2010-2011
Short Course Meet Schedule
Follow Meet Link
for
Meet Information

[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. 2010 SCST TYR CHICAGOLAND CHAMPIONSHIP (continued)

Swimmers that achieved a LTBT in every event they swam were; **ALI ANDROS, BLAKE BOSCH, JACK BRUCATO, JOHN CRANFILL, KATELYN DAVID, ZACH ECKSTROM, SAM FAITH, SARAH GIBSON, MONICA GUYETT, KEEGAN HAWKINS, RAHEEM KHAN, SARAH KOCH, EHAN KOS-DONDLINGER, KIRSTIN KOWALESKI, AMANDA KURAL, MARISSA LAWRENCE, ALLISON MASULIS, NILAN PATEL, GRACE SAMUELSON, CAITLIN SUDA, EMMA TALLITSCH, MADDIE WATTS, SOPHIE WATTS** and **JULIA ZIMA**.

The St. Charles Swimmer who dropped the most time in one event goes to a swimmer who dropped a total of 1:28.33 in one event. Congratulations **JOEY QUAN** who had a great 1000 Free. **JOEY** came within 9 seconds of getting his first Senior Championship cut, Nice Job **JOEY!**

St. Charles Swimmers that achieved **NEW National "B" Time Standards** over the weekend were: **ALI ANDROS, STEVEN ARRAMBI-DE, CARLY BARTON, COLLIN BAWOLEK, NATHAN BAWOLEK, PAYTON BAXTER, KATHERINE BENJAMIN, ANTHONY BLISS, ANDREW BORSE, JACK BRUCATO, KATIE CANTRELL, BREANA CARLINO, FRANCESCA CARRAVETTA, CLAY CHOCK, DAVID CHOKRAN, KAITLIN CRAMER, HALEY DAESCHLER, ROSS DAVIS, KYLE DUNLAP, ZACK ECKSTROM, BRIAN ENGLERT, SAM FAITH, GARRETT FARMER, SARAH GIBSON, NICOLE GUYETT, SYDNEY JOHNSON, RAHEEM KHAN, MAYA KIRL, KALIE KOCH, MEGAN KOCH, KELLY KONICEK, ETHAN KOS-DONDLINGER, GRACE KOS-DONDLINGER, AMANDA KURAL, HARRISON LIAO, ALLISON MASULIS, JACK McNULTY, ZEO MYER, JAKE MILOSCH, RYAN MITCHELL, GIA NAVARRO, DEVIN NEISES, JOHN ORTLUND, JENNI ORZOLEK, ERIC PALMQUIST, REBECCA PALMQUIST, DIVYA PATEL, NILAN PATEL, HANNAH PEARSON, KALLIE PELTIER, GABBI POMPILIO, JOEY QUANN, GRACE QUINN, SARA QUINN, KIRSTEN ROGERS, MAISON ROSS, ALEXIA SCOTT, CLAIRE SEBASTIAN, GIANNA SHAW, ALLISON STANEK, KATIE STEELE, ARIANNA SUMMA, THAD THOMPSON, OWEN TYKAL, MAGGIE WHITEHURST, MOLLY YETTER, SEAN YETTER, CHARLIE YOUNG** and **JULIA ZIMA**.

St. Charles Swimmers that achieved **NEW National "BB" Time Standards** over the weekend were: **SYDNEY ANDERSEN, ALI ANDROS, COLLIN BAWOLEK, NATHAN BAWOLEK, NATE BAXTER, ANTHONY BLISS, HENRY BLISS, MARGARET BRONEC, AUSTIN CABEL, KATIE CANTRELL, BREANA CARLINO, DOMINIQUE CARRAVETTA, FRANCESCA CARRAVETTA, GABRIELLA CESARONE, DAVID CHOKRAN, JAMIE CRANFILL, JOHN CRANFILL, HALEY DAESCHLER, NATALIE DRURY, ERIC DUNBAR, ZACK ECKSTROM, BRIAN ENGLERT, SAM FAITH, RYAN FALK, SIBA FILIPOVIC, SEAN GALLE, TORI GARCIA, BRITTA GESELL, HANNAH GURSKY, MONICA GUYETT, NICOLE GUYETT, COOPER HAWKINS, KEEGAN HAWKINS, IZZI HERB, STEPHEN HUTCHINSON, MARY JANIA, KAYLA JONES, NICK KANUTE, RAHEEM KHAN, MAYA KIRL, KRISTIN KOWALESKI, AMANDA KURAL, MARISSA KURAL, KENZIE KUZMANIC, BRANDON LACH, AUSTIN LAMP, MARISSA LAWRENCE, EMILY LEHMAN, JAMES LICARI, JACK McNULTY, JACK MILOSCH, NICK MILOSCH, MATTHEW NAGLER, RACHEL NAGLER, GIA NAVARRO, DEVIN NEISES, ANNA O'MALLEY, JENNI ORZOLEK, REBECCA PALMQUIST, DIVYA PATEL, HANNAH PEARSON, GABBI POMPILIO, HANNAH POZEZINSKI, ROXANNE PRIGGE, JOEY QUANN, JOHN QUINN, GAVIN REGELBRUGGE, JOEY RETIER, LAUREN REYNOLDS, KIRSTEN ROGERS, ALEXIA SCOTT, CLAIRE SEBASTIAN, GIANNA SHAW, MARY SNYDER, DELANEY SOULE, CHRIS STANEK, KATIE STEELE, MARIA TAVIERNE, THAD THOMPSON, JOSTIN TRINIDAD, JILLIAN WASLAWSKI, SOPHIE WATTS, NICK WELLMAN, ALLISON WESSEL** and **BRAD WHITEHURST**.

St. Charles Swimmers that achieved **NEW National "A" Time Standards** over the weekend were: **NATE BAXTER, GABRIELLA CESARONE, KYLE CHAPKO, JAMIE CRANFILL, ERIC DUNBAR, RYAN FALK, TAYLOR FALK, ASHLEY GLADIS, AUDREY GUYETT, MONICA GUYETT, COOPER HAWKINS, KEEGAN HAWKINS, IZZI HERB, STEPHEN HUTCHINSON, SYDNEY JESKO, KAYLA JONES, KRISTIN KOWALESKI, BRANDON LACH, AUSTIN LAMP, EMILY LEHMAN, JAMES LICARI, EMMA McSPADDEN, KATIE NAGLER, MATTHEW NAGLER, ANNA O'MALLEY, JENNI ORZOLEK, AMY PEARSON, HANNAH POZEZINSKI, ROXANNE PRIGGE, JOEY QUANN, JOHN QUINN, GAVIN REGELBRUGGE, JOEY RETIER, GRACE SAMUELSON, KIMMIE SCOTT, ASHLEY SHANEL, JAD SLIM, CHRIS STANEK, TIM STEELE, JOHNNY TARPEY, ANNE TAVIERNE, JOSTIN TRINIDAD, CHLOE TYKAL, JILLIAN WASLAWSKI, SOPHIE WATTS, NICK WELLMAN, ALLISON WESSEL, BRAD WHITEHURST, KAYLA WIDDOWSON** and **FRANCIS YIP**.



St. Charles Swimmers that achieved **NEW National "AA" Time Standards** over the weekend were: **NATE BAXTER, IZZIE BINDSEIL, NICK BORYK, KYLE CHAPKO, ALEX DUFFY, ERIC DUNBAR, RYAN FALK, TAYLOR FALK, STEPHANIE GARVIN, ASHLEY GLADIS, MONICA GUYETT, AUDREY GUYETT, KEEGAN HAWKINS, IZZI HERB, STEPHEN HUTCHINSON, EMILY JANIA, NATHAN JESKO, KRISTIN KOWALESKI, AUSTIN LAMP, LINDA LICARI, EMMA McSPADDEN, MITCHELL MILOSCH, ANNA O'MALLEY, AMY PEARSON, GRACE SAMUELSON, KIMMIE SCOTT, JAD SLIM, TIM STEELE, JOHNNY TARPEY, ANNE TAVIERNE, JILLIAN WASLAWSKI, ALLISON WESSEL, BRAD WHITEHURST** and **FRANCIS YIP**.

St. Charles Swimmer that achieved a **NEW National "AAA" Time Standard** over the weekend was: **IZZIE BINDSEIL, NICK BORYK, KYLE CHAPKO, NICOLE CHAPKO, DAVID CHOKRAN, TAYLOR FALK, STEPHANIE GARVIN, ASHLEY GLADIS, AUDREY GUYETT, JOE HOLLMAN, EMILY JANIA, NATHAN JESKO, LINDA LICARI, MITCHELL MILOSCH, MEAGAN POPP** and **ALLISON WESSEL**.

St. Charles Swimmer that achieved a **NEW National "AAAA" Time Standard** over the weekend was: **NICOLE CHAPKO, STEPHANIE GARVIN, MEAGAN POPP** and **SARAH SYKSTUS**.

2. 2010 SCST TYR CHICAGOLAND CHAMPIONSHIP (continued)

St. Charles Swimmers that achieved **NEW ISI Regional Time Standards** over the weekend were: COLLIN BAWOLEK, NATE BAXTER, ANTHONY BLISS, HENRY BLISS, AUSTIN CABEL, GABBY CESARONE, DAVID CHOKRAN, JAMIE CRANFILL, JOHN CRANFILL, NATALIE DRURY, ERIC DUNBAR, ZACK ECKSTROM, BRIAN ENGLERT, RYAN FALK, SIBA FILIPOVIC, SEAN GALLE, BRITTA GESELL, MONICA GUYETT, COOPER HAWKINS, KEEGAN HAWKINS, KAYLA JONES, NICK KANUTE, KRISTIN KOWALESKI, AMANDA KURAL, MARISSA KURAL, BRANDON LACH, MARISSA LAWRENCE, EMILY LEHMAN, JAMES LICARI, NICK MILOSCH, MATTHEW NAGERL, DEVIN NEISES, ANNA O'MALLEY, JENNI ORZOLEK, HANNAH POZEZINSKI, JOEY QUAN, JOHN QUINN, GAVIN REGELBRUGGE, JOEY REITER, KIRSTIN ROGERS, GRACE SAMUELSON, MARY SNYDER, CHRIS STANEK, MARIA TAVIERNE, THAD THOMPSON, JOSTIN TRINIDAD, JILLIAN WASLAWSKI, SOPHIE WATTS, NICK WELLMAN, KAYLA WIDDOWSON,

St. Charles Swimmers that achieved **NEW ISI Age Group Championship Time Standards** over the weekend were: NATE BAXTER, IZZIE BINDSEIL, NICK BORYK, STEPHANIE GARVIN, AUDREY GUYETT, KEEGAN HAWKINS, EMILY JANIA, AMY PEARSON, JAD SLIM, TIM STEELE, JOHNNY TARPEY, ANNE TAVIERNE, JILLIAN WASLAWSKI, BRAD WHITEHURST, FRANCIS YIP

St. Charles Swimmers that achieved **NEW ISI Senior Championship Time Standards** over the weekend were: NICOLE CHAPKO, ERIC DUNBAR, ASHLEY GLADIS, GAVIN REGELBRUGGE, KIMMIE SCOTT,

St. Charles Swimmers that achieved **NEW Central Zone Speedo Champion Series Time Standard** over the weekend were: IZZIE BINDSEIL, NICOLE CHAPKO, KENDALL FORD and ASHLEY GLADIS. JOE HOLLMAN, NATHAN JESKO, KYLE LEWARCHICK,

St. Charles Swimmers that won events over the weekend were: KYLE CHAPKO, NICOLE CHAPKO, DAVID CHAPKO, ALEX DUFFY, AUDREY GUYETT, KEEGAN HAWKINS, MEAGAN POPP, GAVIN REGELBRUGGE, LAUREN REYNOLDS, SARAH SYKSTUS and LAUREN ZIMA.

Swimmers that set **NEW Meet Records** were: ALEX DUFFY set a **NEW** Meet Record in the 13-14 Boys 100 Fly with a time of 54.88, AUDREY GUYETT set a **NEW** Meet Record in the 12 & Under Girls 500 Free with a time of 5:25.76, NATHAN JESKO set a **NEW** Meet Record in the 13-14 Boys 100 Free with a time 51.21 and MEAGAN POPP set a **NEW** Meet Record in the 13-14 Girls 400 IM with a time of 4:32.30, 13-14 Girls 200 Breast with a time of 2:24.01, .

SCST had a very good meet over the weekend but there are still fine points that SCST needs to work out in a very short time. Not only will SCST have Goals for each of the Championship Meet that we attend but as a Team we need to still take care of the Goals we set for our regular season meets. SCST only achieved 5 of our 10 Goals for the Chicagoland Championship.

Top 10 Goals for SCST for the Chicagoland Championship

- 1. SCST Swimmers will clean up after themselves!** *The best so far this season but still not what the Coaching Staff is looking for out of our swimmers.*
- 2. SCST Be Early to Warm-Ups.** *The Team did a good job.*
- 3. SCST will not miss a race.** *SCST missed 9 swims over the weekend.*
- 4. SCST will have a swimmer in Finals of every event that SCST competes in.** *SCST was represented in every event at the Finals Sessions but no in every Final Heat.*
- 5. SCST will have less than 1% of our swims be disqualifications!** *6% of our swims were disqualified, the Team did not improve over the Barrington Winter Classic.*
- 6. SCST will have over 1000 improved times over the weekend.** *43% of SCST's times were improved.*
- 7. SCST win the meet.** *We won the meet.*
- 8. SCST Volunteering.** *Outstanding Job over the weekend, Thank you to Everyone.*
- 9. SCST Swimmers and Parents will have a uniform appearance.** *It is important to look like a Team, make sure you wear your SCST Apparel while at a meet. SCST did a Good Job over the weekend.*
- 10. SCST Swimmers & Fans display Team Spirit.** *It was fun seeing SCST cheering for one another.*

Big Meet this Sunday for Many SCST Swimmers, be there as a competitor, volunteer or spectator!

3. 2nd ANNUAL SCST TEAM CHAMPIONSHIP

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. This is an exciting meet and all swimmers that qualify are expected to participate. Registration is open till February 18th at www.stcswim.com.

Location

St. Charles North High School

Meet Schedule

Warm Ups 7:30am Start 8:10am

3. 2nd ANNUAL SCST TEAM CHAMPIONSHIP (continued)

Awards the Top 12 Swimmers will receive awards, the Top 6 will be recognized on the blocks after the completion of each set of events.

Volunteers for the meet will be the St. Charles Swim Team Senior and 11 to 14 Swimmers that do not qualify for the meet.

Top 10 Goals for SCST for the SCST Team Championship

1. *SCST Swimmers will clean up after themselves!*
2. *SCST Be Early to Warm-Ups.*
3. *SCST will not miss a race.*
4. *SCST will not breathe out of their starts or turns.*
5. *SCST will have less than 1% of our swims be disqualifications!*
6. *SCST will have over 60% of their swims be Improved Times.*
7. *SCST will achieve 20 New Illinois Swimming Championship Time Standards.*
8. *SCST Volunteering. Our Senior Swimmers and 11 to 14 Swimmers will be Volunteering. If you would like to help out contact Coach Cabel.*
9. *SCST Swimmers and Parents will have a uniform appearance, wear the 2011 Short Course Season Team Shirt. If you do not have this shirt wear a Black Shirt.*
10. *SCST Swimmers & Fans display Team Spirit.*

Parents sit back and watch your swimmers have fun and swim fast!

4. 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; **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.



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 years 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 years 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 years 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](#).

5. THE MIGHT MOUSE OF SWIMMING from USA Swimming correspondent Mike Gustafson

Scan any ready-room, and it's easy to overlook [Eva Fabian](#). The open water guru stands just above 5 feet, around 100 pounds, and looks like a child among women. In the sometimes volatile and violent world of open water swimming, Fabian is the David against the Goliaths, nimbly navigating around the thrown elbows and scratching fingernails and underwater chaos every time she swims.

And she wins.

Fabian recently took gold in the third stage of the FINA World Cup, defeating some of the best open water swimmers in the world, an impressive feat considering Fabian looks more like someone's little sister than a world champion. This past summer, she scored a silver medal in the 2010 Pan Pacific Championships in the 10k. She won the 2010 FINA Open Water World Championship in the 5k. Follow [link](#) to read more about the Might Mouse, [Eva Fabian](#).

