

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

PRACTICE CHANGE, Wednesday, Feb. 23rd for 10 & Under & 11 to 14 SWIMMERS. 10 & Under SWIMMERS will practice at St. Charles North High School 6:00-7:30pm. 11 to 14 SWIMMERS will practice at St. Charles North High School 7:30-9:15pm.

PRACTICE CHANGE, Thursday, Feb. 24th for 11 to 14 SWIMMERS will practice at St. Charles North High School 6:00-7:30pm.

PRACTICE CHANGE, Friday, Feb. 25th for the SENIOR SWIMMERS, practice will be 7:00-9:00am 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, Saturday, Feb. 26th for the SENIOR SWIMMERS, practice will be 6:00-8:00am for those swimmers not competing at 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.

PRACTICE CHANGE, Monday, Feb. 28th thru the end of the season. Water is in the pool and soon filtration will begin. Beginning Monday, Feb. 28th at the Norris Rec. Center.

- **SENIOR SWIMMERS;** Monday thru Wednesday 3:00-5:00pm
- **9 & 10 SWIMMERS;** Monday thru Friday 5:00-6:30pm & Saturday 9:00-10:30am
- **11 to 14 SWIMMERS;** Monday thru Friday 5:00-7:00pm & Saturday 7:00-9:00am

2. 2nd ANNUAL SCST TEAM CHAMPIONSHIP

Wow what a Great Time on Sunday! You know when swimmers are smiling something is going right and there were a lot of smiles on Sunday. Not only did SCST have a Good Time, but our swimmers also swam very well.



Sunday was a Team Effort!

Thanks to the parents who helped out with hospitality, bullpen, awards, officiating and all the small things. Also a big thank you to All the Swimmers; Senior, 13-14 and 11-12 who helped with awards, timing, bullpen, announcing, runners and everything else. Our Swimmers did an outstanding job with the meet.

SCST had great success as a Team on Sunday and as a Team the Coaching Staff is excited for the rest of the Championship Season! Look Out Illinois Swimming!

Swimmers that achieved a LTBT in every event they swam were; **NATE BAXTER, ANTHONY BLISS, HENRY BLISS, NICK BORYK, KYLE DUNLAP, RYAN FALK, BRITTA GESELL, NICOLE GUYETT, COOPER HAWKINS, KEEGAN HAWKINS, IZZI HERB, ELISE KICHKA, ETHAN KOS-DONDLINGER, KYLE LEWARCHICK, JAMES LICARIE, LINDA LICARI, MITCHELL MILOSCH, NICK MILOSCH, CLAIRE MORGAN, JOHN QUINN, GAVIN REGELBRUGGE, JOEY REITER, RILEY ROONEY, CHRIS STANEK, EMMA TALLITSCH, JOHNNY**

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

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. 2nd ANNUAL SCST TEAM CHAMPIONSHIP (continued)

TARPEY, ANNE TAVIERNE, JILLIAN WASLAWSKI, SOPHIE WATTS, ALLISON WESSEL, FRANCIS YIP and JULIA ZIMA.

The St. Charles Swimmer who dropped the most time in one event goes to a swimmer who dropped a total of **27.90** seconds in the 200 Free. Congratulations **HENRY BLISS** who dropped all his time in the 200 Free to go a 2:39.37 and achieve a Regional Time also.

On our Team Goals SCST achieved 6 out of the 10 and close to making 8. Let's be better at Regionals.

Top 10 Goals for SCST for the SCST Team Championship

- 1. SCST Swimmers will clean up after themselves!** *Not to bad, our best meet of the year!*
- 2. SCST Be Early to Warm-Ups.** *Great Job!*
- 3. SCST will not miss a race.** *We had a couple.*
- 4. SCST will not breathe out of their starts or turns.** *Better but can be better.*
- 5. SCST will have less than 1% of our swims be disqualifications!** *6% of our swims were disqualifications.*
- 6. SCST will have over 60% of their swims be Improved Times.** *SCST came away with 55% of our swims as Improved Times.*
- 7. SCST will achieve 20 New Illinois Swimming Championship Time Standards.** *76 New Time Standards*
- 8. SCST Volunteering.** *Outstanding effort!*
- 9. SCST Swimmers and Parents will have a uniform appearance.**
- 10. SCST Swimmers & Fans display Team Spirit.** *SCST sounded like a Team, it would be great if at every meet that our fans sit together be as loud as we were Sunday. I think our announcer helped out a little.*

SCST did a great job on achieving not only 76 **NEW** Illinois Swimming Standards but SCST Swimmers achieved even more **NEW** USA Swimming National Time Standards.

St. Charles Swimmers that achieved **NEW National "B" Time Standards** over the weekend were: **STEVEN ARRAMBIDE, COLLIN BAWOLEK, JACK BRUCATO, KAITLIN CRAMER, KYLE DUNLAP, GARRETT FARMER, SEAN GALLE, COOPER HAWKINS, HARRISON LIAO, JOE MUEHLSCHGEL, GIA NAVARRO, JENNI ORZOLEK, REBECCA PALMQUIST, GAVIN REGELBRUGGE, JOEY REITER, THAD THOMPSON, MOLLY YETTER** and **JULIA ZIMA**.

St. Charles Swimmers that achieved **NEW National "BB" Time Standards** over the weekend were: **HENRY BLISS, NICK BORYK, MARAGRET BRONEC, SOPHIE BUSESKI, DOMINIQUE CARRAVETTA, JOHN CRANFILL, KYLE DUNLAP, RYAN FALK, SIBA FILIPOVIC, NICOLE GUYETT, COOPER HAWKINS, MARY JANIA, KAYLA JONES, MARISSA KURAL, NATHAN KUSZYNSKI, JACK McNULTY, NICK MILOSCH, RACHEL NAGLER, ANNA O'MALLEY, NILAN PATEL, GAVIN REGELBRUGGE, JOEY REITER, JOHNNY TARPEY, MARIA TAVIERNE, JOSTIN TRINIDAD** and **FRANCIS YIP**.

St. Charles Swimmers that achieved **NEW National "A" Time Standards** over the weekend were: **NATE BAXTER, BRITTA GESELL, EMILY LEHMAN, MITCHELL MILOSCH, NICK MILOSCH, EVIN NEISE, JENNI ORZOLEK, GABBI POMPILIO, JOHN QUINN, ALLISON WESSEL** and **FRANCIS YIP**.

St. Charles Swimmers that achieved **NEW National "AA" Time Standards** over the weekend were: **MITCHELL MILOSCH** and **JOHNNY TARPEY**.

St. Charles Swimmers that achieved **NEW ISI Regional Time Standards** over the weekend were: **COLLIN BAWOLEK, NATE BAXTER, ANTHONY BLISS, HENRY BLISS, NICK BORYK, MARGARET BRONEC, GABBY CESARONE, JOHN CRANFILL, RYAN FALK, SEAN GALLE, BRITTA GESELL, COOPER HAWKINS, KEEGAN HAWKINS, IZZI HERB, EMILY JANIA, KAYLA JONES, MARRISSA KURAL, NATHAN KUSZYNSKI, EMILY LEHMAN, KYLE LEARCHICK, JAMES LICARI, LINDA LICARI, JACK McNULTY, NICK MILOSCH, MATTHEW NAGLER, RACHEL NAGLER, GIA NAVARRO, DEVIN NEISES, ANNA O'MALLEY, JENNI ORZOLEK, REBECCA PALMQUIST, GABBI POMPILIO, HANNAH POZEZINKSI, GRACE QUINN, JOHN QUINN, GAVIN REGELBRUGGE, JOEY REITER, CHRIS STANEK, JOHNNY TARPEY, ANNE TAVIERNE, THAD THOMPSON, JILLIAN WASLAWSKI, SOPHIE WATTS, ALLISON WESSEL, MAGGIE WHITEHURST** and **FRANCIS YIP**.

St. Charles Swimmers that achieved **NEW ISI Age Group Championship Time Standards** over the weekend were: **NICK BORYK, MITCHELL MILOSCH, JOHNNY TARPEY** and **FRANCIS YIP**.

St. Charles Swimmers that won events over the weekend were: **SYDNEY ANDERSEN, NATHAN BAWOLEK, NATE BAXTER, MARAGARET BRONEC, KYLE DUNLAP, RYAN FALK, SIBA FILIPOVIC, BRITTA GESELL, NICOLE GUYETT, MEEGAN HART, IZZI HERB, NICK KANUTE, ETHAN KOS-DONDLINGER, MARISSA KURAL, EMILY LEHMAN, JAMES LICARI, JACK McNULTY, MITCHELL MILOSCH, NICK MILOSCH, DEVIN NEISES, JENNI ORZOLEK, KALLIE PELTIER, GABBI POMPILIO, GAVIN REGELBRUGGE, JOEY REITER, GRACE SAMUELSON, CHRIS STANEK, JOHNNY TARPEY, ANNE TAVIERNE, SOPHIE WATTS** and **ALLISON WESSELL**.

What a Great Meet to start the Championship Series of Meets. SCST do even better at the upcoming ISI Regional Championship Meet in Barrington!



3. MISSOURI GRAND PRIX

The SCST Team Championship wasn't the only meet SCST was attending over the weekend. SCST sent four swimmers down to the Missouri Grand Prix **NICOLE CHAPKO, MEAGAN POPP, EMMA SMITH** and **LAUREN ZIMA**. Our Swimmers had the chance to swim against swimmers like **DAGNY KNUTSON, CHLOE SUTTON, KATHLEEN HERSEY, JESSICA HARDY, REBECCA SONI, WHITNEY MEYERS, KARA LYNN JOYCE** just to name a few of the many great swimmers that attend this Grand Prix Series Competition.



The Missouri Grand Prix is a long course meter competition and SCST Swimmers held their own with **NICOLE, MEAGAN** and **LAUREN** all having the opportunity to compete in Finals. **NICOLE** participated in 100 and 200 Breast. **MEAGAN** also swam the 100 and 200 Breast in finals. While **LAUREN** swam the 100 and 200 Fly in finals.

The opportunity swim in this competition will be a great advantage to our swimmers as they swim at National competitions. Congratulations ladies on your swims.

4. IHSA BOYS SECTIONALS AND STATE

On Saturday at St. Charles North High School SCST Senior Boys competed at the IHSA Boys Sectional. Other SCST Senior Boys competed at other Sectional competitions on Saturday.

Congratulations to St. Charles North and East on a Great Meet. St. Charles North prevailed as the 2011 Team Champions.

Swimmers that are moving on to the State Competition this weekend at New Trier High School; **TJ BINDSEIL, JOEY CHOKRAN, CHRIS DIETER, KYLE GANNON, SPENCER GRAY, JOE HOLLMAN, JUSTIN JACOBSON, BEN KANUTE, JOSH KANUTE, NICK KOWALESKI, COREY MONDUL, AUSTIN MUELSCHLEGEL, KYLE PASSINI, ANDREW PREUSSE, SHAUN SEUSCHEK, WILL SHANEL** and **NICK WATTS**.



Congratulations to everyone who competed on Saturday and keep it rolling this week at State!

Friday will be Prelims and Finals will be on Saturday.

5. ISI REGIONAL CHAMPIONSHIPS

This weekend is the [ISI REGIONAL CHAMPIONSHIPS](#), February 25th thru 27th, 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 is not only a championship meet but also a qualifier for the ISI Senior and Age Group Championship Meets.

Location Barrington High School (616 West Main Street (Lake-Cook Road), Barrington, IL 60010).

Meet Schedule

Friday Evening Session 1

All Ages

Warm-Up: 4:30pm

Positive Check-In Closes: 4:55pm

Start: 5:30pm

Sat. & Sun. Morning Session 2 & 4

10 & Under; 12 & Under

Warm-Up: 7:00am

Positive Check-In Closes: 7:25am

Start: 8:00am

Sat. & Sun. Afternoon Session 3 & 5

14 & Under; Senior

Warm-Up: Not before 12:00pm

Positive Check-In: 12:25pm

Start: Not before 1:00pm

Top 10 Goals for SCST for the SCST Team Championship

1. **SCST Swimmers will clean up after themselves!** SCST did a good job at the Team Championship do better!
2. **SCST Be Early to Warm-Ups. A Must!**
3. **SCST will not miss a race. This is a Championship Meet!**
4. **SCST will have Female and Male Regional Champions.**
5. **SCST will have NO disqualifications!**
6. **SCST will have over 80% of their swims be Improved Times.**
7. **SCST will achieve 10 New Illinois Swimming Championship Time Standards.**
8. **SCST Volunteering.** Do not have BSC call for SCST Timers.
9. **SCST Swimmers and Parents will have a uniform appearance.** On Friday wear your Blue Abercrombie style Shirt T-Shirt, Saturday wear your 2011 Championship Team Shirt and Sunday wear your Black 2010-2011 Short Course Season Team Shirt.
10. **SCST Swimmers & Fans display Team Spirit.**



Important Information

Regional Championships Psych Up Breakfast - All Regional Qualifiers (Senior & Age Group) at the Baker Community Center (St. Charles, IL) 2 Blocks South of Router 64 on Route 31. Friday February 25th, 9:30-10:30am. Please contact Stephanie Bawolek (djbsab91@sbcglobal.net) if your swimmer(s) plan on attending.

5. ISI REGIONAL CHAMPIONSHIPS (continued)

Individual Events

- All events will be conducted as timed finals
- The 13-14 and Open Men's and Women's 1000 will be swum together.
- The 1650 Free will be swum fastest to slowest alternating between Women and Men heats.
- 1650 Swimmers must provide their own timers.
- SCST Swimmers can be found at TM Online.

Awards

Awards for Top Eight Women and Men will be presented according to the awards breaks shown in the [meet event list](#).

Officials

Officials interested in working this meet should submit the application found on the ISI Website under the Officials tab or contact Bonnie Quinn (dqinn1575@wowway.com) or Eric Peterson (eric.peterson@gerberonline.com).

Live Results

Can be found at <http://results.teamunify.com/isbsc/Results/ISIRegionalChamps2011/>

Let's Go SCST Swim Fast!

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; **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 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](#).

7. COLLEGIATE CONFERENCE CHAMPIONSHIPS ARE IN FULL SWING

SCST has begun championship season for our current swimmers and Alumnus who compete at the collegiate level. SCST has a strong collegiate tradition and many swimmers look to be fast at their Conference Championships. With a few going onto the Big Show; NCAA National Championships.

The best way to stay up to date with all the latest results visit [CollegeSwimming.com](#) or [Swimming World Magazine](#).

Here are a few of the St. Charles Alumni still swimming on the Collegiate level -

BRIAN ANDERSON [University of Illinois Chicago](#), **DOUG BROOKS** [Eastern Michigan University](#), **JIMMY BROOKS** [Purdue University](#), **LILLIAN CABEL** [University of Illinois Chicago](#), **ADAM CARNELL** [Wright State University](#), **ANGIE CHOKRAN** [University of Michigan](#), **AUSTIN COX** [University of Wisconsin](#), **CAITLIN DAUW** [University of Michigan](#), **CLAIRE DESORMEY** [Nebraska University](#), **EMILY DIET-ER** [Saint Michael's College](#), **JESSICA ENGLAND** [Southern Illinois University](#), **TAYLOR GANNON** [University of Rhode Island](#), **DIANA GEHRMAN** [St. Cloud State University](#), **LAUREN HANSEN** [Illinois Wesleyan University](#), **KELLY HARMS** [DePauw University](#), **JOHN HIG-GINS** [University of Missouri](#), **KAYLEE JAMISON** [University of Minnesota](#), **KELSEY KANIES** [Carthage College](#), **KEITH KAPLAN** [Albion College](#), **ALEX PETERSON** [Florida Southern College](#), **CHRIS PETERSON** [University of Minnesota](#), **TAYLOR REYNOLDS** [Florida Southern College](#), **BJ ROTH** [University of Notre Dame](#), **KAYLA SCOTT** [Miami University](#), **SHANE SEUSCHEK** [Mesa State College](#), **CALLI SINGLE-TON** [Daytona State College](#), **JULIET SUESS** [Occidental College](#), **KEN TILTGES** [Eastern Illinois University](#) and **MEGAN VENLOS** [Univer-sity of Idaho](#).

If we have omitted a swimmer please let us know so that we can recognize them on our alumni page.