

Proud Sponsors  
Of the  
St. Charles Swim Team



## 1. PRACTICE CHANGES & CANCELLATIONS

**PRACTICE CHANGE, Tuesday, Mar. 1st** thru the end of the season. If there is a change we will notify you.

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

## 2. ISI REGIONAL CHAMPIONSHIPS

SCST had a good meet at the ISI Regional Championships in Barrington over the weekend. We still have room to improve over the next three championship meets.



If scores were kept at the meet we would be the Barrington Regional Team Champions! SCST Swimmers did an outstanding job of racing inside the flags.

SCST achieved 7 of our 10 Team Goals, we need to be better at Senior Championships.

### Top 10 Goals for SCST for the SCST Team Championship

- 1. SCST Swimmers will clean up after themselves!** Great Job SCST!
- 2. SCST Be Early to Warm-Ups.** Another Great Job!
- 3. SCST will not miss a race.** We missed one.
- 4. SCST will have Female and Male Regional Champions.** Not just one of each but 6 Women and 11 Men ISI Regional Champions.
- 5. SCST will have NO disqualifications!** SCST was not perfect.
- 6. SCST will have over 80% of their swims be Improved Times.** 318 improved times out of 554 individual swims, not quite 80%.
- 7. SCST will achieve 10 New Illinois Swimming Championship Time Standards.** 57 New Illinois Swimming Championship Time Standards achieved (Regional, Age Group & Senior).
- 8. SCST Volunteering.** SCST Volunteers, not only do host the best meets, you are great with your support of clubs.
- 9. SCST Swimmers and Parents will have a uniform appearance.** We Are SCST!
- 10. SCST Swimmers & Fans display Team Spirit.** We heard you!



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

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. ISI REGIONAL CHAMPIONSHIPS (continued)



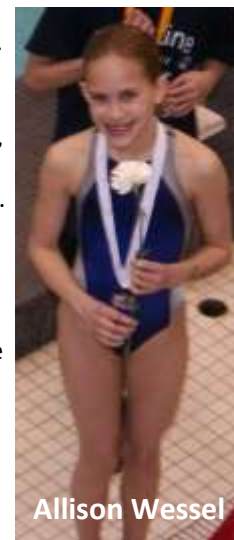
Nate Baxter

Swimmers that achieved a LTBT in every event they swam were; **NICK BORYK, MIKE BURKE, NATALIE DRURY, KYLE DUNLAP, ZACH ECKSTROM, TAYLOR FALK, KYLE GANNON, HANNAH GURSKY, MONICA GUYETT, AUDREY GUYETT, EMILY JANIA, RYAN JOYCE, KENZIE KUZMANIC, EMILY LEHMAN, LINDA LICARI, MITCHELL MILOSCH, RACHEL NAGLER, GIA NAVARRO, REBECCA PALQUIST, EMILY PONTE, KIRSTEN ROGERS, GRACE SAMUELSON, CLAIRE SEBASTIAN, THAD THOMPSON** and **MAGGIE WHITEHURST**. This is the goal of every meet of a swimmer, especially a championship meet.

The St. Charles Swimmer who dropped the most time in one event goes beat out **LU-CY JOHNSON** who dropped a total of

120.18 seconds in her 1000 Free. This Swimmer also beat out **KATIE NAGLER** who dropped 133.33 seconds in her 1000 Free. The Swimmer who dropped the most time in one event also dropped a bunch of time in her 1000 Free. **MARIA TAVIERNE** is the swimmer who dropped the most time in one event with a total of 281.85 seconds. Congratulations **MARIA** on an outstanding swim.

St. Charles Swimmer that achieved a **NEW National "B" Time Standards** over the weekend was: **CLAIRE SEBASTIAN**,



Allison Wessel

St. Charles Swimmers that achieved **NEW National "BB" Time Standards** over the weekend were: **DOMINIQUE CARRAVETTA, NATALIE DRURY, KYLE DUNLAP, SIBA FILIPOVIC, KENZIE KUZMANIC, NICK MILOSCH, JENNI ORZOLEK, KIRSTEN ROGERS, CLAIRE SEBASTIAN** and **THAD THOMPSON**.

St. Charles Swimmers that achieved **NEW National "A" Time Standards** over the weekend were: **ASHLEY ASUNCION, COLLIN BAWOLKE, NATE BAXTER, ANTHONY BLISS, DOMINIQUE CARRAVETTA, GABRIELLA CESARONE, KYLE CHAPKO, JAMIE CRANFILL, BRITTA GESELL, MONICA GUYETT, NICOLE GUYETT, COOPER HAWKINS, KEEGAN HAWKINS, ISABEL HERB, HEATHER HOUSE, SYDNEY JESKO, KAYLA JONES, RYAN JOYCE, KRISTIN KOWALESKI, MARISSA KURAL, EMMA KUSZYNSKI, NATHAN KUSZYNSKI, AUSTIN LAMP, EMILY LEHMAN, LAURA LICARI, MITCHELL MILOSCH, NICK MILOSCH, KATIE NAGLER, DEVIN NEISES, HANNAH POZEZINSKI, ROXANNE PRIGGE, JOHN QUINN, GAVIN REGELBRUGGE, MARY SNYDER, CHRIS STANEK, JOHNNY TARPEY, ANNE TAVIERNE, MARIA TAVIERNE, SOPHIE WATTS, ALLISON WESSEL, BRAD WHITEHURST, KAYLA WIDDOWSON, FRANCIS YIP** and **HANNAH ZIMMER**.

St. Charles Swimmers that achieved **NEW National "AA" Time Standards** over the weekend were: **MIKE BARROWCLIFT, HENRY BLISS, NICK BORYK, RYAN FALK, TAYLOR FALK, KYLE GANNON, HANNAH GURSKY, MONICA GUYETT, ERIN HART, KEEGAN HAWKINS, ISABEL HERB, HEATHER HOUSE, STEPHEN HUTCHINSON, EMILY JANIA, SYDNEY JESKO, LUCY JOHNSON, RYAN JOYCE, MARISSA KURAL, EMMA KUSZYNSKI, AUSTIN LAMP, EMILY LEHMAN, EMMA McSPADDEN, MITCHELL MILOSCH, NICK MILOSCH, JENNI ORZOLEK, EMILY PONTE, JOEY QUAN, JOHNNY TARPEY, ANNE**



Heather House

**TAVIERNE, CHLOE TYKAL, JILLIAN WASLAWSKI** and **ALLISON WESSEL**.

St. Charles Swimmers that achieved **NEW National "AAA" Time Standards** over the weekend were: **KYLE CHAPKO, AUDREY GUYETT, RYAN JOYCE, LINDA LICARI** and **JOHNNY TARPEY**.

St. Charles Swimmers that achieved **NEW ISI Regional Time Standards** over the weekend were: **AUSTIN CABEL, GABRIELLA CESARONE, AUDREY GUYETT, MONICA GUYETT, NICOLE GUYETT, COOPER HAWKINS, STEPHEN HUTCHINSON, KAYLA JONES, RYAN JOYCE, MARISSA KURAL, EMMA KUSZYNSKI, BRANDON LACH, LINDA LICARI, KATIE NAGLER, DEVIN NEISES, ROXANNE PRIGGE, KATIE QUINN, CLAIRE SEBASTIAN, ALYCE TAUER** and **MARIA TAVIERNE**.

St. Charles Swimmers that achieved **NEW ISI Age Group Championship Time Standards** over the weekend were: **RYAN FALK, AUDREY GUYETT, MONICA GUYETT, ERIN HART, KEEGAN HAWKINS, ISABEL HERB, HEATHER HOUSE, EMILY JANIA, LUCY JOHNSON, BRANDON LACH, AUSTIN LAMP, MITCHELL MILOSCH, AMY PEARSON, JOHN QUINN, JOHNNY TARPEY** and **ANNE TAVIERNE**.



Mitchel Milosch



Anne Tavierne

## 2. ISI REGIONAL CHAMPIONSHIPS (continued)

St. Charles Swimmers that achieved **NEW ISI Senior Championship Time Standards** over the weekend were: **MIKE BARROWCLIFT, TAYLOR FALK, KYLE GANNON, JOEY QUAN** and **MARY SNYDER**.

St. Charles Swimmers that won events over the weekend were: **NICK BORYK, KYLE CHAPKO, KYLE GANNON, AUDREY GUYETT, MONICA GUYETT, ERIN HART, KEEGAN HAWKINS, EMILY JANIA, AUSTIN LAMP, EMILY LEHMAN, AMY PEARSON, JOEY QUAN** and **JOHNNY TARPEY**.



## 3. IHSA BOYS STATE MEET

Congratulation to ALL the St. Charles Swim Team Senior Boys who participated at the 2011 High School State Meet 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**.



The following SCST Swimmers; **CHRIS DIETER** finished 4th in the 200 Free and 6th in the 100 Free, **SHAUN SEUSCHEK** finished 11th in the 200 IM and 11th in the 100 Fly, **JOE CHOKRAN** finished 11th in the 100 Breast, **KYLE GANNON** finished 8th in the 500 Free, **BEN KANUTE** finished 10th in the 500 Free and **ANDREW PREUSSE** finished 9th in the 50 Free all competed in Finals on Saturday.

St. Charles North High School had three relays finish in the Top 12; 7th place 200 Medley Relay **ANDREW PREUSSE, JOEY CHORKAN, NICK KOWALESKI, KYLE PASSINI**, 8th place 200 Free Relay **ANDREW PREUSSE, KYLE PASSINI, NICK KOWALESKI, CHRIS DIETER** and the 6th place 400 Free Relay **ANDREW PREUSSE, KYLE PASSINI, NICK KOWALESKI, CHRIS DIETER**.

In the Final Team Standings St. Charles North High School finished 5th with 73 points and St. Charles East High School finished 37th with 4 points.

Congratulations to ALL the SCST Swimmers and Coaches who had a successful 2010-2011 High School Season.

## 4. 2011 SHORT COURSE ISI SENIOR CHAMPIONSHIPS

The **ISI SENIOR CHAMPIONSHIP** is this weekend, March 3rd thru 6th. 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, contact [Coach Lewarchick](#) for details.



### Team Goals for this weekend

- Individual Champion
- Relay Champion
- Top 3 Team Finish

### Meet Schedule

	Thursday	Prelims Fri, Sat & Sun	Finals Friday & Saturday	Finals Sunday
Warm-Up	4:00pm	7:15am	4:00pm	3:30pm
Start	5:30pm	8:30am	5:30pm	5:00pm

## 4. 2011 SHORT COURSE ISI SENIOR CHAMPIONSHIPS (continued)

### IMPORTANT INFORMATION

- Seniors traveling with the Team will be departing from the Norris Rec. Center and St. Charles North at 2:30pm.
- When accepting your award as an individual or as a member of a relay team, wear your SCST Team Warm-Ups
- Swimmers not traveling with the Team, be at the pool 15 minutes prior to warm-ups.
- Swimmers not traveling with the Team, check with the SCST Coaching Staff before leaving.
- [Live Results](#)
- [Webcast](#)

### SCST TIMING RESPONSIBILITIES

- Friday Prelims, Lane 5
- Saturday Finals, Lane 5
- Sunday Finals, Lane 5

Go SCST Swim Fast!

## 5. 2011 LONG COURSE RENEWAL AND NEW SWIMMER TRYOUTS

The season has come and is going away quickly, look at how Fast SCST Swimmers are swimming!

### Renewal

Renewal for Current SCST Swimmers will begin on Monday, March 14th. The Renewal Packet will be emailed to all current swimmers and posted on the St. Charles Swim Team Website, Wednesday, March 9th.

A Tentative Practice Schedule will be posted on the SCST Website before the end of this week, 02/28/2011.

### New Swimmer Tryouts, March 22, 23 & 24

March 22 for Swimmers 10 & Under

March 23 for Swimmers 11 & Over

March 24 Open Tryouts

Tryouts are Free

Schedule of Tryouts

500-515 Registration

515-545 In the water evaluation

545-600 Questions



Swimmers and Parents need to plan on staying the entire hour.

Questions please contact the St. Charles Swim Team Coaches at [swim@stcswim.com](mailto:swim@stcswim.com) or call 630-377-1720.

A Tentative Practice Schedule will be posted on the SCST Website before the end of this week, 02/28/2011.

## 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 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 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. INDY GRAND PRIX: [5 THINGS TO WATCH](#) by Mike Gustafson

I'll be heading to the Indianapolis Grand Prix this weekend hopefully to regain my Midwestern accent and to see some fast swimming. The action starts on Thursday, so tune into [usaswimming.org/indianapolisgrandprix](http://usaswimming.org/indianapolisgrandprix) for the webcast. Also be sure to follow me on Twitter (@MikeLGusafson) for some behind the scenes poolside Tweets and catch these ["5 Things to Watch"](#) this weekend.