

2000-2010 SHORT COURSE
CHAMPIONSHIP MEET SCHEDULE

February
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



Follow the link
for more
information!

NEW NEWS! About the 2010 Illinois
Swimming Age Group Championship
Meet –

[“AGE GROUP CHAMPIONSHIP
DONATION WISH LIST”](#)

&

[AGE GROUP CHAMPIONSHIP
CHEER BANNERS](#)

For more information go to the 2010
Age Group Championship Website

Birthdays

For the Week Of

02/22 thru 02/28

HAPPY BIRTHDAY

KAITLYN ARRAMBIDE
THOMAS ZIMMER

**SCST 2010 LONG COURSE
RENEWAL
IS
COMING!**

**VISIT THE SCST WEBSITE
DETAILS COMING
SOON**

1. PRACTICE INFORMATION, CHANGES & CANCELLATIONS
NO PRACTICE for the **ORANGE TEAM**, until Monday, April 5th, 2010

SENIOR TEAM

Morning Practices -

Monday thru Friday 515-645am

Saturday 600-900am

Sunday 700-1000am

Afternoon Practices -

Monday thru Thursday 300-515pm

Friday 300-500pm

**PRACTICE CHANGE – MONDAY, FEBRUARY 22nd thru
THURSDAY, FEBRUARY 25th, 2010**

BLUE TEAM, Regional and Age Group Champ Qualifiers Only

Monday 500-630pm

Tuesday 500-630pm

Wednesday 700-830pm

Thursday 500-630pm

WHITE TEAM, Regional and Age Group Champ Qualifiers Only

Monday 700-830pm

Tuesday 700-830pm

Wednesday 500-630pm

Thursday 500-630pm

BLACK TEAM, Regional and Age Group Champ Qualifiers Only

Monday 500-630pm

Tuesday 700-830pm

Wednesday 500-630pm

Thursday 500-630pm

PRE NATIONAL, Regional and Age Group Champ Qualifiers

Monday 500-630pm

Tuesday 500-630pm

Wednesday 500-630pm

Thursday 600-800pm

PRACTICE CHANGE – FRIDAY, FEBRUARY 26th for ALL Regional
Qualifiers who will not be participating on Friday Night at the Meet.
Practice will be at the Norris Rec. Center 5:00-6:30pm

**NO PRACTICE – SATURDAY, FEBRUARY 27th & SUNDAY,
FEBRUARY 28th** for the **BLUE, WHITE, BLACK** and **PRE
NATIONAL TEAMS** due to the ISI Regional Championships

**PRACTICE CHANGE – MONDAY, MARCH 1st thru THURSDAY,
MARCH 11th, 2010** for ALL Age Group Championship Qualifiers

BLUE TEAM

500-630pm at the Norris Rec. Center

WHITE, BLACK and **PRE NATIONAL TEAMS**

500-700pm at the Norris Rec. Center

2. ST. CHARLES SWIM TEAM, TEAM CHAMPIONSHIP

What a Great Meet! Not only did our swimmers, swim fast, everyone
was having a good time! Yesterday and today, I heard numerous **PRE
NATIONAL** and **SENIOR** swimmers say how much fun they had at the
meet!

The St. Charles Swimmer that dropped the most time in one event was
LESLIE POZEZINSKI who dropped 14.57 seconds in the 8 & Under
Girls 25 Breaststroke. Congratulations **LESLIE** on an outstanding
swim.

St. Charles Swimmers that achieved Life Time Best in every event they
swam were; **FRANZ ALLENDORFER, STEVEN ARRAMBIDE,
ANDREW BORSE, NICK BORYK, CASSIE BOYLE,**

Proud
Sponsors of
St. Charles Swimming



Click on each logo to visit our
Sponsor's Website

TEAM MANAGER ONLINE

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

The 2010 Age Group
Championship Meet is
coming March 12th-
14th!

As part of a Team, we
need complete
Teamwork for this
meet to be a success!

Plan on being a Team
Member for the
complete season!



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

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

SCST
NEW SWIMMER
TRYOUTS
MARCH
16TH THRU 19TH

for details
visit

www.stcswim.com

2. ST. CHARLES SWIM TEAM, TEAM CHAMPIONSHIP SOPHIE BUSESKEI, JOHN CRANFILL, ANNA DUFRESNE, KYLE DUNLAP, RYAN FALK, BRITTA GESELL, COOPER HAWKINS, ALEX KICHKA, MARISSA KURAL, LINDA LICARI, EMMA McSPADDEN, RACHEL NAGLER, MATT ORTLUND, REBECCA PALMQUIST, KATIE PARADIS, GABBI PMPILIO, ROXANNE PRIGGE, JOEY QUAN, JOHN QUINN, HEIDI STIMAC, CHLOE TYKAL, NICK WELLMAN, ALLISON WESSEL, CALVIN WINDLE, FRANCIS YIP and HANNAH ZIMMER.

St. Charles Swimmers that achieved **NEW National "B" Times**; SERENA ALLENDORFER, ANDREW BORSE, BREANA CARLINO, JAMIE CRANFILL, JOHN CRANFILL, HALEY DAESCHLER, ANNA DUFRESNE, PAYTON MITCHELL, JOHN ORTLUND, MATT ORTLUND, KATIE PARADIS and HANNAH POZEZINSKI.

St. Charles Swimmers that achieved **NEW National "BB" Times**; FRANZ ALLENDORFER, SARAH BORSE, NICK BORYK, AUSTIN CABEL, JOHN CRANFILL, NATALIE DRURY, BRIAN ENGLERT, RYAN FALK, PATRICK GERKIN, BRITTA GESELL, HANNAH GURSKIY, NICHOLAS KANUTE, GAVIN KARR, EMMA McSPADDEN, NICK MILOSCH, PAYTON MITCHELL, REBECCA PALMQUIST, ROXANNE PRIGGE, JOHN QUAN, JOHN QUINN, MATT STAUDACHER, JOHNNY TARPEY, ALYCE TAUER, ANNE TAVIERNE, NICK WELLMAN, ALLISON WESSEL and HANNAH ZIMMER.

St. Charles Swimmers that achieved **NEW National "A" Times**; SOPHIE BUSESKEI, JAMIE CRANFILL, BRITTA GESELL, EMMA McSPADDEN, RACHEL NAGLER, HEIDI STIMAC, SARAH SUMMERS, ALYCE TAUER, CHLOE TYKAL and FRANCIS YIP.

St. Charles Swimmers that achieved **NEW Illinois Swimming Regional Championship Standards**; SOPHIE BUSESKEI, GABBY CESARONE, JAMIE CRANFILL, KYLE DUNLAP, RYAN FALK, BRITTA GESELL, EMILY JANIA, NICHOLAS KANUTE, MARISSA KURAL, LINDA LICARI, EMMA McSPADDEN, REBECCA MURPHY, DEVIN NEISES, REBECCA PALMQUIST, JACOB PAWELKIEWICZ, JOEY QUAN, JOHN QUINN, KATIE QUINN, HEIDI STIMAC, SARAH SUMMERS, JOHNNY TARPEY, ALYCE TAUER, THAD THOMPSON, CHLOE TYKAL, JILIAN WASLAWSKI, NICK WELLMAN, FRANCIS YIP and HANNAH ZIMMER.

St. Charles Swimmer that achieved a **NEW Illinois Swimming Age Group Championship Standards**; FRANCIS YIP

St. Charles Swimmers that won an individual event were; SERENA ALLENDORFER, HENRY BLISS, NICK BORYK, CASSIE BOYLE, SOPHIE BUSESKEI, JAMIE CRANFILL, KYLE DUNLAP, AIMEE EISENSTEIN, BRIAN ENGLERT, RYAN FALK, SIBA FILIPOVIC, COOPER HAWKINS, EMILY JANIA, NICK KANUTE, GAVIN KARR, MARISSA KURAL, JAMES LICARI, LINDA LICARI, EMMA McSPADDEN, DEVIN NEISES, JACOB PAWELKIEWICZ, GABBI POMPILIO, JOEY QUAN, JOHN QUINN, DELANEY SOULE, SARAH SUMMERS, ALYCE TAUER, MARIA TAVIERNE, THAD THOMPSON, JUSTIN TRINIDAD, CHLOE TYKAL, JILLIAN WASLAWSKI, NICK WELLMAN, FRANCIS YIP and HANNAH ZIMMER, Congratulations on some outstanding races!

This was an outstanding meet with St. Charles Swimmers achieving 155 New Life Time Best! What a great way to start off the Championship Season. The St. Charles Swim Team Coaching Staff and Swimmers are already looking forward to the next St. Charles Swim Team, Team Championships. Congratulations Swimmers!

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 Pearaw
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 Shane!
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

3. 2010 ISI REGIONAL CHAMPIONSHIPS at BARRINGTON HIGH SCHOOL

This weekend is the ISI Regional Championships, the first of 3 Illinois Swimming Championship Meets; the others are Senior Championships and Age Group Championships. Regional Championships is not only a championship meet but also a qualifying meet for the Senior and Age Group Championships.

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

Meet Schedule –

Friday Evening Session 1
All Ages
Warm-Up: 5:00pm
Positive Check-In Closes: 5:25pm
Start: 6:00pm

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



Event Limitations – A swimmer may swim no more than 9 individual events during the meet. No swimmer shall be permitted to compete in more than four individual events per day. For the Friday evening session (1), the host club reserves the right to limit each event to the fastest six heats.

Time Trial Events – A single session time trial will be offered for competing athletes on Sunday starting 30 minutes after the completion of session 5. Entry in times trials is limited to athletes age 13 & Older with entries in events for the previous sessions. Time Trial events will be counted against the meet limit of nine events. Swimmers are not allowed to time trial an event that they have previously swum in the meet. Sign Up for time trials will close 30 minutes after the start of Session 5. Swimmers in the Time Trial events must provide their own timers.

Team Goals for the Regional Championships

- **BE EARLY TO WARM-UPS** – We have been very good about this all season; now do it when it is most important!
- **SCST WILL NOT MISS A SWIM** – This is a Championship Meet, swimmers do not miss events at Championship Meets.
- **SCST WILL NOT HAVE A DISQUALIFIED SWIM!**
- **PARENT VOLUNTEERING** – We will be asked to supply timers be prepared to time.
- **SCST SWIMMERS AND PARENTS WILL HAVE A UNIFORM APPEARANCE** – On Friday, SCST will wear Black. On Saturday, SCST will wear their Blue St. Charles Swim Team Shirt and on Sunday, SCST will wear our favorite SCST apparel. When collecting an award on the award podium SCST Swimmers will only wear SCST apparel.
- **SCST SWIMMERS & PARENTS WILL DISPLAY TEAM SPIRIT** – Cheer for your Teammates, we are a Team!
- **EVERYONE HAVE FUN & SWIM FAST!**
- **CLEAN TEAM AREA!** Champions do not leave a mess behind, except for their competition!

4. 2010 AGE GROUP CHAMPIONSHIPS 2 ½ WEEK COUNTDOWN!

NEW NEWS! VOLUNTEER ASSIGNMENTS

Supermeets are up, please check it occasionally as we do need to make changes and fine tune it.

Each individual volunteer will be a critical component of making this the best Age Group Meet in the history of Illinois Swimming. St. Charles Swimming Volunteers are 2nd to none! We will be counting on your presence; we will need you to arrive on time and stay for your entire session. We have planned for every single position. Each job is equally important.

To expedite your trip to the meet, please remember that Friday morning, Friday evening, Saturday evening and Sunday evening can all be tricky on the Eisenhower Expressway! Please allow a little extra time.

NEW NEWS! SHIRT AND PARKING PASS INFO

Each volunteer will receive 1 shirt. If you want an additional shirt, the order deadline is Friday. There is an order form in your mailbox. Any questions, contact [Linda Popp](#).

Each volunteer will receive a free parking pass for their day. This has been generously provided by *Intertrav Corporation*.

These will both be distributed on Tuesday, March 9th at the Norris Rec. Center from 5:00-7:00pm. If you are unavailable to attend at these times, please contact Lori Falk @ Mcskier1@comcast.net to make other arrangements.

NEW NEWS! ST. CHARLES SWIMMERS CAN SHOW THEIR PRIDE AND SUPPORT OF THE AGE GROUP CHAMPIONSHIP MEET

Souvenir 2010 Illinois Swimming Age Group Championship swim caps will be available for purchase each evening at the Norris Rec. Center the week of the meet. Come check them out!

Cheer Banners are available for purchase. Check out the sample banner in the Norris Lobby. Banners are available to any swimmer on our team to show their pride and support for SC Swimming. The banner can say good luck to our team from your swimmer and after the meet; it is yours to take home. Contact [Lisa McCormack](#) with any questions.

Please continue to check the Waterlog and the Age Group Championship Webpage for updates. Important details will be coming out in the next two weeks.



SCST H2O Log – February 22nd, 2010

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

5. MYTHICAL AGE GROUP CHAMPIONSHIPS



Scores have been updated but we need a great meet this weekend to get us out of the basement! Check out how St. Charles Swimming is doing against some of the best in the nation. To be the best you have to race the best!

6. MONDAY'S MEDLEY by Mike Gustafson at www.swimnetwork.com

1) Well, it's finally happened: BIG money at a BIG meet. Mel Stewart released an exclusive story on his blog today that the Charlotte Ultraswim Grand Prix will give out \$50,000 in prize money. 50k! That's a lot of money. That's over double the amount of money for the USA Swimming's Grand Prix overall points winner (20k). \$50,000 handed away in one swim meet -- did I really just type that? It almost doesn't seem real. I'm happy to say this is a positive step for the swimming community, and in particular, professional swimmers. Expect all the guns to come out to this meet for a chance to earn the big bucks – and Swimnetwork.com will be there, webcasting live. SwimMAC made this all possible, and hopefully, swim clubs around the country will take note. Maybe this will create a new trend... Read Mel's exclusive story [here](#).

2) Michael Phelps recently said that he will NOT continue swimming professionally past the 2012 Olympics. "I told myself I will not swim over the age of 30 and I will not," a [BBC report](#) quotes Phelps as saying. To me, Phelps already announcing his retirement is related to what is wrong with our sport's professional routes, and just why it is so exciting that SwimMAC is dishing out \$50,000 prize money this spring. Could you imagine LeBron James saying he won't play basketball past 30? Or Peyton Manning? In major professional sports, these athletes stick around as long as they can, earning the big bucks for as long as they can. Michael Phelps quitting swimming before 30 is fine, because he can go onto other pursuits and earn more money doing something else (ie: endorsements, clinics, etc). He's not going to make a lot of money swimming. So why continue?

3) Swimming World Magazine released a [column](#) from a writer urging the separation of diving from swimming. I just don't get it. I love diving. Always have. Diving was always that X Factor in any swim meet, like the field goal kicker at a football game. Does a field goal really have anything to do with the actual football game? Not really. It's more like soccer than it is like football. But is a last-second field goal an incredibly exciting aspect of a football game? You bet. This is similar to diving at any dual or championships meet. At the Big Ten Championships, I loved the final day, sitting around the diving well and cheering on our divers to score points for our team. They were our X Factor. We never knew what was going to happen. Our divers could twist wrong, land flat on their backs, miss out on points, and our team would miss out on a specific place we were aiming for. But that's why it's fun to watch. It's exciting. That's just part of sports – part of the fun. Track and Field has a successful blend of different "sports" – I see no reason why swimming and diving should be separated.

4) I got a lot of feedback about my "Swim, and Become Sexy" column from last week. Many swim enthusiasts are pumped about the idea of having a "Swimsuit Edition" magazine, but even more are excited about kids using the sport of swimming as a means to a healthy, attractive body. Mel Stewart wrote on his blog, goldmedalme.typepad.com, that "As a father of a nine year old daughter, I hope, in her preteens, competitive swimming is how she aspires to be sexy. Presently, Madison Avenue inundates her (and everyone else) with a concept of sexy that's unattainable, pure fantasy. We, the swimming community, should have the monopoly on sexy. We work hard, eat right, and live our lives with balance." Again, 30% of American's are officially obese. We NEED to market our sports physical benefits better. A sexy Swimsuit Edition magazine is one way we can do this.

5) Swim Video of the Week: Swimming needs a 50m underwater race! Watch this [FloSwimming](#) video from last year with Hill Taylor, then imagine this event at the Olympics. Would be an exciting event. This is just awesome to watch.