

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

PRACTICE CHANGE - MONDAY, APRIL 25 for the **BLUE TEAM** due to a St. Charles North Water polo Game. Practice will be 7:15-8:45pm at St. Charles North High School.

PRACTICE CHANGE - THURSDAY, APRIL 28 for the **WHITE, SENIOR PREP 1** and **SENIOR PREP 2 TEAMS** due to a St. Charles North Water polo Game. Practice will be 7:15-8:45pm at St. Charles North High School.

PRACTICE CHANGE - TUESDAY, MAY 3 for the **WHITE, SENIOR PREP 1** and **SENIOR PREP 2 TEAMS** due to a St. Charles North Water polo Game. Practice will be 7:15-8:45pm at St. Charles North High School.

PRACTICE CHANGE - WEDNESDAY, MAY 4 for the **BLUE TEAM** due to a St. Charles North Water polo Game. Practice will be 7:15-8:45pm at St. Charles North High School.

NO PRACTICE - SATURDAY, MAY 7 & SUNDAY, MAY 8 for **ALL TRAINING GROUPS** due to the 2011 SCST Spring Pentathlon.

2. 2011 SCST SPRING PENTATHLON, MAY 7 & 8

St. Charles Swim Team General Membership, it is 2 weeks till the First Meet of the 2011 Long Course Season. The Iron Man of Swim Meets the 2011 SCST Spring Pentathlon. SCST is known to some of the best meets in the Midwest and it is because of your dedication to this program that we are able to have such great competitions.

SCST needs you to go to Supermeets Right Now and sign up to work!

SCST needs workers -

- Saturday AM - Announcer & Safety Marshal/Medical
- Saturday PM - Announcer & Timing Console
- Sunday AM - Concessions, Hospitality & Safety Marshal/Medical
- Sunday PM—Announcer, Safety Marshal, Safety Marshal/Medical & Timing Runner

We can not run Quality Meets without your help! Help us to make the 2011 SCST Pentathlon a great experience for not only our swimmers but all the visiting teams!

Thank you
SCST Meet Directors

3. SCST TEAM PICTURES, FRIDAY, MAY 6TH

The St. Charles Swim Team will have Team Pictures Friday May 6th at the Norris Rec Center Pool.

Individual and Team Pictures will be taken by [Mark Hensel Photography](#).

Schedule for Pictures on Friday

- Senior Team Picture @ 3:15pm
- SCST Team Picture (Senior & Age Group) @ 5:30pm, be there before 5:10pm
- Individual Pictures for Seniors will be TBA, Age Group will begin after the Team Picture starting with 8 & Unders then followed by 9-10, 11-12 and 13-14.

SCST Families interested in Individual or Sibling Pictures please contact Stephanie Bawolek at djbsab91@sbcglobal.net.

Additional Information on photos will be in a separate email.

2011

Long Course Meet Schedule
Follow Meet Link for
Meet Information

May 7 and 8

[SCST SPRING PENTATHLON](#) (Team)
@ St. Charles, IL

May 20, 21 and 22
[IFLY NOVELTY MEET](#)
(Open) @ Iowa City, IA

June 9, 10, 11 and 12

[SCST SUMMER CLASSIC](#) (Team) @
St. Charles, IL

June 24, 25 and 26

[NASHVILLE AQUATIC CLUB SUMMER SIZZLER](#) (Qualifier) @ Nashville, TN

June 24, 25 and 26

[WEST CHICAGO SUMMER CLASSIC](#) (Open) @ Chicago, IL

July 8, 9 and 10

[PALATINE TIGERSHARKS SUMMER SPLASH](#) (Open) @ Palatine, IL

July 16 and 17

[SCST ENDLESS SUMMER TIME TRIAL](#) (Team) @ St. Charles, IL

July 14, 15, 16 and 17

[ISI SENIOR CHAMPIONSHIPS](#)
(Qualifier) @ Lincolnshire, IL

July 21, 22, 23 and 24

[CENTRAL ZONE SPEEDO CHAMPION SERIES](#) (Qualifier) @ Iowa City, IA

July 22, 23 and 24

[ISI REGIONAL CHAMPIONSHIPS](#)
(Qualifier) @ TBA

July 28, 29, 30 and 31

[ISI AGE GROUP CHAMPIONSHIPS](#) (Qualifier) @ Pleasant Prairie, WI

August 2, 3, 4, 5 and 6

[USA SWIMMING NATIONALS](#)
(Qualifier) @ Palo Alto, CA

August 4, 5, 6 and 7

[SENIOR ZONE CHAMPIONSHIPS](#)
(Qualifier) @ Franklin, IN

August 5, 6, 7 and 8

[AGE GROUP ZONE CHAMPIONSHIPS](#) (Qualifier) @ Indianapolis, IN

August 8, 9, 10, 11, 12 and 13

4. BEYOND LIMIT: A FRIEND AND COMPETITOR TRIES TO MAKE SENSE OF THE LOSS OF A SWIMMING STAR By Ian Prichard

Coaches loved Fran Crippen for quite a number of reasons. He was always on time, almost always in a good mood. He was vocal, he was motivating, he was enthusiastic. He was attentive and responded exceptionally well to a challenge. But perhaps the most remarkable thing about Fran was not just his willingness to suffer but an actual desire to do so. He bought into the benefits of suffering. He thought there was something inherently good in punishing parts of his body that most mortals don't know exist. Tough didn't quite cut it – we were all tough, to varying degrees above normal – and it wasn't simply that he had an enormous capacity to hurt himself. It was that Fran saw something spiritually beneficial to suffering in the water. He believed in pushing past pain -- "Tired is not a word in my vocabulary," he used to joke, not really joking -- to discover what lay beyond it.



When I heard on the morning of Oct. 23, 2010, that Fran had drowned earlier that day while swimming in a 10-kilometer open water race in the United Arab Emirates, I was shocked and devastated beyond description. After the initial denial, however, when the questions as to what must have happened started, I felt relatively sure that I understood. Fran had swum in both hot and cold water before. He knew well the dangers of both and I knew that in October, the UAE was going to be hot and the water extremely warm. People were going to pass out, or at least have to quit for fear of doing so. I was quite familiar -- and comfortable -- with the fact that Fran had the capacity to push his body past the point at which it could continue, for whatever reason (the autopsy simply reported "over-exertion"), to sustain consciousness. That capacity was part of what made him who he was. It is something that I understood instinctively and it was one of the ties that bound me so closely to Fran. The fact that he died out in the Gulf of Oman, surrounded by people but ultimately alone, save for the motivation that drove him, is the hardest thing I have had to bear thus far in my life. The only solace I have is the assumption that Fran was in the middle of doing what he does best when he went down: pushing to get through to the other side of whatever pain he was in, just for the simple, beautiful sake of doing so.

To read the complete article follow this [link](#).

HOTEL INFORMATION for SCST TRAVEL MEETS

FLY NOVELTY MEET

Fairfield Inn Iowa City-Coralville
214 West 9th Street
Coralville, IA 52441
1-319-337-8382

ISI SENIOR CHAMPIONSHIPS

Courtyard Marriott Lincolnshire
505 Milwaukee Avenue
Lincolnshire, IL 60069
1-800-228-9290
Reference - SCST Room Block
Cut off - 7/1/11

ISI AGE GROUP CHAMPIONSHIPS

Holiday Inn Express
7887 94th Avenue
Pleasant Prairie, WI
1-219-942-6000

5. SPLIT TIME ON SWIMMING WORLD TV, Part II Who is the Best Female High School Swimmer Ever

The debate continues now with the women on who is the greatest Female High School Swimmer ever? Check out Swimming World TV associate producer, Jeff Cummings and [Split Time](#) host Garrett McCaffrey as they discuss who is the greatest female high school swimmer ever. To make the list swimmers had to compete in a sanctioned high school meet. A couple of swimmers who made the list, see if you recognize them below, [Tracy Caulkins](#), [Natalie Coughlin](#), [Janet Evans](#), [Misty Hyman](#), [Dagny Knutson](#), [Cynthia Woodhead](#) and [Kate Zeigler](#).



6. SCST TEAM REGISTRATION

SCST still has families that have not completed their registration. Renewal and Registration is a two step process. The first step is with the Norris Rec. Center. SCST Families renew/register a swimmer(s) Annual Membership if needed and pay the 2011 Long Course session fees to the Norris Rec. Center. The second step is with the St. Charles Swim Team at www.stcswim.com. All SCST Families need to visit the SCST Website and click on, Online Registration. Please follow the process until complete. If a swimmers renewal or registration is incomplete then your swimmer will not be able to proceed with the 2011 Long Course Season. Thank you for taking care of this as soon as possible.

7. VOLUNTEER SIGN UP, SUPERMEETS

SCST Families

If you have questions about SuperMeets and how to sign up for your volunteer requirements (Senior Families 4 volunteer sessions / Age Group Families 5 volunteer sessions) take time to read the handout located in the [Volunteering Section](#) of the [SCST Website](#). We are excited to have this opportunity for each volunteer to sign up at home. It would be a great idea to print out the instructions so you have them as you go through the process.

All SCST Families must work meets hosted by the St. Charles Swim Team!

8. MEET SIGN UP

How do you Sign Up for Meets?

It is easy, go to the front page of the [St. Charles Swim Team Website](#), click on the Meet Sign Up Link in the upper right hand corner of the front page. At this time SCST is finalizing the Meet Sign Up, we will notify you of when it is ready. Also this week the [Hosted Meets](#) page and [Meet Schedule](#) page of the Website are being updated.

Any SCST Family that is not in good standing with the St. Charles Swim Team, St. Charles Swim Team Parents Association and/or the Norris Rec. Center will not be entered into any meets by the St. Charles Swim Team Coaching Staff.

9. THE MAGIC OF AN OPPORTUNITY by Mike Gustafson



Imagine Doc Brown from *Back to the Future* came up to you and said, "Today you're going to set a world record. The only thing you have to do is race."

You'd swim that day, right? You'd be the first person in the pool, warming-up, excited and ready to swim?

World records aren't broken every day. The opportunity is rare. You'd take advantage of it.

Unfortunately, time travel and Doc Brown do not (yet) exist. Swimmers don't know what the future holds. Sometimes, we don't feel like swimming.

Instead of swimming that looming, ominous 1500m this afternoon, we'd rather go to the beach. Or go shopping. Or take a nap. There will be another day, another race, right?

But you never know. Sometimes the difference between breaking a world record or not is simply showing up to swim.

Take Kate Ziegler. At the Indianapolis Grand Prix, Ziegler told me that on the day she broke Janet Evans' hallowed 1500m world record, she didn't want to swim that evening. She wanted to go to the beach. She wasn't really feeling it. Fortunately, her coach convinced her to swim that afternoon. The rest, as they say, is history.

But what if she had gone to the beach? What if she never swam that day? For whatever reason, the nuts and bolts were zooming in perfect harmony that day. Would they realign? Could she repeat that same performance the next day? Next week?

What if she didn't swim that day?

Check out the rest of the article at the [USA Swimming Website](#).



This Picture was taken at the 2011 Eric Namesnik Michigan Grand Prix. Can you tell who is warming up in the closest lane?