

Proud Sponsors  
Of the  
St. Charles Swim Team



## 1. PRACTICE CHANGES & CANCELLATIONS

**PRACTICE CHANGE REMINDER**, Beginning June 13th the St. Charles Swim Team will begin our [Summer Long Course Practice Schedule](#). Please visit [www.stcswim.com](http://www.stcswim.com) for the [Age Group and Senior Practice Schedule](#).

**PRACTICE CHANGE, Saturday, May 28th for SR PREP 1 NO PRACTICE** 10:30-12:30pm attend **SENIOR TEAM** practice Saturday, May 28th 6:00-9:00am at the Norris Rec. Center.

**NO PRACTICE, Sunday, May 29th for the SENIOR TEAM**

**PRACTICE CHANGE, Sunday, May 29th for the GOLD TEAM** practice will be 7:00-9:00am.

**PRACTICE CHANGE, Monday, May 30th for the SR PREP 1, SR PREP 2 and SENIOR TEAM** there will be only one practice 7:00-9:00am at the Norris Rec. Center. **NO PRACTICE** at 5:15-6:45am, 3:00-5:15pm or 6:15-8:00pm for **SR PREP 1, SR PREP 2 and SENIOR TEAM**.

**NO PRACTICE, Monday, May 30th for the ORANGE, BLUE, WHITE and GOLD TEAMS.**

**NO AFTERNOON PRACTICE, Thursday, June 9th for the BLUE, WHITE, GOLD, SR PREP 1, SR PREP 2 and SENIOR TEAMS** due to the SCST Summer Classic.

**NO PRACTICE, Friday, June 10th for the WHITE, GOLD and SENIOR TEAMS** due to the SCST Summer Classic.

**NO PRACTICE, Saturday, June 11th for the BLUE, WHITE, SR PREP 1 and SENIOR TEAMS** due to the SCST Summer Classic.

**NO PRACTICE, Sunday, June 12th for the GOLD and SENIOR TEAMS** due to the SCST Summer Classic.

## 2. 2011 SWAC "SPRING SPLASH" INVITATIONAL

The St. Charles Swim Team did a good job over the weekend in Fort Wayne at the SWAC "Spring Splash" Invitational. With 52 Swimmers in attendance St. Charles Swimming made an impact at the meet.

How did SCST do this weekend?

**SCST Team Goals for the SWAC "Spring Splash" Invitational**

- **SCST Be Early to Warm-Ups**, even with the time change SCST did a great job!
- **SCST will have less than 1% missed swims**, SCST only missed one swim.
- **SCST will have less than 7% disqualifications**, 13 DQ's this weekend which came out to 4% a tough standard set with our Summer Classic coming up as the next meet.
- **SCST Swimmers will RACE EVERY EVENT, START to FINISH!** Our swimmers did a great job but the Coaching Staff wants it to be better.
- **SCST Swimmers will display Team Spirit, GO SCST!** The Team Cheer before each session is a great way to start the session!
- **Parent Volunteering**, Our Officials were on deck! The host club did not ask for volunteers.
- **SCST Swimmers and Parents will have a uniform appearance**, We looked like a Team
- **SCST HAVE FUN & SWIM FAST**, everyone was having a good time.
- **SCST Swimmers will have a clean Team Area!** This is a new standard for SCST, keep it up all season!

2011

Long Course Meet Schedule  
Follow Meet Link for  
Meet Information

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



## 2. 2011 SWAC "SPRING SPLASH" INVITATIONAL (continued)

The Swimmer who dropped the most time in one event goes a swimmer who dropped a total of 54.48 seconds in their 400 IM. On the same day they dropped 37.24 seconds in the 400 Free. So in one day this individual dropped a total of 1:31.72 seconds, WHAT A DAY! Congratulations to **DEVIN NEISES** on not just an outstanding day but also a good weekend.

Swimmers who achieved a Lifetime Best in every event they swam over the weekend were; **ISABEL HERB** and **EMILY PONTE**. This is one of the most difficult accomplishments at a competition, although it is a difficult SCST needs more. DQ's got in the way of more swimmers being on this list. Nice Job **IZZY** and **EMILY**!

Swimmers with [NEW National "B" Times](#) were; **JOHN CRANFILL, RYAN FALK, ALEC FILIPOVIC, MONICA GUYETT, REBECCA MURPHY, HANNAH PEARSON, EMILY PONTE, GRACE SAMUELSON, TANNER SCHISLER, MOLLY YETTER, SEAN YETTER,**

Swimmers with [NEW National "BB" Times](#) were; **ANTHONY BLISS, HENRY BLISS, MATT BORYK, NICK BORYK, AUSTIN CABEL, JOHN CRANFILL, RYAN CZARNECKI, RYAN FALK, SIBA FILIPOVIC, AUDREY GUYETT, MONICA GUYETT, IZZY HERB, MARY JANIA, KALIE KOCH, DEVIN NEISES, EMILY PONTE, HANNAH POZEZINSKI, GRACE SAMUELSON, JOHNNY TARPEY, BRAD WHITEHURST,**

Swimmers with [NEW National "A" Times](#) were; **ANTHONY BLISS, HENRY BLISS, KRISTEN CZARNECKI, RYAN CZARNECKI, AUDREY GUYETT, MONICA GUYETT, IZZY HERB, EMILY JANIA, LUCY JOHNSON, DEVIN NEISES, AMY PEARSON, HANNAH POZEZINSKI, MARY SNYDER** and **BRAD WHITEHURST.**

Swimmers with [NEW National "AA" Times](#) were; **NICK BORYK, RYAN FALK, TAYLOR FALK, AUDREY GUYETT, IZZY HERB, EMILY JANIA, LUCY JOHNSON, LINDA LICARI, AMY PEARSON, EMILY PONTE, MEAGAN POPP, HANNAH POZEZINSKI, GRACE SAMUELSON, MARY SNYDER, JOHNNY TARPEY, BRAD WHITEHURST,**

Swimmers with [NEW National "AAA" Times](#) were; **NICK BORYK, KYLE CHAPKO, KRISTEN CZARNECKI, AUDREY GUYETT, IZZY HERB, EMILY JANIA, KYLE LEWARCHICK, LINDA LICARI,**

Swimmer with a [NEW National "AAAA" Times](#) was; **KRISTEN CZARNECKI, KYLE LEWARCHICK,**

Swimmers with [NEW ISI Regional Championship Time Standards](#) were; **ANTHONY BLISS, HENRY BLISS, NICK BORYK, AUSTIN CABEL, JOHN CRANFILL, RYAN CZARNECKI, RYAN FALK, SIBA FILIPOVIC, HANNAH GURSKY, AUDREY GUYETT, MONICA GUYETT, IZZY HERB, MARY JANIA, DEVIN NEISES, AMY PEARSON, EMILY PONTE, HANNAH POZEZINSKI, GRACE SAMUELSON, MARY SNYDER, JOHNNY TARPEY** and **BRAD WHITEHURST.**

Swimmers with [NEW ISI Age Group Championship Time Standards](#) were; **HENRY BLISS, KYLE CHAPKO, KRISTEN CZARNECKI, RYAN FALK, STEPHANIE GARVIN, AUDREY GUYETT, ERIN HART, IZZY HERB, EMILY JANIA, LUCY JOHNSON, LINDA LICARI, AMY PEARSON, JOHNNY TARPEY** and **BRAD WHITEHURST.**

Swimmer with a [NEW ISI Senior Championship Time Standard](#) was; **MARY SNYDER.**

St Charles Swim Team Swimmers that won individual events over the weekend were; **NICK BORYK, KYLE CHAPKO, KRISTEN CZARNECKI, AUDREY GUYETT, KYLE LEWARCHICK, LINDA LICARI, MEAGAN POPP, EMMA SMITH** and **LAUREN ZIMA.** **LINDA LICARI** won every event she swam, 10 events for the entire weekend. Congratulation to All the SCST Event Winners!

SCST Swimmers that won High Point for their Age Groups were; **LINDA LICARI** (9-10 Girls), **KYLE LEWARCHICK** (9-10 Boys), **KRISTEN CZARNECKI** (11-12 Girls) and **NICK BORYK** (11-12 Boys), SCST made an impact on the meet!

3 SCST Swimmers set 4 NEW Team Records over the Weekend; **LINDA LICARI** set a New Team Record in the 9-10 Girls 400 Free with a time of 5:27.07 breaking the old record of 5:28.03 set by Olivia Scott in 2003. **KRISTEN CZARNECKI** set a New Team Record in the 11-12 Girls 200 Back with a time of 2:40.47 breaking the old record of 2:40.51 set by Jody Peterson in 2004. And **KYLE LEWARCHICK** set two New Team Records over the weekend. The first was the 9-10 Boys 200 Free where he swam a 2:24.65 breaking the old, very old record of 2:27.25 set by Mark Lambert in 1978. **KYLE** then swam a 5:08.31 in the 9-10 Boys 400 Free breaking the old record set by Curtis Daw in 1998. Great Job SCST!

SCST did well this weekend, our next meet is the SCST Summer Classic, so far this season our first two meets have set the standard very high for the Summer Classic. SCST needs to be ready to perform as a TEAM! And so far we only have 161 swimmers out of 280 registered athletes signed up for the meet, not looking like a very good TEAM competition so far. Keep up the hard work and swimmers you will see results for your efforts.

"There is no substitute for hard work." [Thomas Edison](#)



### HOTEL INFORMATION for SCST TRAVEL MEETS

#### 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



### 3. NAVY SEAL FITNESS CHALLENGE

Check out the latest and greatest results at [USA Swimming](#)! SCST Swimmers ranked in the Top 25; Female **MARY SNYDER (7TH)**, **LAUREN ZIMA (12TH)**, **ERIN HART (14TH)**, **LAURA LICARI (20TH)**; Male **SPENCER GRAY (11TH)**, **JOSH KANUTE (22ND)** **CHRIS DIETER (23RD)** and as a Team we should be a lot better!

### 4. SCST SUMMER CLASSIC, A NOTE FROM THE MEET DIRECTORS

SCST Families, we still have a lot of open volunteer spaces for the 2011 Summer Classic. Please visit Supermeets to sign up for your volunteer position. This meet will take place over 4 days and we need a complete Team Effort to have this Meet run smoothly. This is our Biggest Meet of the summer and the Long Course Seasons Biggest fundraiser for our club!

SCST needs you to go to Supermeets Right Now and Sign Up to Work!

SCST needs -

- Thursday PM—Hospitality
- Friday AM Session—Announcer, Console and Safety Marshal/Medical
- Friday PM Session—Concessions, Hospitality, Safety Marshal and Safety Marshal/Medical
- Saturday AM—Console and Grilling

We need YOU to run Quality Competitions!

Thank You

SCST Meet Directors

### 5. SCST SUMMER CLASSIC, MEET SIGN UP

Meet sign up for the 2011 SCST TYR Summer Classic will close June 2nd. Any entries after the 2nd will be charged a \$20.00 late fee. We currently have 161 swimmers out of 278 swimmers. Do Not wait till the last minute! Go to [www.stcswim.com](http://www.stcswim.com) to sign up.



### 6. WEST CHICAGO SUMMER SPLASH, MEET SIGN UP

If you missed the deadline for the West Chicago Summer Splash the late deadline has been extended to Wednesday, May 25th with the \$20.00 late fee.



### 7. SCST TEAM PICTURES

Team Pictures will be ready for pick up by Friday, May 27th at the Norris Rec. Center.

### 8. WE NEED YOU! BECOME A CERTIFIED USA/ISI OFFICIAL

The St. Charles Swim Team has had a long tradition of having a large group of volunteer officials. SCST Officials are the best! And we need you to join them. As an official you get the best seat in the house, right on deck. You will get free hospitality at meets and yes there is more FREE ADMISSION! All kidding aside you do help with the development of athletes in the great sport of competitive swimming and that is why we are ALL at the pool. Become a part of the sport.

For more information on becoming a certified USA/ISI Swimming Official visit [Illinois Swimming](#) or [USA Swimming](#) Websites. Each site has a wealth of information on this important part of our sport.



Questions about becoming an Official with the St. Charles Swim Team email your questions to Al Reynolds at [xfl5@sbcglobal.net](mailto:xfl5@sbcglobal.net). Or if you see any of these individuals around the pool feel free to talk with them about becoming an Official; **John Garvin, John Gray, Maria Gray, Stephen Hollman, Eric Peterson, Al Reynolds, Kevin Scott, Susie Shanell, Bill Shanell, Judy Soule, Pat Steele, Randy Taverne, Charlene Thompson, Cathy Venlos, Dave Venlos, Sue Watts, Ann Widdowson or Jack Yetter.**



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We need you, come be a part of the Team.

### 9. MAKING THE BEST OF WHAT SPACE YOU HAVE

The St Charles Swim Team thought that we made the best of what space we had during a majority of the 2010-2011 Short Course Season, we should have seen this video before we started the season it could have given us some help on designing the practice schedule. SCST will try to never complain about space issues again, we will create a solution with what we have available. Follow this [link](#) to see the optimizing of space, just be careful if you ever shop there.