

Proud Sponsors of St. Charles Swimming



## 1. PRACTICE INFORMATION

**NO PRACTICE, FRIDAY AFTERNOON May 28<sup>th</sup>** for the **PRE NATIONAL** and **SENIOR TEAMS** due to the Patriot Aquatic Club May Melee.

**NO PRACTICE, SATURDAY May 29<sup>th</sup>** for the **BLUE, WHITE, BLACK** and **SENIOR TEAMS** due to the Patriot Aquatic Club May Melee.

**NO PRACTICE, SUNDAY May 30<sup>th</sup>** for the **PRE NATIONAL** and **SENIOR TEAMS** due to the Patriot Aquatic Club May Melee.

**NO PRACTICE, MONDAY May 31<sup>st</sup>** for the **ORANGE, BLUE, WHITE, BLACK, PRE NATIONAL** and **SENIOR TEAMS**; have a wonderful **MEMORIAL DAY!**

**PRACTICE CHANGE**, beginning June 7<sup>th</sup> we will be moving to our Summer Practice Schedule till the End of the Season.

### ORANGE TEAM

Monday & Wednesday @ NRC 500-600pm  
 Friday @ SCN 500-600pm

### BLUE TEAM

Monday & Wednesday @ NRC 900-1030am  
 Tuesday & Thursday @ SCN 830-1000am  
 Friday @ SCN 900-1030am

### WHITE & BLACK TEAMS

Mon, Wed & Fri @ SCN 800-1000am  
 Tuesday & Thursday @ NRC 900-1030am  
 Tuesday & Thursday @ NRC 500-630pm  
 Saturday @ SCN 800-1000am

### PRE NATIONAL TEAM

Monday & Friday @ NRC 900-1100am  
 Tuesday & Thursday @ NRC 815-1100am  
 Wednesday @ POTT 630-830am  
 Saturday @ NRC 745-1030am

### SENIOR TEAM

Monday thru Friday @ SCN & NRC 600-900am  
 Monday thru Friday @ NRC 330-500pm  
 Monday thru Thursday @ SCN 500-630pm  
 Tuesday & Thursday @ SCN 400-515pm  
 Thursday & Friday @ POTT 630-830am  
 Saturday & Sunday @ NRC 700-900am

## 2. 2010 PATRIOT AQUATIC CLUB MAY MELEE

This weekend is the [Patriot Aquatic Club May Melee](#) the meet will be swum at Stevenson High School (1 Stevenson Drive, Lincolnshire, IL 60069) ([Google maps](#)). This facility is the host site for the 2010 Illinois Swimming Long Course Age Group Championship Meet.

### Meet Schedule

Friday PM - 12 & Under / 13 & Over

Warm-Up Begins 5:00pm  
 Meet Starts 6:00pm

Saturday & Sunday AM - 10 & Under

Warm-Up Begins 7:00am  
 Meet Starts 8:00am

Saturday PM - 13 & Over

**Adjusted Warm-Up & Start Times!**  
 Warm-Up Begins 1:00pm  
 Meet Starts 2:00pm

Sunday PM - 13 & Over

Warm-Up Begins 12:00pm  
 Meet Starts 1:00pm

## 2010 Spring / Summer Long Course meet Schedule

Follow the link to Meet Information

**May 28, 29 & 30**

**ENTRY CLOSED**

[PATRIOT AQUATIC CLUB MAY MELEE](#)

(Team Meet) @ Stevenson High School

**June 10, 11, 12 & 13**

**Sign Up Deadline June 1<sup>st</sup>**

[SCST SUMMER CLASSIC](#) (Team Meet) @

Norris Rec Center

**June 25, 26 & 27**

**ENTRY CLOSED**

[NASHVILLE AQUATIC CLUB SUMMER](#)

[SIZZLER](#) (Team Travel Meet) @ Centennial Sportsplex & Williamson Co. Indoor Sports Complex

**June 25, 26 & 27**

**ENTRY CLOSED**

[WEST CHICAGO SHARKS SUMMER](#)

[SPLASH](#) (Team Meet) @ University of Illinois Chicago

**July 9, 10 & 11**

**Sign Up Deadline May 31<sup>st</sup>**

[PALATINE SWIM TEAM SUMMER SPLASH](#)

(Team Meet) @ Birchwood Pool Palatine Park District

**July 15, 16, 17 & 18**

[ISI SENIOR CHAMPIONSHIPS](#) (Qualifier) @

Northwestern University

**July 17 & 18**

**Sign Up Deadline July 9<sup>th</sup>**

[ENDLESS SUMMER QUALIFIER](#) (Team Meet)

@ Norris Rec. Center

**July 21, 22, 23, 24 & 25**

[CENTRAL ZONE SECTION 1 SECTIONAL](#)

(Qualifier) @ Minneapolis, MN

**July 23, 24 & 25**

[ISI REGIONAL CHAMPIONSHIPS](#)

(Qualifier) @ University of Illinois Chicago

**July 30, 31 & August 1**

[ISI AGE GROUP CHAMPIONSHIPS](#)

(Qualifier) @ Stevenson High School

**August 3, 4, 5, 6 & 7**

[USA NATIONAL CHAMPIONSHIPS](#)

(Qualifier) @ Irvine, CA

**August 5, 6, 7 & 8**

[CENTRAL ZONE SENIOR](#)

[CHAMPIONSHIPS](#) (Qualifier) @ Bismarck, SD

**August 6, 7 & 8**

[CENTRAL ZONE 14 & UNDER](#)

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

**August 9, 10, 11, 12 & 13**

[USA JUNIOR NATIONAL](#)

[CHAMPIONSHIPS](#) (Qualifier) @ Irvine, CA

## 2. 2010 [PATRIOT AQUATIC CLUB MAY MELEE](#) (continued)

### Important Meet Information

This is a positive check-in meet, so all swimmers need to check-in before they enter the pool for warm-up. If your swimmer doesn't check-in they will be scratched from the meet. Please have your swimmers at the facility with enough time to Check-In and Get Ready.

PAC will be using the Stevenson High School Field House for athletes and their families to relax as they wait for their events. Concessions and vendors will be in the Field House.

Swimmers will not be allowed to bring their swim bags onto the Pool Deck.

For the most up to date information about the meet this weekend please visit the [Patriot Aquatic Club Website](#).

## 3. PATRIOT AQUATIC CLUB MAY MELEE TEAM GOALS

The 2<sup>nd</sup> meet of the season is now here and SCST has a lot of work ahead of the Team in a very short time; Championship Season begins July 15<sup>th</sup>.

There are 7 Team Goals SCST will be working at the Meet –

- **Be Early to Warm-Ups;** 15 minutes is a minimum! This is the most important time for a swimmer at a competition.
- **Swimmers will not miss events;** swimmers are there to compete, do not miss your swim!
- **SCST will have NO Disqualifications;** Swim Smart!
- **SCST (Swimmers, Coaches and Parents) will have a uniform appearance;** Be proud to be apart of SCST! Wear SCST apparel only!
- **Parent Volunteering;** SCST is a guest at away meets. Help time and officiate when we attend an away meet. Let's be prepared and not have Patriot Aquatic Club call for SCST.
- **SCST Swimmers will display Team Spirit;** cheer for your teammates!
- **EVERYONE HAVE FUN & SWIM FAST!**

SCST Swimmers have been working hard on details at practice, take care of the details and the larger goals will be easier to overcome.

## 4. SUPPORTING YOUR CHILDREN IN SPORTS

*Adapted from "News for Swim Parents" Published by the American Swimming Coaches Association.*

Parents can help their kids feel that they can reach goals they've set for themselves with effort, perseverance, and just a little patience. From PARENTS magazine, here are 7 ways to help your youngster do their best.

- 1. Support their efforts.** Listen to your child's dreams, goals, and ideas and help them to work out the steps of those that seem attainable by organizing them into do-able parts.
- 2. Encourage follow-through.** Praise task completion and encourage them to carry on when the initial excitement fades. Relate your struggles to complete tasks and your satisfaction at having achieved a goal.
- 3. Offer reinforcement or reward.** Give incentive for better efforts, not just accomplishments. Keep a chart with stars tracking progress and reward the task's completion, not its grade. Younger children need quicker rewards and briefer tasks.
- 4. Recognize their success level.** When children reach a point of frustration, learning specialists advocate you help them return to a level where they feel successful. Then their enthusiasm will return.
- 5. Involve others.** Tell teachers and coaches that it's more important to you that your child feel successful than to come out on top. Making your values clear to them can make them more effective in helping your child.
- 6. Point out effort in others.** Make your child aware of how others work hard at their daily activities, so they know they're not alone in trying, overcoming discouragement, meeting challenges, and succeeding.
- 7. Praise him for trying.** Point out how much you appreciate your child's doing something that may be difficult for him. Applied to schoolwork, sports or other pursuits, these devices can help kids develop a "can-do" attitude.

## 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	<a href="#">Jon Cabel</a>
Head Senior Coach	<a href="#">Tim Lewarchuk</a>
Pre National Team	<a href="#">Jon Cabel</a>
Black Team	<a href="#">Brian Mitchell</a>
White Team	<a href="#">Denise Mitchell</a>
White Team Asst. Coach	<a href="#">Matt Munz</a>
Blue Team	<a href="#">Mary Dauw</a>
Blue Team Asst. Coach	<a href="#">Sara Quinn</a>
Blue Team Asst. Coach	<a href="#">Tim Lewarchuk</a>
Orange Team	<a href="#">Laurie Chokran</a>
Orange Team	<a href="#">Kent Pearson</a>
Junior Swim Team	<a href="#">Colleen</a>
<a href="#">Kuszynski</a>	
Junior Swim Team	<a href="#">Anna Hutchinson</a>

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](mailto: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	<a href="#">Bill Shanel</a>
Vice President	<a href="#">Craig Popp</a>
Secretary	<a href="#">Julie Jesko</a>
Treasurer	<a href="#">Tamara Phelan</a>
Meet Directors	<a href="#">Lori Falk &amp; AJ Jania</a>
Escrow	<a href="#">Jeanne Egizio</a>
Fundraising	<a href="#">Lisa McCormack</a>
Officials Chair	<a href="#">Al Reynolds</a>
Apparel	<a href="#">Janine Staudacher</a>
Senior Team Rep.	<a href="#">Colleen Clay</a>
Age Group Rep.	<a href="#">Carla Summers</a>
Registration	<a href="#">Ann Bindseil &amp; Mary Dieter</a>
Publicity	<a href="#">Pam Waslawski</a>
Head Coach	<a href="#">Jon Cabel</a>
Volunteer Coordinator	<a href="#">Cathy Snyder</a>

## 5. NOTE FROM THE MEET DIRECTORS, 2010 SCST / TYR SUMMER CLASSIC

Parents we still have a lot of open volunteer spaces for 2010 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 fund raiser for our club.

Please, let us know if you need the orange Volunteer shirts so we can order you one.

Thank you 2010 Long Course Meet Directors,

[stcswimmeetdirector@stcswim.com](mailto:stcswimmeetdirector@stcswim.com)

Natalya Filipovic, Dean Koch, Lori Falk and AJ Jania

## 6. "GO FOR 5" TO HELP THREATENED COLLEGE SWIMMING PROGRAMS

Go For 5! Is a campaign to mobilize the swimming community, industry at large, and all of their friends, colleagues and relatives in the pursuit of a common goal. That goal being, halt the deterioration of collegiate swimming and preserve the sport for generations to come.

Over the last five years, 46 Division I men's teams have been cut for funding and Title IX reasons. Once comprising over 65% of the Division I teams, men's teams now only comprise 40% of member associations. Cuts have also been experienced on the Division II and III collegiate levels.

In an attempt to halt the deterioration of college swimming nationwide, the Duquesne men's swimming team, parents, alumni and students have developed the "Go for 5!" initiative, although the "Go For 5!" campaign was developed in response to the loss of men's swimming at Duquesne University on 1/25/10, the campaign's vision is much broader.

Endorsed by the College Sports Council, USA Swimming and the College Swimming Coaches Association, the "Go For 5!" program goal is to reach one million people with a request to donate money in the increments of \$5. A large component of all college administration cuts is purportedly due to the lack of finances to keep programs solvent, as well as Title IX concerns. The "Go For 5!" program serves as a solution to both concerns. "Go For 5!" will be an ongoing campaign in order to provide financial and infrastructural support to needy programs

"Go For 5!" intends to prove the amazing impact \$5 can have on saving collegiate swimming. Help them reach their goal! To find more information about "Go For 5!" visit [www.gofor5.org](http://www.gofor5.org).

## 7. SO YOU THINK YOU ARE TOUGH?

When a swimmer is practicing and it starts to get difficult remember what these two ladies must have done to achieve their goals. If you have not heard about these two swimmers; [Lynne Cox](#) and [Penny Palfrey](#), then you really aren't a swimming fanatic!



Most recently [Penny Palfrey](#), a 47 year old grandmother attempted to swim the 72-mile stretch of the Kaieiewaho Channel completely solo without aid from anyone, but she couldn't quite make it. Attempting such a feat would have been (as the Honolulu Adviser puts it) "the longest, unaided, nonstop" ocean swim in history. However, [Penny](#) encountered the dreadful Portuguese Man-O-War and had to stop her swim. To read more about this attempt follow the link provided; [Heroic Effort Stopped by Portuguese Man-O-War Venom](#).



[Lynne Cox](#) is best known for being the first person to swim 1.2 miles in Neiko Harbor located in the Antarctica, taking only 25 minutes. Lynne wrote about her experience in her book "[Swimming to Antarctica](#)". Lynne began her Open Water Swimming in 1971 at the age of 14 when she swam across the Catalina Channel with a group of teenagers. A year later she swam across the English Channel shattering the Men's and Women's world records with a time of 9 hours and 57 minutes. In 1973 she broke the Men's world record with a time of 9 hours and 36 minutes. From 1973 to 2002 Lynne swam; [Cook Strait](#) which is between North and South Islands of New Zealand, [Oresund](#) which is between Denmark and Sweden, the [Strait of Magellan](#), the [Aleutian Islands](#), [Cape of Good Hope](#), Joga Shima Island in Japan, the 3 Lakes of New Zealand's Southern Alps, 12

major waterways across the US, [Bering Strait](#), [Lake Baikal](#) in Russia, [Beagle Channel](#) between Argentine and Chile, [Lake Titicaca](#) from Bolivia to Peru, [Gulf of Agaba](#) and 12 extremely challenging waterways some that had never been attempted in what is called "Around the World in 80 days".

Remember the next time you think something is difficult; think of what these two women had to do to accomplish their goals.

## TEAM MANAGER ONLINE

SCST Entries and Results

([Team Stats Online](#))

Tsunami Swimming 2010 - check us out on the web [www.stcswim.com](http://www.stcswim.com)