

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**, for the **ORANGE TEAM** this summer beginning Monday, June 13th will be 4:00-5:00pm at St. Charles North High School.

**PRACTICE CHANGE**, Monday, May 6h for the **ORANGE TEAM** practice will be 6:00-7:00pm at St. Charles North High School.

**PRACTICE CHANGE**, Monday, May 6th for the **BLUE TEAM** practice will be 5:00-6:30pm at St. Charles North High School.

**NO AFTERNOON PRACTICE**, Thursday, June 9th for the **BLUE, 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. SCST SUMMER CLASSIC

This will be the biggest meet we host this long course season! There will be a lot of swims this weekend and the SCST Coaching Staff is looking forward to seeing where SCST is at the mid point of our season. To make this a great meet where swimmers perform well we need volunteers! There are still openings, please make sure you visit SuperMeets to sign up to work. It will take Team Work to make this an outstanding competition!

The SCST Summer Classic will be held at the Norris Rec. Center (1050 Dunham Road, St. Charles, IL)

**NOTICE!!!** This is a 3 and a quarter day meet!

### Meet Schedule

**Thursday PM** (12 & Under 400 Free & Open 800 Free)

Warm-Up 4:00pm      Start 5:00pm

**Friday, Saturday & Sunday AM** (9-10 / 11-12)

Warm-Up 7:00am      Start 8:00am

**Friday PM** (13 & Over)

Warm-Up 12:00pm      Start 1:00pm

**Saturday & Sunday PM** (8 & Under / 13 & Over)

Warm-Up 12:00pm      Start 1:00pm

During the meet, weather permitting, swimmers will have the opportunity to sit outside. Swimmers and Parents you are not allowed to use the doors on the south side of the building. You will need to use the entrance on the east side of the building located on the back deck. And enter thru the back lobby of the Norris Rec. Center.

SCST did a good job with our Team Goals at the SWAC Meet, achieving 8 out of our 9 goals over the weekend. This weekend SCST will need to be at our best to achieve our Goals for the weekend.

- **SCST Be Early to Warm-Ups**, a good warm-up is vital to a swimmers success at a meet! We are at our home facility DO NOT BE LATE!

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. SCST SUMMER CLASSIC (continued)

- **SCST will have more than 900 improved swims over seed times.** At the 2010 SCST Summer Classic, SCST had 793 improved swims, be better!
- **SCST will have less than 1% missed swims,** Swimmers it is your job to be where you need to be.
- **SCST will have less than 4% disqualifications,** Last year SCST had 56 DQ's that was 4% of our swims. Be Better than last Season. Swimmers do things right and you will have a better chance at being successful.
- **SCST Swimmers will RACE EVERY EVENT, START to FINISH!**
- **SCST Swimmers will display Team Spirit!**
- **SCST Parent Volunteering,** be a part of the success.
- **SCST Swimmers and Parents will have a uniform appearance, Thursday—** Make it a Black Out! Wear a Black SCST T-Shirt, if your swimmer does not have a Black Team Shirt, wear a Black T-Shirt, **Friday –** SCST Blue Raised Lettering Shirt , **Saturday –** SCST Grey Summer Long Course Shirt and **Sunday –** Your Favorite SC Shirt
- **SCST HAVE FUN & SWIM FAST,** they go together!
- **SCST Swimmers** at the end of each session YOU will pick up your Team Area before leaving, Inside and Out! It is not the job of the Volunteers to pick up after you.

"The time is always right to do what is right." Martin Luther King Jr.

Swimmers Entries are posted on the St. Charles Swim Team Website, follow the [link](#) provided.

## 3. SCST SUMMER CLASSIC from the MEET DIRECTORS

SCST Families, there are still a lot of open volunteer spaces for the 2011 Summer Classic. Please visit SuperMeets to sign up for your volunteer positions. This meet will take place over 3 and quarter days. We need a complete Team Effort to have the Summer Classic Run Smoothly.

This is SCST's 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 these positions filled before the weekend -

Friday AM Session—Heat Winner and Console

Friday PM Session—2 positions for Concessions, 2 positions for Hospitality and Safety Marshal/Medical

Saturday PM Session—Timers

SCST is know to Run Outstanding Meets, be a part of the Team and help run the best meet in Illinois this summer. Help provide the best environment for our swimmers and the visiting swimmers.

Thank you

SCST Meet Directors

## 4. SCST APPAREL INFORMATION

The 2011 Long Course T-Shirts are in, if your swimmer(s) have not received their T-Shirt they are located in the SCST Coach's Office at the Norris Rec. Center. The shirts are in baskets labeled with your swimmers training group. T-Shirts have your swimmer's name on them also. Do not take more than your just your swimmer(s) shirt.

Extra 2011 Long Course T-Shirts are available for purchase. These are limited and the sizes run from small to 2XL. The cost is \$15.00. Please contact Linda Popp at [lpopp@aol.com](mailto:lpopp@aol.com) for purchase.

## 5. USA SWIMMING SPLASH MAGAZINE GOES DIGITAL

USA Swimming's award winning [Splash Magazine](#) is now available in a digital format. Get up to date National Team news, training tips, photos and event coverage like the print edition, but now with some special online enhancements. Access each issue with the web browser on your mobile phone. These are just a few of the capabilities the digital edition of [Splash](#) offers. In the [May-June issue](#), there is a break down of the mechanics of each of the four strokes.



## HOTEL INFORMATION for SCST TRAVEL MEETS

### NASHVILLE SUMMER SIZZLER

Courtyard by Marriott  
1901 West End Road  
Nashville, TN  
615-327-9900

### 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  
1-262-942-6000

## 6. SCST TEAM PICTURES

Team Pictures are in the mailboxes. Any SCST Family interested in individual portraits please contact Stephanie Bawolek at [djbsab91@sbcglobal.net](mailto:djbsab91@sbcglobal.net).



## 7. 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](http://IllinoisSwimming.com) or [USA Swimming](http://USASwimming.com) 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 [xf15@sbcglobal.net](mailto:xf15@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, Kelly Prigge, Al Reynolds, Kevin Scott, Susie Shanel, Bill Shanel, Judy Soule, Pat Steele, Randy Tavierne, Charlene Thompson, Cathy Venlos, Dave Venlos, Sue Watts, Ann Widdowson or Jack Yetter.**

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

