

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

PRACTICE CHANGE, Thursday, June 23rd for the **BLUE TEAM** practice will be 9:00-10:30am at the Norris Rec. Center

PRACTICE CHANGE, Thursday, June 23rd for the **WHITE TEAM** practice will be 9:00-10:30am at the Norris Rec. Center

PRACTICE CHANGE, Thursday, June 23rd for the **GOLD TEAM** practice will be 7:00-9:00am at the Norris Rec. Center

PRACTICE CHANGE, Thursday, June 23rd for the **SENIOR TEAM** practice will be 7:00-9:00am at the Norris Rec. Center

PRACTICE CHANGE, Friday, June 24th for the **SENIOR TEAM** practice will be 7:00-9:00am at the Norris Rec. Center

NO PRACTICE, Friday, June 24th for the **BLUE, WHITE** and **GOLD TEAMS**

NO PRACTICE, Saturday, June 25th for the **SENIOR TEAMS**

NO PRACTICE, Sunday, June 26th for the **GOLD** and **SENIOR TEAMS**

NO Morning PRACTICE, Monday, June 27th for the **GOLD** and **SENIOR TEAMS**

2. SCST SUMMER CLASSIC

What a Great Weekend SCST had at the 2011 Summer Classic. It was a complete Team Effort; Swimmers, Coaches and Parents, Everyone did an outstanding job!

SCST achieved 9 out of 10 Goals at this years Summer Classic.

- **SCST Be Early to Warm-Ups**, SCST did a good job on being early to warm-up.
- **SCST will have more than 900 improved swims over seed times.** In 2010 SCST achieved 793 improved swims, this year we came away with 823, 77 short of our goal.
- **SCST will have less than 1% missed swims**, this was outstanding for SCST over the whole weekend SCST only missed 3 swims out of 1764 swims.
- **SCST will have less than 4% disqualifications**, SCST came away with 3% of our swims disqualified.
- **SCST Swimmers will RACE EVERY EVENT, START to FINISH!**
- **SCST Swimmers will display Team Spirit!**
- **SCST Parent Volunteering**, Parents thank you for your time.
- **SCST Swimmers and Parents will have a uniform appearance**, As a Team we did well but we could be better.
- **SCST HAVE FUN & SWIM FAST**, we did both.
- **SCST Swimmers clean up their trash**, SCST did a good job but it can be a lot better.

The SCST Swimmer that dropped the most time in one event goes to a swimmer who dropped 94.96 seconds in their 800 Free, Congratulations **DEVIN NEISES** on an Outstanding Swim!

Swimmers who achieved a Lifetime Best in every event they swam over the weekend were; **ALI ANDROS, MATTHEW ARRAMBIDE, NATHAN BAWOLEK, PAYTON BAXTER, KATHERINE BENJAMIN, BREANA CARLINO, ROSS DAVIS, ANNA DUFRESNE, ERIC DUNBAR, BRIAN ENGLERT, SEAN GALLE, SARAH GIBSON, RYAN HAMILTON, MAYA HEATH, STEPHEN HUTCHINSON, GRACE JANIA, SARAH KOCH, KELLY KONICEK, KRISTIN KOWALESKI, KENZIE KUZMANIC, AUSTIN LAMP, KATE LILLIE, SARA LOCHMUELLER, JACK McNULTY, EMMA McSPADDEN, MORGAN MEADOR, CLAIRE MORGAN, GIA NAVARRO, JENNI ORZOLEK, DIVYA PATEL, NILAN PATEL, ENZO PIGA, JOEY QUAN, GRACE QUINN, SAMMIE SASH, GIANNA SHAW, ALLY TARPEY, MARIA TAVIERNE, NICK TRAXLER, CALVIN WINDLE, MOLLY YETTER and JULIA ZIMA.**

2011

Long Course Meet Schedule
Follow Meet Link for
Meet Information

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

Swimmers with [NEW National "B" Times](#) were; ALI ANDROS, MIKE BARROWCLIFT, CARLY BARTON, COLLIN BAWOLEK, PAYTON BAXTER, ANDREW BORSE, MAGGIE BORSE, CASSIE BOYLE, MATT BORYK, AUSTIN CABEL, ROSS DAVIS, ERIC DUNBAR, ANNA DUFRESNE, BRIAN ENGLERT, OLIVIA ENGLERT, SEAN GALLE, TORI GARCIA, BRITTA GESELL, SARAH GIBSON, MONICA GUYETT, RYAN HAMILTON, HALEY HANEBERG, KALIE KOCH, KELLY KONICEK, AUSTIN LAMP, MARISSA LAWRENCE, KAYLEIGH LEWIS, HARRISON LIAO, SARA LOCHMUELLER, SYDNEY MAXWELL, JACK McNULTY, PAYTON MITCHELL, RYAN MITCHELL, OWEN MRUK, JOE MUEHLSCHLEGEL, GIA NAVVARO, JENNI ORZOLEK, ERIC PALMQUIST, REBECCA PALMQUIST, DIVIYA PATEL, NILAN PATEL, HANNAH PEARSON, KELLIE PELTIER, LESLLIE POZEZINSKI, GRACE QUINN, JOHN QUINN, SARA QUINN, JOEY REITER, KRISTEN ROGERS, SARAH SANDECKI, SAMMIE SASH, ANNIKA SCHMIDT, ALEXIA SCOTT, CLAIRE SEBASTIAN, GIANNA SHAW, KATIE STEELE, ALYCE TAUER, THAD THOMPSON, NICK TRAXLER, NICK WELLMAN, MAGGIE WHITEHURST, NICK WOLFF, SEAN YETTER, CHARLIE YOUNG and JULIA ZIMA.

Swimmers with [NEW National "BB" Times](#) were; ALI ANDROS, MIKE BARROWCLIFT, COLLIN BAWOLEK, NATHAN BAWOLEK, NATE BAXTER, ANTHONY BLISS, ANDREW BORSE, CASSIE BOYLE, KATIE CANTRELL, GABBY CESARONE, ROSS DAVIS, RACHEL DeVRIES, KYLE DUNLAP, ZACK ECKSTROM, BRIAN ENGLERT, SIBA FILIPOVIC, JACKIE FISHER, BRIDGET FLESHER, SEAN GALLE, AUDREY GUYETT, MONICA GUYETT, RYAN HAMILTON, MAYA HEATH, JOE HOLLMAN, STEPHEN HUTCHINSON, MARY JANIA, SYDNEY JESKO, KAYLA JONES, KALIE KOCH, MEGAN KOCH, KELLY KONICEK, GRACE KOS-DONDLINGER, KRISTIN KOWALESKI, AMANDA KURAL, MARISSA KURALL, EMMA KUSZYNSKI, KENZIE KUZMANIC, BRANDON LACH, AUSTIN LAMP, KAYLEIGH LEWIS, SARA LOCHMUELLER, JACK McNULTY, EMMA McSPADDEN, PAYTON MITCHELL, JOE MUEHLSCHLEGEL, MATT NAGLER, DEVIN NEISES, ANNA O'MALLEY, JENNI ORZOLEK, REBBKA PALMQUIST, DIVIYA PATEL, NILAN PATEL, HANNAH PEARSON, KALLIE PELTIER, GABBI POMPILIO, HANNAH POZEZINSKI, JOEY QUAN, GRACE QUINN, JOHN QUINN, JOEY REITER, KRISTEN ROGERS, GRACE SAMUELSON, HANNAH SAUNDERS, CLAIRE SEBASTIAN, GIANNA SHAW, AUSTIN STAPPELLA, KATIE STEELE, ALYCE TAUER, MARIA TAVIERNE, THAD THOMPSON, JOSTIN TRINIDAD, JILLIAN WASLAWSKI, NICK WASTTS, SOPHIE WATTS, NICK WELLMAN, MAGGIE WHITEHURST, CALVIN WINDLE, FRANCIS YIP and JULIA ZIMA.

Swimmers with [NEW National "A" Times](#) were; MIKE BARROWCLIFT, NATE BAXTER, ANTHONY BLISS, HENRY BLISS, DOMINIQUE CARRAVETTA, GABBY CESARONE, AVIE CHRUSCHWELL, RYAN CZARNECKI, ALEX DUFFY, ZACH ECKSTROM, SIBA FILIPOVIC, BRIDGET FLESHER, KENDALL FORD, STEPHANIE GARVIN, BRITTA GESELL, ASHLEY GLADIS, MONICA GUYETT, MEEGAN HART, COOPER HAWKINS, KEEGAN HAWKINS, IZZY HERB, ELLIE HUTCHINSON, STEPHEN HUTCHINSON, EMILY JANIA, SYDNEY JESKO, LUCY JOHNSON, KAYLA JONES, KRISTIN KOWALESKI, NICK KOWALESKI, EMMA KUSZYNSKI, NATHAN KUSZYNSKI, KENZIE KUZMANIC, BRANDON LACH, AUSTIN LAMP, EMMA McSPADDEN, MATT NAGLER, HANNAH POZEZINSKI, JOEY QUAN, JOEY REITER, GRACE SAMUELSON, WILL SHANEL, AUSTIN STAPPELLA, NICK TRAXLER, JOSTIN TRINIDAD, JILLIAN WASLAWSKI, SOPHIE WATTS, ALISON WESSEL, BRAD WHITEHURST, KAYLA WIDDOSON and FRANCIS YIP.

Swimmers with [NEW National "AA" Times](#) were; MIKE BARROWCLIFT, TJ BINDSEIL, HENRY BLISS, KYLE CHAPKO, CHRIS DIETER, RYAN FALK, ASHLEY GLADIS, SPENCE GRAY, AUDREY GUYETT, MONICA GUYETT, ERIN HART, KEEGAN HAWKINS, IZZY HERB, HEATHER HOUSE, STEPHEN HUTCHINSON, EMILY JANIA, NATHAN JESKO, SYDNEY JESKO, LUCY JOHNSON, EMMA KUSZYNSKI, KYLE LEWARCHICK, KATIE NAGLER, ANNA O'MALLEY, AMY PEARSON, WILL SHANEL, ANNE TAVIERNE and FRANCIS YIP.

Swimmers with [NEW National "AAA" Times](#) were; IZZIE BINDSEIL, TJ BINDSEIL, KRISTEN CZARNECKI, AUDREY GUYETT, ERIN HART, KEEGAN HAWKINS, IZZY HERB, HEATHER HOUSE, KYLE LEWARCHICK and MEAGAN POPP.

Swimmers with [NEW National "AAAA" Times](#) were; AUDREY GUYETT and LINDA LICARI.

Swimmers with [NEW ISI Regional Championship Time Standards](#) were; ALI ANDROS, MIKE BARROWCLIFT, NATE BAXTER, ANTHONY BLISS, ANDREW BORSE, CASSIE BOYLE, GABBY CESARONE, KYLE CHAPKO, AVIE CHURCHWELL, KRISTEN CZARNECKI, RYAN CZARNECKI, RACHAEL DeVRIES, KYLE DUNLAP, ALEX DUFFY, ERIC DUNBAR, ZACH ECSTROM, SIBA FILIPOVIC, JACKIE FISHER, SEAN GALLE, BRITTA GESELL, AUDREY GUYETT, MONICA GUYETT, KEEGAN HAWKINS, STEPHEN HUTCHINSON, MARY JANIA, SYDNEY JESKO, LUCY JOHNSON, KAYLA JONES, KRISTIN KOWALESKI, AMANDA KURAL, MARISSA KURAL, KENZIE KUZMANIC, BRANDON LACH, AUSTIN LAMP, MARISSA LAWRENCE, KAYLEIGH LEWIS, JACK McNULTY, EMMA McSPADDEN, MATT NAGLER, DEVIN NEISES, ANNA O'MALLEY, JENNI ORZOLEK, NILAN PATEL, GABBI POMPILIO, HANNAH POZEZINSKI, JOEY QUAN, JOHN QUINN, JOEY REITER, GRACE SAMUELSON, CLAIRE SEBASTIAN, WILL SHANEL, GIANNA SHAW, AUSTIN STAPPELLA, ANNE TAVIERNE, MARIA TAVIERNE, THAD THOMPSON, NICK TRAXLER, JOSTIN TRINIDAD, JILLIAN WASLAWSKI, SOPHIE WATTS, NICK WELLMAN, KAYLA WIDDOWSON, NICK WOLFF, FRANCIS YIP and HANNAH ZIMMER.



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

2. SCST SUMMER CLASSIC

Swimmers with [NEW ISI Age Group Championship Time Standards](#) were; NATE BAXTER, ANTHONY BLISS, HENRY BLISS, KYLE CHAPKO, RYAN CZARNECKI, ZACK ECKSTROM, RYAN FALK, BRITTA GESELL, AUDREY GUYETT, ERIN HART, COOPER HAWKINS, KEEGAN HAWKINS, HEATHER HOUSE, SYDNEY JESKO, LUCY JOHNSON, KRISTIN KOWALESKI, EMMA KUSZYNSKI, NATHAN KUSZYNSKI, BRANDON LACH, LAUREN McCORMACK, EMMA McSPADDEN, KATIE NAGLER, MATT NAGLER, DEVIN NEISES, ANNA O'MALLEY, AMY PEARSON JOEY RIETER, JOSTIN TRINIDAD, BRAD WHITEHURST and FRANCIS YIP.

Swimmer with a [NEW ISI Senior Championship Time Standard](#) was; TJ BINDSEIL, CHRIS DIETER, SPENCE GRAY, AUDREY GUYETT, ERIN HART, NATHAN JESKO and WILL SHANEL.

Swimmer with a [NEW ISI Senior Championship Time Standard](#) was; IZZIE BINDSEIL, TJ BINDSEIL STEPHANIE GARVIN and SARAH SYKSTUS.

St Charles Swim Team Swimmers that won individual events over the weekend were; CARLY BARTON, NATHAN BAWOLEK, NATE BAXTER, PAYTON BAXTER, TJ BINDSEIL, ANTHONY BLISS, HENRY BLISS, MAGGIE BORSE, SARAH BORSE, NICK BORYK, KYLE CHAPKO, NICOLE CHAPKO, KRISTEN CZARNECKI, CHRIS DIETER, ALEC FILIPOVIC, SIBA FILIPOVIC, BROOK FLESHER, BRITTA GESELL, ASHLEY GLADIS, SPENCE GRAY, AUDREY GUYETT, ERIN HART, KEEGAN HAWKINS, MAYA HEATH, IZZY HERB, JOE HOLLMAN, AJ JANIA, NATHAN JESKO, KAYLA JONES, RYAN JOYCE, ALEX KICHKA, SARAH KOCH, ETHAN KOS-DONDLINGER, GRACE KOS-KONDLINGER, HUNTER KOS-DONDLINGER, MARISSA KURAL, NATHAN KUSZYNSKI, BRANDON LACH, AUSTIN LAMP, KYLE LEWARCHICK, JAMES LICARI, LINDA LICARI, SARA LOCHMUELLER, SYDNEY MAXWELL, LAUREN McCORMACK, EMMA McSPADDEN, MORGAN MEADOR, BRYNN MITCHELL, PAYTON MITCHELL, RYANN MITCHELL, AUSTIN MUEHLSCHLEGEL, GIA NAVARO, DEVIN NEISES, ANNA O'MALLEY, NILAN PATEL, HANNAH PEARSON, KALLIE PELTIER, GABBI POPILIO, MEAGAN POPP, HANNAH POZEZINSKI, JOEY QUAN, GRACE QUINN, JOEY REITER, ALLISON RITTER, ADAM SAID, TANNER SCHISLER, SHAUN SEUSCHEK, EMMA SMITH, DELANEY SOULE, TIM STEELE, CAITLIN SUDA, SARAH SYKSTUS, ALLY TARPEY, MARIA TAVIERNE, THAD THOMPSON, KEN TILTGES, OLIVIA TRAXLER, JOSTIN TRINIDAD, LUCY TYKAL, JILLIAN WASLAWSKI, MADDIE WATTS, NICK WELLMAN, ALISON WESSEL, BRAD WHITEHURST, KAYLA WIDDOWSON, NICK WOLFF, SEAN YETTER, FRANCIS YIP, LAUREN ZIMA and HANNAH ZIMMER.

St Charles Swimmers that set 20 NEW Meet Records; PAYTON BAXTER set 4 New 7 year old Girls Meet Records in the 50 Free (43.14), 50 Breast (59.49), 50 Back (52.24) and 50 Fly (53.05). ALEC FILIPOVIC set 2 New 7 year old Boys Meet Records in the 50 Free (41.58) and 50 Back (47.44). AUDREY GUYETT set a New 11-12 Girls Meet Record in the 800 Free (9:58.83). AJ JANIA set a New 6 & Under Boys Meet Record in the 50 Fly (1:49.06). EHTAN KOS-DONDLINGER set 2 New 7 year old Boys Meet Records in the 50 Breast (58.17) and 50 Fly (56.27). KYLE LEWARCHICK set 5 New 9-10 year old Boys Meet Records in the 400 Free (5:14.66), 200 Free (2:26.50), 50 Free (31.90), 200 IM (2:53.24) and 100 Free (1:08.70). NILAN PATEL set 1 New 8 year old Boys Meet Record in the 50 Breast (1:00.62). MEAGAN POPP set 1 New 13-14 Girls Meet Record in the 100 Breast (1:17.64). EMMA SMITH set 2 New Senior Girls Meet Records 800 Free (9:19.21) and 400 IM (5:05.66) and LAUREN ZIMA set 1 New Senior Girls Meet Record in the 200 Fly (2:18.58).

SCST Swimmers set 2 NEW Team Records over the Weekend; LINDA LICARI set a New 9-10 Girls Team Record in the 400 Free with a time of 5:22.73 breaking the old record of 5:28.03 set in 2003 by Olivia Scott. AUDREY GUYETT set a New 11-12 Girls Team Record in the 800 Free with a time of 9:58.83 breaking the old record of 10:21.40 set in 2009 by Izzie Bindseil. Congratulations Girls!

The results of ALL the SCST Swimmers at the 2011 Summer Classic give a good indication of where SCST will be at the end of the season. With a lot of Great work and Fast swimming, Championship Season could be very exciting!

3. TWO BIG MEETS THIS WEEKEND!

The St. Charles Swim Team is traveling to two meets this weekend and we are looking to be Fast at both competitions. To be fast it is important that swimmers have goals. For Teams to be Great it is important for Teams to have Goals. SC Swimming Team Goals for both meets this weekend are -

- **SCST Be Early to Warm-Ups**, be prepared to be successful!
- **SCST finish Top 3 in the combined Team competition at both meets**, in 2010 SCST finished Top 3 at both meets.
- **SCST will have no missed swims.**
- **SCST will have less than 3% disqualifications.**
- **SCST will have Swimmers compete at every final session.**
- **SCST Swimmers will display Team Spirit!**
- **SCST Parent Volunteering**, help the host clubs.
- **SCST Swimmers and Parents will have a uniform appearance**, Friday wear your grey 2011 LC Season Team T-Shirt, Saturday wear your Blue raised letter St. Charles Swim Team T-Shirt and Sunday wear your favorite SCST Shirt.
- **SCST will have Fun and Swim Fast.**



4. [WEST CHICAGO 2011 SUMMER SPLASH](#)

The West Chicago Summer Splash will be held at the University of Illinois Chicago Flames Natatorium, 901 West Roosevelt Road, Chicago, IL.

Meet Schedule -

Friday Session 1	Warm-Ups 4:00pm	Start 5:00pm
Saturday Session 2 & Sunday Session 5	Warm-Ups 7:00am	Start 8:00am
Saturday Session 3 & Sunday Session 6	Warm-Ups Noon	Start 1:00pm
Saturday Session 4	Warm-Ups Immediately following Session 3	Start Not before 4:00pm



Important Meet Information

- This is a positive Check In Meet, Check In will close 20 minutes after the start of warm-ups.
- Swimmers are limited to 1 event on Friday and 3 events on Saturday and Sunday, this has been changed from the meet packet.

5. [NASHVILLE AQUATIC CLUB SUMMER SIZZLER](#)

The NAC Summer Sizzler is hosted by the Nashville Aquatic Club. The meet will be held at two facilities; **Centennial Sportsplex** (222 25th Avenue North, Nashville, Tennessee 37203) which is where the 13 & Over Prelims and All Finals will be held. **Williamson Co. Indoor Sports Complex** (920 Heritage Way, Brentwood, Tennessee 37027) which is where the 10 & Under Timed Final and 11-12 Prelims will be held.

Meet Schedule -

Friday 13 & Over Prelims	Warm-Up 6:45am	Start 8:30am
Friday 10 & U Timed Finals / 11-12 Prelims	Warm-Up 7:15am	Start 9:00am
Friday 11-12.13-14 and 15 & Over Finals	Warm-Up 4:00pm	Start 5:30pm
Saturday 13 & Over Prelims	Warm-Up 6:45am	Start 8:30am
Saturday 10 & U Timed Finals / 11-12 Prelims	Warm-Up 7:15am	Start 9:00am
Saturday 11-12.13-14 and 15 & Over Finals	Warm-Up 4:00pm	Start 5:30pm
Sunday 13 & Over Prelims	Warm-Up 6:45am	Start 8:30am
Sunday 10 & U Timed Finals / 11-12 Prelims	Warm-Up 7:15am	Start 9:00am
Sunday 11-12.13-14 and 15 & Over Finals	Warm-Up 4:00pm	Start 5:30pm



Important Meet Information

- The bus will be leaving the NRC at 6:00am on Thursday
- SCST will have a Team W-Up 4:30-6:00pm at the Centennial Sportsplex
- This is a Prelim/Final Meet for swimmers ages 11 & Over. All 11-12 & 13-14 events will swim one heat (Top 8) at finals with the exception of the 11-12 400 Free which will be timed finals. Open events will swim three final heats (Top 20). For events 400 meters and less this will be the format; C Final Swimmers 13-20, B Final Swimmers 5-12 and A Final Top 4 swimmers from Prelims.
- 13 & Over Women's 800 Free and 13 & Over Men's 1500 Free will be swam fast to slow alternating girls and boys. Top 8 will swim in finals.
- 400 Free, 400 IM, Women's 800 and Men's 1500 will be positive check-in events will all other events preseed.
- 10 & under Timed Finals.
- Relays are timed final in prelims.

[Psych sheet](#)

6. 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 lsppop@aol.com for purchase.

7. KAYLEE JAMISON NAMED 2011 MEDAL OF HONOR WINNER

KAYLEE JAMISON a St. Charles Swim Team Alum was announced as one of the Big Ten Conference Medal of Honor winners. The Big Ten Conference office announced their 2011 Medal of Honor winners. The award was established in 1914 when the Big Ten endowed a Medal of Honor to be given annually to a student in the graduating class of each university that demonstrated proficiency in scholarship and athletics. In 1982, the Medal of Honor was expanded to include a senior female athlete from each institution.

This year, 22 student-athletes, representing 14 sports, were chosen for the Medal of Honor. Twenty-one of this year's honorees earned Academic All-Big Ten status, while 16 of the recipients were named All-Big Ten selections.

JAMISON competed her Gopher career in style by earning All-American honors in three events as a senior in the 100 fly, 200 medley and 400 medley relays. She became the Gophers' first All-American in the 100 fly since 2000 by finishing 15th (53.59) at the NCAA Championships. Jamison earned honors on the Big Ten Second Team and was a member of the Conference runner-up 200 medley and 400 medley relays. Her involvement in the 200 medley relay set a school record of 1:37.37 in the finals. Jamison also set the school record in the 100 fly (52.69) and 200 free relay (1:28.74). She won 13 titles as a senior and is a five-time All-American as well as a two-time Big Ten champion as a member of relays.

In the classroom, **JAMISON** excelled by receiving the 2011 Minnesota Athletics' Outstanding Achievement Award, which is presented to two student-athletes who are accomplished in the four major areas emphasized by the NCAA Student-Athlete Welfare Program: Academics, Athletics, Leadership and Volunteerism. During her Gopher career she was awarded All-Big Ten honors and earned the department's Top 5 award, holding one of the top five GPA's for a female athlete.

"**KAYLEE** is a student-athlete that every program is looking for. She is what a student-athlete is supposed to be," Minnesota head coach Kelly Kremer said. "Kaylee worked with coach Terry Nieszner, who did a terrific job developing her as a student-athlete.

Congratulations **KAYLEE!**

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. 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.

