

**Proud Sponsors
Of the
St. Charles Swim Team**



1. PRACTICE INFORMATION

PRACTICE CHANGE, FRIDAY, JULY 2ND for the **PRE NATIONAL TEAM** practice will be moved to St. Charles North High School 8:00-10:00 AM with the **WHITE** and **BLACK TEAMS**.

PRACTICE CANCELLATION, THURSDAY, JULY 1ST for the **SENIOR TEAM, NO** Practice at St. Charles North High School 5:00-6:30pm.

PRACTICE CHANGE, SATURDAY, JULY 3RD for the **SENIOR TEAM** ALL Swimmers 7:00-9:30am at the Norris Rec. Center

2. SCST TEAM GOALS FOR THE WEEKEND

We are at two different Meets this weekend. Lets see if the SCST Swimmers worked as a Team to achieve their goals.

- ◇ **Be Early to Warm-Ups;** Our swimmers improvement with this Goal has been Outstanding! Pay attention to details!
- * **Swimmers will not miss events;** The St. Charles Swim Team is still having difficulty getting to all of our races. SCST missed 9 swims over the weekend at both competitions. Swimmers this needs to be zero missed swims.
- * **SCST will have less than 1% of our swims Disqualifications;** At both competitions SCST occurred 23 DQ's, this is better than our meet but it is still not under 1%. SCST needs to be better at the Palatine Meet.
- * **SCST will have an uniform appearance;** At both meets we still had swimmers not wearing the Team Shirt of the day or Shirts not even SC Swimming. To be a TEAM we MUST look like TEAM. If you need attire contact Janine Staudacher at timstaud1@aol.com.
- * **Parent Volunteering;** Parents be supportive at the competitions that our swimmers participate in. SCST needs to help the programs that provide competitions for our swimmers to swim at. SCST will look for a system so that the same parents who continually time do not constantly share a majority of the work. Those of you that time regularly at away meets the St. Charles Swim Team appreciates your help.
- ◇ **SCST Swimmers will display Team Spirit;** The SCST Staff said that the swimmers did well supporting each other at the West Chicago Summer Splash. At the Summer Sizzler there was NO TEAM Louder than SCST! The SCST Cheer Section was loud and brought many compliments from other programs. Make sure to bring your enthusiasm to Championship Season.
- ◇ **Everyone have fun & swim fast;** We had some fast swimming over the weekend 584 Life Time Best Swims. That was 52% of our swims. SCST must have had some Fun.
- ◇ **SCST Team Area will be Clean after every session of the meet!** Swimmers lets make this something the SCST Staff does not have to remind you to do.

Over all the St. Charles Swim Team had a successful weekend. Checkout the details for each meet in the remainder of this Weeks Waterlog.

2010 Spring / Summer Long Course Meet Schedule Follow Meet Link to Meet Information

July 9, 10 & 11

ENTRY CLOSED

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 9th

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) @



3. [WEST CHICAGO SUMMER SPLASH](#)

The Natatorium at UIC is hot every June, July and August! Just like the temperature programs are guaranteed that West Chicago will host an outstanding meet. Besides the heat inside the pool the St. Charles Swim Team came away with 215 New Lifetime Best Swims, many new Time Standards were achieved and 5 New Meet Records. Not a bad meet!

SCST Swimmers who achieved a Life Time Best in every event they swam; **NICK KANUTE, NICK KOWALESKI, GABBI POMPILIO, KIRSTEN ROGERS** and **JAD SLIM**.

The St. Charles Swimmer who dropped the most time in one event goes to **NATHAN JESKO** who dropped a total of 33.84 seconds in his 800 Free to go a final time of 9:35.16. Nice swim **NATHAN!**

Swimmers who achieved **NEW National "B" Times**; **KATHERINE BENJAMIN, KATIE CANTRELL, DOMINQUE CARRAVETTA, SIBA FILIPOVIC, CASSIDY JOYCE, NICK KANUTE, KALIE KOCH, AMANDA KURAL, KENZIE KUZMANIC, JOHN ORTLUND, GABBI POMPILIO, KIRSTEN ROGERS, RILEY ROONEY** and **THAD THOMPSON**

Swimmers who achieved **NEW National "BB" Times**; **FRANZ ALLENDORFER, SIBA FILIPOVIC, COOPER HAWKINS, KEEGAN HAWKINS, STEPHEN HUTCHINSON, NICK KOWALESKI, MARISSA KURAL, EMMA McSPADDEN, DEVIN NEISES, JOHN ORTLUND, MATT ORTLUND, REBECCA PALMQUIST, AMY PEARSON, GABBI POMPILIO, ROXANNE PRIGGE, KIRSTEN ROGERS, JAD SLIM, DELANEY SOULE, MATT STAUDACHER, RACHEL STAUDACHER** and **THAD THOMPSON**

Swimmers who achieved **NEW National "A" Times**; **FRANZ ALLENDORFER, SERENA ALLENDORFER, KEEGAN HAWKINS, STEPHEN HUTCHINSON, LUCY JOHNSON, KAYLA JONES, EMMA McSPADDEN, JAD SLIM, RACHEL STAUDACHER, JOHNNY TARPEY** and **JON WHITEHURST**

Swimmers who achieved **NEW National "AA" Times**; **NATHAN JESKO, SYDNEY JESKO, KAYLA JONES, NICK KOWALESKI** and **EMMA McSPADDEN**

Swimmers who achieved **NEW National "AAA" Times**; **NATHAN JESKO, LUCY JOHNSON, MITCHELL MILOSCH** and **FRANCIS YIP**

Swimmers who achieved **NEW Illinois Swimming Regional Times**; **FRANZ ALLENDORFER, BRITTA GESELL, COOPER HAWKINS, STEPHEN HUTCHINSON, KAYLA JONES, NICK KOWALESKI, REBECCA PALMQUIST, AMY PEARSON, ROXANNE PRIGGE, GRACE QUINN, JAD SLIM, MATT STAUDACHER, RACHEL STAUDACHER, JOHNNY TARPEY, THAD THOMPSON** and **JON WHITEHURST**

Swimmers who achieved **NEW Illinois Swimming Age Group Championship Times**; **FRANZ ALLENDORFER, STEPHEN HUTCHINSON, NATHAN JESKO, LUCY JOHNSON, KAYLA JONES, JAD SLIM** and **JON WHITEHURST**

St. Charles Swim Team Swimmers who achieved **NEW** Meet Records over the weekend. Congratulations to **LUCY JOHNSON** who achieved a **NEW** Meet Record in the 12 & Under Girls 400 IM with a time of 5:43.99, the old record was 5:55.17. **FRANCIS YIP** set a **NEW** Meet Record in the 10 & Under Boys 50 Breast with a time of 42.67, the old record was 43.93. **NATHAN JESKO** set a **NEW** Meet Record in the 13-14 Boys 800 Free with a time of 9:35.16, the old record was 9:51.43. Not only did SCST set individual records we also set two **NEW** relay records in the 10 & Under Boys division. Congratulations to **MITCHELL MILOSCH, FRANCIS YIP, FRANZ ALLENDORFER** and **KEEGAN HAWKINS** who achieved **NEW** Meet Records in both the 10 & Under Boys Free and Medley Relays. In the Free Relay the Team achieved the time of 2:19.06 beating the old record of 2:27.40. The Medley Relay swam a 2:39.23 beating the old record of 2:41.60. To break a record a swimmer must swim fast! These swimmers did swim fast!

Congratulations to Swimmers who won individual events over the weekend; **SERENA ALLENDORFER, SYDNEY ANDERSEN, ANDREW BORSE, KATIE CANTRELL, ANNA DUFRESNE, HANNAH GURSKY, ISABEL HERB, NATHAN JESKO, SYDNEY JESKO, LUCY JOHNSON, KAYLA JONES, ZACH KANGAS, NICK KANUTE, MITCHELL MILOSCH, DEVIN NEISES, JOHN ORTLUND, AMY PEARSON, JOHN QUINN, MATT STAUDACHER** and **THAD THOMPSON**.

SCST has important meet at Palatine in two weeks, make it a Great Opportunity to help you get to your Goal!

4. [NASHVILLE SUMMER SIZZLER](#), EMMA SMITH ACHIEVES HER NATIONAL CUT IN THE 400 IM WITH A TIME OF 4:55.87!

The St. Charles Swim Team Coaching Staff believes this was the best Senior Team Travel Trip. SCST Senior and Age Group Swimmers were complimented on their performance and their manners by everyone we were in contact with. Swimmers you should be proud of yourselves on such a Great Weekend! A **NEW** standard has been set not just on performance but on a rejuvenated St. Charles Swim Team, Team Spirit. If this excitement is carried over to our Championship Season, Watch Out!

SCST Swimmers who achieved a Life Time Best in every event they swam; **IZZIE BINDSEIL, JOHN CRANFILL, ASHLEY GLADIS, SPENCE GRAY, ELLIE HUTCHINSON, AUSTIN LAMP, HANNAH SAUNDERS, ALYCE TAUER, KATIE TOROSIAN, KAYLA WIDDOWSON,**

The St. Charles Swimmer who dropped the most time in one event dropped a total of 36.51 seconds in his 1500. Congratulations **SPENCE GRAY** on an outstanding time drop!

Swimmers who achieved **NEW National "B" Times**; **COLLIN BAWOLEK, AUSTIN CABEL, JOHN CRANFILL, ALEX KICHKA, ANDREW LEWARCHICK, PAYTON MITCHELL, AUSTIN MUEHLSCHLEGEL, JOEY REITER, SAM SCHULTZ, KATIE TOROSIAN, NICK WELLMAN** and **ALEX ZAMORA**



Swimmers who achieved **NEW National "BB" Times**; SARAH BORSE, JOHN CRANFILL, CASEY CRAWFORD, KYLE GANNON, AUTIN LAMP, ANDREW LEWARCHICK, JAMES LICARI, JOEY REITER, HANNAH SAUNDERS, ANNE TAVIERNE and KATIE TOROSIAN

Swimmers who achieved **NEW National "A" Times**; NICK BORYK, JAMIE CRANFILL, KYLE GANNON, ASHLEY GLADIS, HEATHER HOUSE, ELLIE HUTCHINSON, EMILY JANIA, AUSTIN LAMP, KYLE LEWARCHICK, LINDA LICARI, HANNAH SAUNDERS, WILL SHANEL, ALYCE TAUER, ANDREA TAUER, ANNE TAVIERNE, CHLOE TYKAL, NICK WELLMAN and KAYLA WIDDOWSON.

Swimmers who achieved **NEW National "AA" Times**; IZZIE BINDSEIL, ALEC CARNELL, CHRIS DIETER, TAYLOR FALK, BRIDGET FLESHER, KENDALL FORD, ASHLEY GLADIS, SPENCE GRAY, JOE HOLLMAN, HEATHER HOUSE, ELLIE HUTCHINSON, RYAN JOYCE, JOSH KANUTE, KYLE LEWARCHICK, LINDA LICARI, LISA LICARI, STEPHEN MASON, KAYLA SCOTT and MARY SNYDER

Swimmers who achieved **NEW National "AAA" Times**; IZZIE BINDSEIL, NICOLE CHAPKO, CHRIS DIETER, TAYLOR FALK, SPENCE GRAY, EMMA KUSZYNSKI, KYLE LEWARCHICK, MEAGAN POPP, HANNAH SAUNDERS, KAYLA SCOTT, KIMMIE SCOTT, ASHLEY SHANEL and WILL SHANEL

Swimmers who achieved **NEW National "AAAA" Times**; CHRIS DIETER, EMMA KUSZYNSKI, MEAGAN POPP and SARAH SYKSTUS

Swimmers who achieved **NEW Illinois Swimming Regional Times**; JAMIE CRANFILL, RYAN FALK, BRIDGET FLESHER, KYLE GANNON, HEATHER HOUSE, ELLIE HUTCHINSON, EMILY JANIA, RYAN JOYCE, AUSTIN LAMP, ANDREW LEWARCHICK, JAMES LICARI, LINDA LICARI, AUSTIN MUEHLSCHLEGEL, JOEY REITER, HANNAH SAUNDERS, WILL SHANEL, ALYCE TAUER, ANDREA TAUER, ANNE TAVIERNE, MARIA TAVIERNE, CHLOE TYKAL, NICK WELLMAN, KAYLA WIDDOWSON and HANNAH ZIMMERS



Swimmers who achieved **NEW Illinois Swimming Age Group Championship Times**; IZZIE BINDSEIL, NICK BORYK, ALEC CARNELL, TAYLOR FALK, BRIDGET FLESHER, ELLIE HUTCHINSON, KYLE LEWARCHICK, LINDA LICARI, MEAGAN POPP, HANNAH SAUNDERS, KIMMIE SCOTT, MARY SNYDER and ANNE TAVIERNE,

Swimmers who achieved **NEW Illinois Swimming Senior Championship Times**; IZZIE BINDSEIL, CHRIS DIETER, TAYLOR FALK, KENDALL FORD, KYLE GANNON, ASHLEY GLADIS, SPENCE GRAY, RYAN JOYCE, MEAGAN POPP, KIMMIE SCOTT, ASHLEY SHANEL, WILL SHANEL and MARY SNYDER

Swimmer who achieved a **NEW Speedo Sectional Time**; TJ BINDSEIL, CHRIS DIETER and MEAGAN POPP

Swimmer who achieved a **NEW USA Swimming National Time**; EMMA SMITH

Congratulations to Swimmers who won individual events over the weekend; **MEAGAN POPP** and **EMMA SMITH**

In the Team Competition the St. Charles Swim Team finished third behind Nashville Aquatic Club and Lakeside Seahawks. A great time was had in the Music City!

5. 9 NEW TEAM RECORDS IN THE 2010 LONG COURSE SEASON SO FAR...

This Season has already seen 9 New Team Records and the we are only half done with the Long Course Season. Congratulations to the following Swimmers on some Great Swims!

LINDA LICARI has set 5 **NEW** Records already this season. Beginning at the SCST Spring Pentathlon **LINDA** set two **NEW** 8 & Under Girl records one in the 50 Meter Breast where she swam a 50.48 breaking the old record of 50.54 set by Regina Sbarao in 1979. The second record achieved at the Pentathlon was the 8 & Under Girls 50 Fly. In the 50 Fly **LINDA** swam a 41.57 breaking the old record of 43.39 set by Caitlin Dauw in 1999. At the SCST Summer Classic she achieved another SCST record, in the 50 Back, **LINDA** swam a 42.17 breaking the old record of 43.12 set by Jody Peterson in 2000. At the Nashville Summer Sizzler **LINDA** achieved two more 8 & Under Girls records. In the 200 Free she swam a 2:55.08 breaking the old record of 3:01.08 set by Olivia Scott. At Nashville **LINDA** also swam the 200 IM in record time with 3:10.02, the old record was set in 2001 by Olivia Scott.

MEAGAN POPP swam to three **NEW** Team Records at the Nashville Summer Sizzler. In the 100 Breast **MEAGAN** swam a 1:14.88 in the evenings final session breaking the old time of 1:16.60 set by Angie Chokran in 1990. Next **MEAGAN** swam the 200 Breast in a record time of 2:42.25 barely breaking the old mark of 2:42.86 set by Emma Smith in 2009. The last event **MEAGAN** swam the 200 IM in a time of 2:24.87 breaking the old record of 2:25.38 set by Emma Smith in 2009.

The ninth record broken so far this season was done by **MITHCELL MILOSCH** in the 9-10 Boys 50 Back with a time of 36.03 breaking the old record of 36.53 set in 2009 by Kyle Chapko

5. CHECK OUT SWIMNETWORK.COM AT www.swimnetwork.com

"TWENTY QUESTION TUESDAY with Navy's Head Coach John Morrison, by Bob Schaller, Ph.D., Senior Writer", this is a great article for Swimmers, Coaches and Parents.



John Morrison has built a league-winning women's program at Navy. He coaches at one of the most prestigious, rigorous – and important – universities in the world at Annapolis. In this pre-Fourth of July 20 Question Tuesday, he talks about his rise through the coaching ranks, and what it's like when his swimmers graduate and leave for positions that involve combat and active engagement with the enemies of the United States of America.

Here are the 20 Questions asked to John Morrison—

- 1) *How do you build a top notch, competitive, league-winning program at Navy?*
- 2) *What do you look for in your student-athletes as recruits?*
- 3) *How does Navy's competitive admissions and high standards shape your recruiting?*
- 4) *What does the academic rigor and military commitment do to your training program?*
- 5) *Do you do doubles or does your team train year-round (with the summer commitments they have for the military angle)?*
- 6) *Swimming is a natural sport for the Naval Academy -- is that accurate, and why or why not?*
- 7) *What does swimming do to prepare them for a life on a ship?*
- 8) *How does swimming help prepare them for conflict, such as war?*
- 9) *What does being a good teammate as a swimmer mean to being a good warrior teammate in the Navy?*
- 10) *How do you go about recruiting with that program being so unique?*
- 11) *What in your background prepared you for this job?*
- 12) *What are the ingredients to/characteristics of a good Naval officer?*
- 13) *How do you describe the first year at Annapolis to prospective recruits?*
- 14) *I covered Air Force swimming before 9-11 and saw the respect from other WAC/Mountain West schools -- how is your team treated in this new world?*
- 15) *What do you hear about your officers who are deployed - and how do you handle that knowing where they are and the danger of what they are doing?*
- 16) *You were a pretty accomplished swimmer -- what was your career like as a swimmer?*
- 17) *How did you get into coaching?*
- 18) *How did you end up at Navy?*
- 19) *What's it like when you compete against the other service academies -- what does it mean to you -- I got goosebumps whenever Air Force would play Army or Navy in anything?*
- 20) *On the Fourth of July, working at one of the most important universities in the world with some of the most amazing young people ever, what are you thankful for as a coach and educator at such a great place?*

Check out Coach Morrison's answers and read the complete article at www.swimnetwork.com.



6. ST. CHARLES SWIM TEAM PARENTS ASSOCIATION OPENINGS

In August the following SCSTPA positions will be vacant, if you are interested please contact President [Bill Shanel](#) or Vice President [Craig Popp](#) for more information about the positions.

- President
- Treasurer
- Age Group Representative
- Senior Representative
- Fundraising

If you want to become more involved with our program, help with the organizers of the Best Parents Group in the State!