

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

PRACTICE CHANGE, Friday, July 1st for the **GOLD TEAM**, Practice has been moved to the Norris Rec. Center 7:00-9:00am.

PRACTICE CHANGE, Friday, July 1st for the **BLUE TEAM**, Practice has been moved to the Norris Rec. Center 9:00-10:30am.

PRACTICE CHANGE, Saturday, July 2nd for the **SENIOR TEAM**, **ALL SENIOR SWIMMERS** will practice at the Norris Rec. Center 7:00-9:00am.

NO PRACTICE, Sunday, July 3rd for the **SENIOR TEAM**.

PRACTICE CHANGE, Monday, July 4th for the **SENIOR TEAM**, **ALL SENIOR SWIMMERS** will practice at the Norris Rec. Center 6:00-9:00am.

NO PRACTICE, Monday, July 4th for the **ORANGE, BLUE, WHITE** and **GOLD TEAMS**.

NO PRACTICE, Saturday, July 9th for the **SENIOR TEAMS**.

NO PRACTICE, Sunday, July 10th for the **GOLD** and **SENIOR TEAMS**.

2. TWO BIG MEETS LAST WEEKEND!



The St. Charles Swim Team had about 170 swimmers competing over the weekend. And SCST swam well. The coaching staff along with our swimmers always want to be better and that is a goal to be better than the meet before. As a Team we were 50% with our Team Goals over the weekend.

- **SCST Be Early to Warm-Ups**, this is becoming a good habit!
- **SCST finish Top 3 in the combined Team competition at both meets**, SCST finished 3rd at the NAC Summer Sizzler and a respectable 5th at the West Chicago Summer Splash. The Summer Sizzler finish was a complete Team effort. At the Summer Splash, the Teams finishing ahead of SCST had more swimmers entered into the meet. Some Good racing by SCST Swimmers to finish as well as we did.
- **SCST will have no missed swims**. 3 totaled missed swims from both meets, not bad but our Team Goal was to have no missed swims.
- **SCST will have less than 3% disqualifications**. Between the two meets SCST had 18 disqualifications, just under 3%.
- **SCST will have Swimmers compete at every final session**. SCST was represented in every final session in Nashville.
- **SCST Swimmers will display Team Spirit!** Spirit was there at each meet but it was not consistent. If we want to compete as a Team we must support each other for the entire meet.
- **SCST Parent Volunteering**, the host club should not announce for SCST Volunteers to help with timing. If we are ever in need of timers at our meets we want other programs to help us out. If we are there for them then they will be more than happy to help us out.
- **SCST Swimmers and Parents will have a uniform appearance**, we looked like a Team in Tennessee and Illinois.
- **SCST will have Fun and Swim Fast**.
- **SCST Swimmers clean up their trash**. SCST Swimmers this is becoming a problem when we go to meets, you need to remember the way you act a meet is a reflection on everyone associated to the St. Charles Swim Team. Pick Up your mess!

Time is running out on the 2011 Long Course Season, there is no more waiting for the next meet. It is time to get the Job Done!

2011

Long Course Meet Schedule
Follow Meet Link for
Meet Information

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



3. WEST CHICAGO 2011 SUMMER SPLASH

The St. Charles Swimmers that attended West Chicago did a good job of racing! SCST Swimmers came away from the meet with 173 LTBT's!

The SCST Swimmer who dropped the most time at West Chicago dropped a total of 31.69 seconds in her 200 IM. Congratulations **MARAGRET BRONEC** for such an awesome time drop in her 200 IM!

Swimmers who achieved a Lifetime Best in every event they swam over the weekend were; **SYDNEY ANDERSEN, MARAGRET BRONEC, KATIE CANTRELL, SARAH GIBSON, SYDNEY JESKO, LUCY JOHNSON, MITCHELL MILOSCH, ENZO PIGA** and **GABBI POMPILIO**. Great Job!

Swimmers with NEW National "B" Times were; **MAGGIE BORSE, MARAGRET BRONEC, SARAH GIBSON, ETHAN KOS-DONDLINGER, SYDNEY MAXWELL, GIA NAVARRO, JOHN QUINN, GIANNA SHAW** and **SEAN YETTER**.

Swimmers with NEW National "BB" Times were; **SYDNEY ANDERSEN, ANDREW BORSE, KATIE CANTRELL, KYLE DUNLAP, STEPHEN HUTCHINSON, KENZIE KUZMANIC, SYDNEY MAXWELL, JENNI ORZOLEK, JOEY REITER, GIANNA SHAW, THAD THOMPSON** and **NICK WOLFF**.

Swimmers with NEW National "A" Times were; **STEPHEN HUTCHINSON, JOSTIN TRINIDAD** and **SOPHIE WATTS**.

Swimmers with NEW National "AA" Times were; **STEPHEN HUTCHINSON, SYDNEY JESKO, LUCY JOHNSON, JOEY REITER, ANNE TAVIERNE** and **FRANIS YIP**.

Swimmers with NEW National "AAA" Times were; **SYDNEY JESKO, MITCHELL MILOSCH** and **ANNE TAVIERNE**.

Swimmers with NEW ISI Regional Championship Time Standards were; **COLLIN BAWOLEK, KATIE CANTRELL, KYLE DUNLAP, STEPHEN HUTCHINSON, KENZIE KUZMANIC, ANNA O'MALLEY, GABBI POMPILIO, JOEY REITER** and **MARIA TAVIERNE**.

Swimmers with NEW ISI Age Group Championship Time Standards were; **SYDNEY JESKO, LUCY JOHNSON, ANNE TAVIERNE** and **FRANCIS YIP**.

Swimmer with a NEW ISI Senior Championship Time Standard was; **LUCY JOHNSON**.



St Charles Swim Team Swimmers that won individual events over the weekend were; **SYDNEY ANDERSEN, NATHAN BAWOLEK, SARAH BORSE, KYLE DUNLAP, SYDNEY JESKO, LUCY JOHNSON, KAYLA JONES, BRANDON LACH, SYDNEY MAXWELL, MITCHEL MILOSCH, HANNAH PEARSON, ROXANNE PRIGGE, GRACE QUINN, TANNER SCHISLER, ANNE TAVIERNE, SOPHIE WATTS,**

SCST Swimmers swam well at the 2011 Summer Splash!

4. NASHVILLE AQUATIC CLUB SUMMER SIZZLER



The 2011 Summer Sizzler was not only a larger meet but also a much faster competition. There were Teams in attendance from; Alabama, Florida, Hawaii, Illinois, Kentucky, North Carolina, Ohio, Pennsylvania, Tennessee, Texas and West Virginia, it is always good to travel and see new competition. Not only did SCST see new Teams, we Raced new Teams! SCST raced so well that our swimmers came away with 53% of their swims were LTBT's.

The SCST Swimmer that dropped the most time in one event did it in his 200 Fly, **ALEC CARNELL** dropped 31.60 seconds. Nice Swim **ALEC**!

Swimmers who achieved a Lifetime Best in every event they swam over the weekend were; **CASSIE BOYLE, ALEC CARNELL, DAVID CHOKRAN, KRISTEN CZARNECKI, ALEX DUFFY, KYLE GANNON, AUSTIN LAMP, LAUREN McCORMACK** and **TIM STEELE**.

Swimmers with NEW National "B" Times were; **MATT BORYK, ALEC CARNELL, JAMIE CRANFILL, ALEC FILIPOVIC, RYAN JOYCE, AUSTIN LAMP, EMILY PONTE, JOEY QUANN, DELANEY SOULE** and **TIM STEELE**.

Swimmers with NEW National "BB" Times were; **CASSIE BOYLE, DAVID CHOKRAN, JOE CHOKRAN, JOHN CRANFILL, ZACH ECKSTROM, STEPHANIE GARVIN, KALIE KOCH, AMANDA KURAL, AUSTIN LAMP, JAMES LICARI, STEPHEN MASON, REBECCA MURPHY, TIM STEELE, ALYCE TAUER** and **MAGGIE WHITEHURST**.

Swimmers with NEW National "A" Times were; **NATE BAXTER, NICK BORYK, ALEC CARNELL, JOE CHOKRAN, JAMIE CRANFILL, ZACK ECSTROM, SIBA FILIPOVIC, KYLE GANNON, STEPHANIE GARVIN, BRITTA GESELL, COOPER HAWKINS, AUSTIN LAMP, EMMA McSPADDEN, JOEY QUANN, WILL SHANEL, MARY SNYDER, JOHNNY TARPEY, CHLOE TYKAL** and **BRAD WHITEHURST**.

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
1-262-942-6000

4. NASHVILLE AQUATIC CLUB SUMMER SIZZLER

Swimmers with NEW National "AA" Times were; MICHAEL BARROWCLIFT, NATE BAXTER, TJ BINDSEIL, ALEC CARNELL, JOE CHOKRAN, ALEX DUFFY, RYAN FALK, TAYLOR FALK, BRIDGET FLESHER, KYLE GANNON, BRITTA GESELL, SPENCE GRAY, ERIN HART, KEEGAN HAWKINS, IZZY HERB, JOE HOLLMAN, HEATHER HOUSE, RYAN JOYCE, KYLE LEWARCHICK, LAUREN McCORMACK, EMMA McSPADDEN, EMILY PONTE, ASHLEY SHANEL, NICK WATTS and KAYLA WIDDOWSON.

Swimmers with NEW National "AAA" Times were; IZZIE BINDSEIL, TJ BINDSEIL, NICK BORYK, ALEX DUFFY, KYLE GANNON, ERIN HART, KEEGAN HAWKINS, HEATHER HOUSE, EMILY JANIA, JOSH KANUTE, NICK KOWALESKI, LAUREN McCORMACK, ASHLEY SHANEL, WILL SHANEL, MARY SNYDER and NICK WATTS.

Swimmers with NEW National "AAAA" Times were; KRISTEN CZARNECKI, CHRIS DIETER, ERIN HART, LINDA LICARI and SARAH SYKSTUS.

Swimmers with NEW ISI Regional Championship Time Standards were; CASSIE BOYLE, AUSTIN CABEL, ALEC CARNELL, JOE CHOKRAN, JOHN CRANFILL, ZACH ECKSTROM, SIBA FILIPOVIC, BRIDGET FLESHER, STPHIE GARVIN, COOPER HAWKINS, MARISSA KURAL, AUSTIN LAMP, STEPHAN MASON, TIM STEELE, JOHNNY TARPEY, ALYCE TAUER, CHLOE and MAGGIE WHITEHURST.

Swimmers with NEW ISI Age Group Championship Time Standards were; NATE BAXTYER, NICK BORYK, RYAN CZARNECKI, ZACK ECKSTROM, SIBA FILIPOVIC, KEEGAN HAWKINS, IZZY HERB, HEATHER HOUSE, KYLE LEWARCHICK, LAUREN McCORMACK, KATIE NAGLER, BRAD WHITEHURST.

Swimmer with a NEW ISI Senior Championship Time Standard was; IZZIE BINDSEIL, RJ BINDSEIL, ALEC CARNELL, JOE CHOKRAN, KRISTEN CZARNECKI, ALEX DUFFY, BRIDGET FLESHER, KENDALL FORD, KYLE GANNON, ASHLEY GLADIS, ERIN HART, JOE HOLLMAN, NATHAN JESKO, RYAN JOYCEASHLEY SHANEL, MARY SNYDER, TIM STEELE, SARAH SYKSTUS, ALYCE TAUER and NICK WATTS.

Swimmer with a NEW Senior Sectional Championship Time Standard was; IZZIE BINDSEIL, TJ BINSEIL, KRISTEN CZARNECKI, ALEX DUFFY, TAYLOR FALK, KYLE GANNON, ERIN HART, JOSH KANUTE, NICK KOWALESKI, ASHLEY SHANEL, WILL SHANEL, MARY SNYDER, SARAH SYKSTUS and NICK WATTS.

St Charles Swim Team Swimmers that won individual events over the weekend were; KEEGAN HAWKINS, LINDA LICARI and MEAGAN POPP.

St Charles Swimmer **MEAGAN POPP** set a NEW Meet Record this weekend in the 13-14 Girls 200 Breast with a time of 2:39.27. Nice Record **MEAGAN**.

SCST Swimmers set 6 NEW Team Records over the Weekend; **KRISTEN CZARNECKI** set 3 New Team Records; **KRISTEN** set a New Team Record in the 11-12 Girls 50 Back with a time of 33.41 breaking the old record set by Elizabeth Tavierne in 2003 with a time of 34.27. She also set a New Team Record in the 11-12 Girls 100 Back with a time of 1:12.17 breaking the old record set by Lauren Nosal in 1997 with a time of 1:13.23. The third record that **KRISTEN** set was the 11-12 Girls 50 Breast with a time of 35.37 breaking the old record of 35.73 set by Meagan Popp in 2009. **MEAGAN POPP** also set 3 New Records over the weekend. The first record that **MEAGAN** set was the 13-14 Girls 100 Breast with a time of 1:14.33 breaking her old record of 1:14.88 set in 2010. She also set a New 13-14 Girls 200 Breast record with a time of 2:39.27 again breaking her old record of 2:29.83 set in 2010. The third record **MEAGAN** set was the 13-14 Girls 200 IM with a time of 2:22.14 breaking her old record set in 2010 with a time of 2:23.52. Congratulations Ladies!

Nice Meet St. Charles Swimming!

5. SCST APPAREL INFORMATION

Linda Popp is taking Apparel Orders up to July 4th. Order forms for SCST Apparel and SCST Championship Shirts will be emailed to SCST Families. Questions please email Linda at lpopp@aol.com.

Car Decals have arrived. The price is \$5.00. Please email Linda Popp lpopp@aol.com with your order and place the payment in the Popp Family mailbox.

6. FROM THE MEET DIRECTORS

SCST Families, Thank you for all the help for our last Meet of the season, the 2011 Endless Summer Time Trial! We still have 26 volunteer positions open.

Saturday AM session: Hospitality-1; Safety Marshal-3; Safety Marshal /Medical-1;Timing-2.

Saturday PM session: Console-1.

Sunday AM session: Awards-1; Console-1; Hospitality-3; Grilling-1; Safety Marshal-2; Timing-6

Sunday PM session: Announcer and Console-2

This is our last home meet of this season and we would like to finish strong! We can not run a quality Meet without your help. Help us to make this Meet a great experience for our swimmers and visiting Team.

Thank you all, SCST Meet Directors

7. SAVE THE DATE

The First Annual St. Charles Swim Team Summer Bash!



This Wednesday, July 6th

8:30-10:30pm

At Otter Cove, St. Charles, IL

Bring your family and friends, the Whole Park is SCST for the entire evening!!!

\$5.00 per person if you RSVP by 7/1

\$8.00 per person if you pay at the door

This is a special event, no season passes for the pool will be honored.

Please put your payment in the Bawolek Family Mailbox by July 1st (Make checks payable to SCSTPA)

Questions contact Stephanie Bawolek at djbsab91@sbcglobal.net.



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](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. 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.