

H2O Log

2010 Long Course Season
St. Charles Swim Team
06/07/2010

Proud
Sponsors of
St. Charles Swimming



1. PRACTICE CHANGES AND CANCELLATIONS

NO PRACTICE, THURSDAY AFTERNOON June 10th for the **WHITE, BLACK** and **SENIOR TEAMS** due to the SCST TYR Summer Classic.

NO PRACTICE, FRIDAY June 11th for the **BLUE, WHITE, BLACK, PRE NATIONAL** and **SENIOR TEAMS** due to the SCST TYR Summer Classic.

NO PRACTICE, SATURDAY June 12th for the **WHITE, BLACK, PRE NATIONAL** and **SENIOR TEAMS** due to the SCST TYR Summer Classic.

NO PRACTICE, SUNDAY June 13th for the **SENIOR TEAM** due to the SCST TYR Summer Classic.

2. SCST / TYR SUMMER CLASSIC

This is the Largest Meet we host during the Long Course Season! This is also the oldest meet that the St. Charles Swim Team hosts. This is a great meet and we want to make it and even better meet this season. It will take a great deal of Team Work to make this an outstanding competition!

Remember this meet is a 4 and Quarter day meet.

Meet Schedule

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

Warm-Up 4:00pm

Start 5:00pm

*****SWIMMERS for this SESSION NEED to PROVIDE THEIR OWN TIMERS AND COUNTERS*****

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

Warm-Up 7:00am

Start 8:00am

Friday (13 & Over Only)

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


Warm-Up Immediately following AM Session not before 12:00pm


Start 1 hour after the Start of Warm-Up not before 1:00pm

During the meet, as long as the weather is inviting, swimmers will have the opportunity to sit outside for the weekend.


3. SCST / TYR SUMMER CLASSIC TEAM GOALS

SCST Goals for the weekend –

 **Be Early to Warm-Ups;** we are swimming at our HOME Facility, DO NOT BE LATE!

 **Swimmers will not miss events;** you are there so be ready to RACE! It is your job as an athlete to know when you are to be racing.

 **SCST will have less than 1% of our swims Disqualifications;** Swim Correctly, it is faster.

 **SCST (Swimmers, Coaches and Parents) will have a uniform appearance;** Thursday everyone wear your favorite SCST Shirt, Friday wear an Orange Shirt, Saturday wear your

2010 Spring / Summer Long Course meet Schedule

Follow the link to Meet Information

June 10, 11, 12 & 13

ENTRY CLOSED

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

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) @ Irvine, CA

Blue St. Charles
Swimming Shirt and
Sunday wear a Black
Shirt. Let's look like a
Team this weekend.

Parent



Volunteering; we need
your help this weekend.

4. IMPORTANT VOLUNTEER INFORMATION FROM THE MEET DIRECTORS

Volunteers!



be a part of something GREAT!

-  **SCST Swimmers will display Team Spirit;** let's cheer for each other; it makes it a lot more fun.
-  **EVERYONE HAVE FUN & SWIM FAST!** The more Fun you have the Faster you will Swim!

"Concentrate on finding your goal, then concentrate on reaching it!" Michael Friedsam

There are still 88 Volunteer Positions Open!

Parents, there are still positions open for the **2010 SUMMER CLASSIC**. Please check your calendar and help out the **TEAM**. We can not run a quality competition without your help. Help SCST make this a great experience for the Visiting Teams and your own SCST Swimmers.

We are in need of Hospitality, Safety Marshal/ Medical, Timers, and Concessions for All Sessions but mostly for the Friday Morning and Afternoon Sessions. Please visit Supermeets to sign up for your volunteer position.

This is the **Biggest Meet** we host during the 2010 Long Course Season and our **Biggest Fund Raiser** for our club. We can not run a qualify Meet without your help!

Thank you for support,
2010 Long Course Meet Directors
Natalya Filipovic, Dean Koch, Lori Falk and AJ Jania

Questions email stcswimmeetdirector@stcswim.com

5. SCST SENIOR TEAM; SENIOR SUITS & T-SHIRTS ARE AVAILABLE

Calling ALL Senior Swimmers if you have not picked up your Suit or Summer Long Course T-Shirt, you can pick them up at the SCST Coaches Office at the Norris Rec. Center.

6. MONDAY'S MEDLEY FROM www.swimnetwork.com

Dangerous feats from around the swimming world; Mike Gustafson, Senior Analyst
Sometimes, swimming up and down a pool gets boring. You stare at a black line. Flip, black line, flip, black line, flip; you get the picture. But there are other activities involving the wide world of water that are a little more dangerous. For this week's installment of the Monday Medley, here are a few of those activities. (Please kids, don't try these at home.)

- 1) [The World's Most Dangerous Waves](#)** Check out these waves. This is one of the highest viewed surfing videos out there. It's a montage of ridiculous waves that this one guy conquered. He truly knows the sea, and is clearly insane enough to tackle these deadly waves. Can you imagine yourself zooming across the sea at jet-boat like speeds, all alone on a mammoth wave, one slight flick of direction in the wrong way meaning serious injury or death? Don't try this at home.
- 2) [The World's Most Dangerous Pool](#)** After viewing this video 10+ times, I still cannot fathom the fascination people have with this pool. It's inches from a gigantic waterfall. I wouldn't even step my foot in this pool, much less make a flying leap into this pool like this guy did. I love when the camera pans and you see the waterfall a few feet from this "pool." No amount of money would get me in this thing. Ever!
- 3) [The World's Most Dangerous Deep-Water Dive](#)** William Trubridge just broke the world record for deepest free dive. He dove 288 feet underwater using nothing, no equipment. You can see how black the water gets as he dives deeper and deeper into the abyss below. It's beautiful, terrifying, thrilling, and utterly captivating. Especially considering I can barely get myself down to the bottom of a 12-foot deep diving well. (To put things in perspective: most college diving wells are 24 ft. deep. This guy went down 12 – that's right, 12 – diving wells, back-to-back-to-back, using nothing. And he lived to tell about it.
- 4) [The World's Most Dangerous Dive](#)** Watch Dana Kunze dive off a platform 172 feet in the air. 172 feet! This video gets a great aerial shot "looking down" from Kunze's perspective looking down at the pool. The pool looks like a nickel on the ground, it looks so small. Again. I have trouble going off the 5 meter, and I have never been on a rollercoaster. So this is terrifying to me.

5) [The World's Most Dangerous Swim](#) We linked to this man in last week's Monday Medley, but if we're on the subject of dangerous aquatic activity, we have to link to this. Here is Lewis Gordon Pugh swimming at the North Pole. No wet suit. Just a swim brief, cap, and goggles. The water was a reported 28.7 degrees. He did so to raise awareness about global warming, since this particular section of ice was once frozen but has now melted because of rising global temperatures. Watch him swim from the comfort of your warm, cozy couch.

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	Jon Cabel
Head Senior Coach	Tim Lewarchick
Pre National Team	Jon Cabel
Black Team	Brian Mitchell
White Team	Denise Mitchell
White Team Asst. Coach	Matt Munz
Blue Team	Mary Daww
Blue Team Asst. Coach	Sara Quinn
Blue Team Asst. Coach	Tim Lewarchick
Orange Team	Laurie Chokran
Orange Team	Kent Pearson
Junior Swim Team	Colleen
Kuszynski	
Junior Swim Team	Anna Hutchinson

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

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 [Bill Shanel](#)
Vice President [Craig Popp](#)
Secretary [Julie Jesko](#)
Treasurer [Tamara Phelan](#)
Meet Directors [Lori Falk](#) & [AJ Jania](#)
Escrow [Jeanne Egizio](#)
Fundraising [Lisa McCormack](#)
Officials Chair [Al Reynolds](#)

Apparel [Janine Staudacher](#)
Senior Team Rep. [Colleen Clay](#)
Age Group Rep. [Carla Summers](#)
Registration [Ann Bindseil](#) & [Mary Dieter](#)
Publicity [Pam Waslawski](#)
Head Coach [Jon Cabel](#)
Volunteer Coordinator [Cathy Snyder](#)