

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

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

LAST PRACTICE, for the **ORANGE TEAM** will be Thursday, July 15th.

NO PRACTICE, Sunday, July 10th for the **GOLD** and **SENIOR TEAMS** due to the SCST Endless Summer Time Trial.

2. PALATINE PARK DISTRICT SUMMER SPLASH

This weekend SCST goes out-side!

SCST is attending the PPD Summer Splash which is being held at Birchwood Pool at the Palatine Park District located at 435 West Illinois Avenue, Palatine, IL 60067.

SCST Goals for this weekend-

- **SCST Be Early to Warm-Ups!**
- **SCST finish Top 3!**
- **SCST will have no missed swims.**
- **SCST will have less than 3% disqualifications.**
- **SCST will have over 40% improved times over the weekend.**
- **SCST Swimmers will display Team Spirit.**
- **SCST Parent Volunteering.**
- **SCST Swimmers and Parents will have a uniform appearance.**
- **SCST will have Fun and Swim Fast.**
- **SCST Swimmers clean up their trash.**

Get the Job done now!

Meet Schedule -

Friday Afternoon (12 & U / Open)

Warm-Ups 4:30pm Check-In Closes 4:50pm Start 5:30pm

Saturday & Sunday Morning (10 & U / 11-12)

Warm-Ups 7:00am Check-In Closes 7:20am Start 8:00am

Saturday & Sunday Afternoon (13-14 / Open) ****This is a change****

Warm-Ups 12:30pm Check-In Closes 12:50pm Start 1:30pm

Important Information

Depending on scratches, the following events will be limited -

- All Friday Events - PPD does not plan on swimming NT's
- Saturday AM 400 Free & 100 Backstrokes - NT's will be cut from these events.
- Saturday PM 200 IM's & All Backstrokes - NT's will be cut from these events.
- Sunday AM 400 Free & 100 Backstrokes - NT's will be cut from these events.
- Sunday PM 200 Frees - NT's will be cut from these events.
- Women's 1500

SCST has updated all No Times with estimates in hopes of getting all of our swimmers into their events.

Afternoon Warm-Ups will not begin till 12:30pm

[Psych Sheet](#)

[Parking](#) is limited, especially during peak parking times (12:00-1:00pm). Please consider the following guidelines when planning your trip to Birchwood Pool, [link to parking information](#).

The Summer Splash will have updates on Twitter, subscribe to the PPD Twitter feed for updates; @PPD_SWIM.



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. FROM THE MEET DIRECTORS

SCST Families

If you didn't had a chance to fulfill all of your volunteer sessions, now will be a good time to do it. We still have 25 volunteer positions open for our last meet of the season 2011 Endless Summer Time Trial.

We need:

- 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 it strong! Help us make this Meet a great experience for our swimmers and visiting Team.

Thank you all,

SCST Meet Directors



4. SAVE THE DATE

The First Annual St. Charles Swim Team Summer Bash!

At Otter Cove, St. Charles, IL

This Wednesday, July 6th

8:30-10:30pm

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.



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

5. SCST APPAREL INFORMATION

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. 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.

7. US PARALYMPIC SWIMMER MALLORY WEGGEMAN NOMINATED FOR AN ESPY AWARD

U.S. Paralympic swimmer Mallory Weggemann was recently nominated for an ESPY award, in the category of Best Female Athlete with a Disability. Weggemann received the nomination for her efforts at the 2010 IPC Long Course Swimming World Championships, where she won eight gold medals and a silver.

USA Swimming recently caught up with Weggemann to get her thoughts on being nominated for an ESPY and on her goals heading into the 2012 Paralympic Games. Check Out the [USA Swimming Website](http://USASwimming.com) for the interview.