

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



## 1. PRACTICE INFORMATION

**PRACTICE CANCELLATION, SATURDAY, JULY 9** for the **WHITE, BLACK** and **PRE NATIONAL TEAMS** due to the Palatine Swim Team Summer Splash.

**PRACTICE CANCELLATION, SATURDAY, JULY 17** for the **WHITE, BLACK** and **PRE NATIONAL TEAMS** due to the SCST Endless Summer Qualifier.

## 2. SCST TEAM GOALS FOR THE PALATINE MEET

We have a large entry this weekend, 123 swimmers. Be a Team!

- ⇒ **Be Early to Warm-Ups;** Always!
- ⇒ **Swimmers will not miss events;** We missed 9 swims between West Chicago and Nashville, SCST will not miss a swim.
- ⇒ **SCST will have less than 1% of our swims Disqualifications;** The St. Charles Swim Team had 1% of our swims Disqualified two weeks ago. Be better this week!
- ⇒ **SCST will have an uniform appearance;** Friday— you favorite Black SCST Shirt, Saturday— the Blue raised lettered St. Charles Swim Team T-Shirt and Sunday— your favorite SCST T-Shirt. If you need attire contact Janine Staudacher at [timstaud1@aol.com](mailto:timstaud1@aol.com).
- ⇒ **Parent Volunteering;** Timing assignments will be posted take time to help out. Share the opportunity to help out do not let the same volunteers do a majority of the work again.
- ⇒ **SCST Swimmers will display Team Spirit;** Swimmers you do better when you have fun!
- ⇒ **Everyone have fun & swim fast;** 52% of our swims two weeks ago were lifetime best swims. A big reason for this was that swimmers had fun and still swam fast!
- ⇒ **SCST Team Area will be Clean after every session of the meet!** Swimmers do not have the SCST Coaching Staff remind you to do something you are supposed to do anyway.



## 3. PALATINE SWIM TEAM SUMMER SPLASH, JULY 9, 10 & 11, 2010

This meet is notorious for having all different kinds of weather, cloudy, cold, sunny, hot, humid, thunderstorms, just about everything and sometimes all in one day. Be prepared for anything. SCST had a good time here last year, lets do it again.

The meet is being held at Birchwood Pool (Palatine Park District) 435 West Illinois Avenue, Palatine, IL 60067.

### Meet Schedule

<i>Friday Afternoon (12 &amp; Under / 13 &amp; Over)</i>		
Warm-Ups 4:30pm	Start 5:30pm	Check-In will close at 4:50pm
<i>Saturday &amp; Sunday Morning (10 &amp; Under / 11-12)</i>		
Warm-Ups 7:00am	Start 8:00am	Check-In will close at 7:20am
<i>Saturday &amp; Sunday Morning (13-14 / Senior)</i>		
Warm-Ups Not Before 12:00pm	Start Not Before 1:00pm	Check-In will close at 4:50pm

## 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. PALATINE SWIM TEAM SUMMER SPLASH, JULY 9, 10 & 11, 2010 (continued)

#### Important Meet Information

Friday Nights events will be limited to the Top 64 in each event. Please see your swimmers coach if you have any questions.

The 12 & Under Boys 400 Free is scheduled to be swum on Saturday Morning; the 12 & Under Girls 400 Free is scheduled to be swum on Sunday.

The Senior Girls 1500 Free is scheduled to be swum on Saturday Afternoon; the Senior Boys 1500 Free is scheduled to be swum on Sunday Afternoon. There will be a 10 minute Warm-Up prior to each 1500 Session. Swimmers must also provide their own timers and counters for the 1500 Free.

Spectator Seating: There will be very limited spectator seating. Spectators are able to bring their own deck/folding chairs.

### 4. LOS ANGELES GRAND PRIX, JULY 8, 9, 10 & 11, 2010

Olympic gold medalists Natalie Coughlin (Vallejo, Calif.), Jason Lezak (Irvine, Calif.) and Rebecca Soni (Plainsboro, N.J.), along with 12 other U.S. Olympians, will compete at the Los Angeles Grand Prix, which is the final stop of the 2009-2010 USA Swimming Grand Prix Series. The meet, taking place on the campus of the University of Southern California, begins Thursday, July 8 and runs through Sunday, July 11.

The meet in Los Angeles is the last major U.S. meet before the 2010 ConocoPhillips USA Swimming National Championships, which will be held in Irvine, August 3-7. That meet is the biggest domestic event of the year for U.S. swimmers, as it will select the teams for the 2010 Mutual of Omaha Pan Pacific Championships, the 2010 FINA Short Course Championships in Dubai, UAE, The World University Games and the 2011 FINA World Championships in Shanghai, China.



Other top U.S. swimmers expected to compete at the Los Angeles Grand Prix include Olympians Katie Hoff (Towson, Md.), Dana Vollmer (Granbury, Texas), Margaret Hoelzer (Huntsville, Ala.), Nathan Adrian (Bremerton, Wash.) Kara Lynn Joyce (Ann Arbor, Mich.), Matt Grevers (Lake Forest, Ill.), Christine Magnuson (Tinley Park, Ill.), Chloe Sutton (Mission Viejo, Calif.), Kate Ziegler (Fairfax, Va.), Julia Smit (Mt. Sinai, N.Y.), Caroline Burckle (Louisville, Ky.) and Elaine Breeden (Lexington, Ky.).

The top medal-winner at the Grand Prix Series will be awarded \$20,000 at the end of the meet, courtesy of USA Swimming. Swimmers are awarded five points for a gold medal, three points for a silver medal and one point for a bronze medal. National Teamer and current Grand Prix Series leader Sutton will look to take the prize home in Los Angeles. The leaderboard can be found online at [www.usaswimming.org/grandprix](http://www.usaswimming.org/grandprix).

The star-studded field will also include U.S. National Teamers Ariana Kukors (Auburn, Wash.), Jessica Hardy (Long Beach, Calif.) and Mary DeScenza Mohler (Naperville, Ill.).

In addition to the U.S. Olympians expected to compete, a strong international field is slated to be on deck, including Canada's Brent Hayden and Ryan Cochrane, Tunisia's Ous Mellouli, Austria's Marcus Rogan, Switzerland's Dominik Meichtry, England's Simon Burnett and Brazil's Thiago Pereira.

The competition will follow the traditional meet schedule of morning prelims and evening finals. The full competition schedule can be found online. Finals begin at 5 p.m. PT, Thursday through Sunday. Prelims begin at 8:30 a.m. PT, Friday through Sunday.

Competition footage from the meet will be webcast on [Swimnetwork.com](http://Swimnetwork.com). LIVE footage from prelims and finals will be available Thursday, July 8 through Sunday, July 11.

### 5. MONDAY MEDLEY: TOP 5 TYPES OF WATER by Mike Gustafson, Senior Analyst ([www.swimnetwork.com](http://www.swimnetwork.com))

"Put your money where your mouth is, Mom." My mother had been spending the holiday weekend talking about how she'd like to swim downstream in a river in the northern part of Michigan – yet she hadn't done it. Finally, yesterday afternoon during a sweltering-hot Independence Day (92 degrees), I urged her to do it. To my surprise, she jogged alongside the shore upstream, eased into the 70-degree river water, and breaststroked her way downstream and back home.

I too decided to swim in that river – upstream. After doing so, I realized that after all my years of competitive swimming -- a river is the best body of water to swim.

The past few months on this website I have touted the benefits of open water swimming –it's exciting, competitive, and an entirely different experience compared to chlorinated, boring, monotonous pool swimming. And the past few days, I've swum in nearly every type of body of water, deciphering which body of water provides the best overall swimming experience.

I've been investigating.

For today's Monday Medley, I've ranked the top 5 types of water for swimming. Swimming in a pool is one experience. But dodging wildlife in freezing outdoor water is an entirely different experience altogether.

## 5. MONDAY MEDLEY: TOP 5 TYPES OF WATER by Mike Gustafson, Senior Analyst ([www.swimnetwork.com](http://www.swimnetwork.com))

Here are the Top 5 Types of Water:

**5) A Freshwater Lake.** Look on the United States map, and you'll see a huge massive body of blue in the middle of America. That blob of freshwater – the Great Lakes – is extremely enjoyable from a swimmer's POV. In the summertime, the lakes aren't as cold as the ocean (exception: Lake Superior) and there aren't the dangers that accompany the ocean. But the Great Lakes provide that surreal water-as-far-as-the-eye-can-see experience – without the sharks, Man O' War, and salt.

**4) An Empty, Lanelined Pool.** The most beautiful pool that's been built in the United States was the temporarily Olympic Trials pool inside the Qwest Center, Omaha, Nebraska. When the 2008 Olympic Trials ended, the swimmers and coaches emptied out of the arena, and the fans were long-gone, I was fortunate enough to walk the pool deck of that pool. The lights overhead made the perfectly still, calm water appear as one thin sheet of sparkling blue glass. I've never seen a pool look more peaceful or beautiful. Most swimmers would agree that jumping into an empty pool and lapping up and down a waveless environment is finding harmony with the element of water. I love swimming in empty pools.

**3) Anywhere with a Waterfall.** Let's face it – knowing how to swim gives swimmers a confidence that we can “do” what other mortals can't. We can conquer the element of water. We can go places that other people can't. We are powerful, like fish, and we can experience the things that people standing in their clothes on the shore can only dream about. While this may bring a false sense of confidence, sometimes you truly do get to experience things weaker swimmers can't. Like jumping off a cliff into the ocean, or swimming where there happens to be a waterfall. Underwater, butterfly, all around – without getting tired.

**2) Outside a Tourist Hotspot.** Last night when the fireworks were blasting above the Washington Monument, I couldn't help but think how wonderful it would be to swim in the Reflective Pool. That's how swimmers think. “Man, I should just hop in and do some laps.” Hotel pools, crowded lakes, fountain pools in front of museums... swimmers think alike. We all think how fun it'd be to show off our skills in front of a group of pedestrians. And swimming in these places where no one else would swim (though it might be illegal) still brings a thrill, a sense of “I'm doing something you can't do.” We've all seen that “crazy guy” swimming 500 yards from the beach in the freezing ocean water. Everyone points and says, “Look at that guy!” Sometimes, it's fun to be that guy.

**1) Upstream/Downstream in a River.** If you've never tried this one, the next time you're near a river, shed some of your clothes and go for a dip. The water gushing by your face, the current pushing against you, swimming upstream in a river is similar to swimming in one of those giant swimming flumes or a “never ending pool.” For my own personal July 4th celebration yesterday, I swam upstream until my arms couldn't move. People in cabins alongside the river stopped what they were ogling, probably concerned, at the nut swimming upstream for what must have seemed like hours. However, swimming upstream, moving an inch or two with each stroke, and then quickly turning around and swimming downstream with the current flying faster than Michael Phelps down a river is probably the best feeling a swimmer can have. It's like you're attached to one of those giant stretch tubes – you know, those tubes your coach pulls you on during taper to help you attain a ‘feeling for the water’ – except this stretch tube is a quarter-mile long.

## 6. SANITY AND MADNESS IN YOUTH SPORTS COMPETITION from Successful Sports Parenting (USA Swimming and US Ski Team)

Reprinted and adapted from *Parent's Complete Guide to Youth Sports*

Growth in the popularity and scope of youth sports and in the role that they play in the lives of children is undeniable. But this expansion has generated ongoing and, at times, bitter debate. Serious questions have been raised about the desirability of organized sports for children. Unfortunately, answers to the questions are not simple.

Obviously this growth could not have occurred if people did not believe that participation in organized sports is beneficial. Those who favor sport programs emphasize that there are many aspects of the experience that contribute to personal development. Some supporters have pointed out that sports are miniature life situations; ones in which children can learn to cope with many of the important realities of life. Within sports, children exercise to cooperate with others, to compete, to deal with success and failure, to learn self-control and to take risks. Important attitudes are formed about achievement, authority and persistence in the face of difficulty.

Adult leadership can be one of the truly positive features of organized sport programs. Knowledgeable coaches can help children acquire physical skills and begin to master a sport. Higher levels of physical fitness can be promoted by such guidance. The coach can become a significant adult in the life of the child and can have a huge positive influence on personal and social development. Likewise, the involvement of parents can bring families closer together and heighten the value of the experience for young athletes.

Youth sports have more than their share of critics. Most notably, coverage by the popular media is dominated by attacks on sport programs. Because mistreatment of children is newsworthy, sport abuses are likely to be sensationalized and widely publicized. Distortions frequently occur. One prominent sport psychologist recently spent ninety minutes with a reporter. For eighty minutes he discussed the positive aspects of sport programs, and for ten minutes he talked about the problems in youth sports. The newspaper article dealt only with the problems. Furthermore, it misquoted the expert as saying that all organized sports should be eliminated for children under the age of sixteen. The media's overemphasis on the negative has understandably made some parents question the value of youth sports.

To read this article in its entirety open the [PDF](#) document on the [St. Charles Swim Team Website](#).