

Proud Sponsors  
Of the  
St. Charles Swim Team



## 1. PRACTICE CHANGES & CANCELLATIONS

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

**LAST PRACTICE**, for the **BLUE TEAM** Swimmers not qualifying for Regionals or Age Group Champs will be Friday, July 15th.

**LAST PRACTICE**, for the **WHITE TEAM** Swimmers not qualifying for Regionals or Age Group Champs will be Friday, 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

It was a hot weekend at the pool and these swimmers were as hot as the weather; **ANNA DUFRESNE, SEAN GALLE, RYAN HAMILTON, STEPHEN HUTCHINSON, MARISSA KURAL, ANNA O'MALLEY, HANNAH PEARSON, ENZO PIGA, DELANEY SOULE, CAITLIN SUDA, ALLISON WESSEL** and **CALVIN WINDLE**. Check Out the rest of the write up to see why these swimmers were as Hot as the Weather.



SCST Goals for this weekend-

- **SCST Be Early to Warm-Ups!** Great Job!
- **SCST finish Top 3!** We finished within 270 points of 2nd.
- **SCST will have no missed swims.** We had 9 missed swims, not acceptable.
- **SCST will have less than 3% disqualifications.** We had 18 DQ's which was 2% of our swims, good job.
- **SCST will have over 40% improved times over the weekend.** 327 improved swims over the weekend, 40%!
- **SCST Swimmers will display Team Spirit.** This was not consistent thru the weekend, didn't even hear a Team Cheer!
- **SCST Parent Volunteering.** Thank you for all your assistance in officiating over the weekend. Also all the SCST Families who helped each other during the miles.
- **SCST Swimmers and Parents will have a uniform appearance.** We saw a lot of SCST Shirts even without a designated shirt day.
- **SCST will have Fun and Swim Fast.** We did well.
- **SCST Swimmers clean up their trash.** Our area was a mess with a number of our own parents picking up after the swimmers! Swimmers you must pick up your own mess.

SCST needs to be better at getting the job done!

The SCST Swimmer who dropped the most time in one event goes to **AUSTIN LAMP** who dropped a total of 76.83 seconds in his 400 Free. Congratulations **AUSTIN** on an outstanding swim!

Swimmers who achieved a Lifetime Best in every event they swam over the weekend were; **ANNA DUFRESNE, SEAN GALLE, RYAN HAMILTON, STEPHEN HUTCHINSON, MARISSA KURAL, ANNA O'MALLEY, HANNAH PEARSON, ENZO PIGA, DELANEY SOULE, CAITLIN SUDA, ALLISON WESSEL** and **CALVIN WINDLE**.

Swimmers with **NEW National "B" Times** were; **COLLIN BAWOLEK, PAYTON BAXTER, ANNA DUFRESNE, SEAN GALLE, HANNAH GURSKY, MEGAN HART, HEATHER HOUSE, GRACE KOS-DONDLINGER, HUNTER KOS-DONDLINGER, JAMES LICARI, RYAN MITCHELL, RACHEL NAGLER, HANNAH PEARSON, RILEY ROONEY, OLIVIA TRAXLER** and **MOLLY YETTER**.

Swimmers with **NEW National "BB" Times** were; **COLLIN BAWOLEK, NATHAN BAWOLEK, KATIE CANTRELL, AVIE CHURCHWELL, KYLE DUNLAP, BRITTA GESELL, RYAN HAMILTON, KENZI KUZMANIC, AUSTIN LAMP, RACHEL NAGLER, GIA NAVARRO, REBECCA PALMQUIST, AMY PEARSON, HANNAH PEARSON, GRACE QUINN, JOEY REITER, DELANEY SOULE, KATIE STEELE, TIM STEELE, SOPHIE WATTS** and **MAGGIE WHITEHURST**.

Swimmers with **NEW National "A" Times** were; **ALI ANDROS, NATE BAXTER, HENRY BLISS, JAMIE CRANFILL, RYAN CZARNECKI, RYAN FALK, BRITTA GESELL, AUDREY GUYETT, ISABEL HERB,**

2011

Long Course Meet Schedule  
Follow Meet Link for  
Meet Information

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

## 2. PALATINE PARK DISTRICT SUMMER SPLASH (continued)

HEATHER HOUSE, MARISSA KURAL, LAUREN McCORMACK, MATT NAGLER, ANNA O'MALLEY, HANNAH POEZINSKI, DELANEY SOULE, CHLOE TYKAL, SOPHIE WATTS and BRAD WHITEHURST.

Swimmers with [NEW National "AA" Times](#) were; NATE BAXTER, KYLE CHAPKO, RYAN CZARNECKI, HEATHER HOUSE, STEPHEN HUTCHINSON, MITCHELL MILOSCH, MATT NAGLER, AMY PEARSON and ALLISON WESSEL.

Swimmers with [NEW National "AAA" Times](#) were; AUDREY GUYETT, HEATHER HOUSE, EMILY JANIA, LAUREN McCORMACK and FRANCIS YIP.

Swimmers with [NEW ISI Regional Championship Time Standards](#) were; ALI ANDROS, COLLIN BAWOLEK, NATHAN BAWOLEK, KATIE CANRELL, DOMINIQUE, AVIE CHURCHWELL, JAMIE CRANFILL, KYLE DUNLAP, ZACH ECKSTROM, SIBA FILIPOVIC, JACKIE FISHER, KYLE GANNON, BRITTA GESELL, MEEGAN HART, HEATHER HOUSE, MARY JANIA, AMANDA KURAL, AUSTIN LAMP, JENNI ORZOLEK, JOEY REITER, CLAIRE SEBASTIAN, GIANNA SHAW, DELANEY SOULE, KATIE STEELE and MAGGIE WHITEHURST.

Swimmers with [NEW ISI Age Group Championship Time Standards](#) were; NATE BAXTER, HENRY BLISS, RYAN CZARNECKI, ERIN HART, HEATHER HOUSE, LAUREN McCORMACK, MITCHELL MILOSCH, MATTHEW NAGLER, HANAH POEZINSKI, ALISON WESSEL and BRAD WHITEHURST.

St Charles Swim Team Swimmers that won individual events over the weekend were; HENRY BLISS, NICK BORYK, AUDREY GUYETT, LINDA LICARI, LAUREN McCORMACK and MARY SNYDER.

A New Team Record was achieved at the meet this weekend by **AUDREY GUYETT**. **AUDREY** set a New Record in the Girls 11-12 1500 Free with a time of 19:26.78, breaking the old record set by Caitlin Dauw in 2003 with a time of 19:34.26.

Championship Season is here, it is time to swim super fast or the fish is going to get you!



### 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

## 3. SCST ENDLESS SUMMER TIME TRIAL

This weekend SCST will be hosting the SCST Endless Summer Time Trial at the Norris Rec Center. This is the last meet of the season for a large number of SCST Swimmers. We want this to be a great meet for all our athletes participating.

### Meet Schedule

- |                         |                            |                                      |
|-------------------------|----------------------------|--------------------------------------|
| • Saturday AM Session 1 | Warm-ups 7:00 AM           | Start 8:00 AM                        |
| • Saturday PM Session 2 | Warm-ups Not before 1:00PM | Start 1 hour after start of warm-ups |
| • Sunday AM Session 3   | Warm-ups 7:00 AM           | Start 8:00 AM                        |
| • Sunday PM Session 4   | Warm-ups Not before 1:00PM | Start 1 hour after start of warm-ups |

### Important Information

**THIS IS A POSITIVE CHECK - IN MEET.** We will close check - in for all sessions 20 minutes after the start of warm-ups.

**A NO SHOW POLICY WILL BE ENFORCED.** Any swimmer not showing up for a checked -in event will be scratched from their next event on that day or if the last event of the day the penalty will be carried over to the following day.

### Team Goals for the Meet

- **SCST Swimmers clean up their trash.** This our New Number One!
- **SCST Be Early to Warm-Ups!**
- **SCST will have no missed swims.** In 2010 we had 24 missed swims, this year none.
- **SCST will have less than 2% disqualifications.** Last year SCST had 3% of our swims disqualified.
- **SCST will have over 60% improved times over the weekend.** In 2010 we had 60% Improved times.
- **SCST will have 40 New Regional, Age Group and Senior Champ Qualifying Times.**
- **SCST Swimmers will display Team Spirit.**
- **SCST Parent Volunteering.** If your family has not signed up on Supermeets please do so immediately.
- **SCST Swimmers and Parents will have a uniform appearance.** On Saturday please wear your gray 2011 Long Course T-Shirt and on Sunday wear your blue raised letter St Charles Swim Team t-shirt.
- **SCST will have Fun and Swim Fast.**

## 4. 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 need more people for our AM sessions for our last meet of the season 2011 Endless Summer Time Trial.

We need:

- Saturday AM session: Concessions and Safety Marshals
- Sunday AM session: Awards; Hospitality; Concessions.

Supermeets is now closed. You will need to contact Susan Watts at [purcellwatts@gmail.com](mailto:purcellwatts@gmail.com) to sign-up.

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

## 5. ILLINOIS SWIMMING 2011 SENIOR CHAMPIONSHIPS

Not only is SCST hosting a meet this weekend we are also swimming at the 2011 Illinois Swimming Long Course Senior Championship Meet, being hosted at Stevenson High School by the Patriot Aquatic Club. Stevenson High School is located at [1 Stevenson Dr., Lincolnshire, IL 60069](#).



### Meet Schedule

Thursday Timed Finals

Warm-Up 4:00pm (be on deck 15 minute prior to the start of W-ups) Start 5:30pm

Friday, Saturday & Sunday Prelims

Warm-Up 6:30am (be on deck 15 minute prior to the start of W-ups) Start 8:30am

Friday & Saturday Finals

Warm-Up 4:00pm (be on deck 15 minute prior to the start of W-ups) Start 5:00pm

Sunday Finals

Warm-Up 3:30pm (be on deck 15 minute prior to the start of W-ups) Start 5:00pm

### Important Meet Information

**TEAM ATTIRE:** Thursday, wear a your Blue St Charles Swim Team Shirt / Friday, wear your 2011 LC Championship Shirt / Saturday, wear your 2011 LC Gray Team Shirt / Sunday, wear your favorite SCST Shirt.

**800 & 1500:** The 800 and 1500 Free will be conducted as timed final events. The 800 Free is swum on Thursday Evening (Session 1), fastest to slowest, alternating women and men's heats. Each swimmer must provide his/her own timer.

The fastest seeded heat of the woman's and men's 1500 free are swum as the first event of finals on the same day as all other heats for the event. All remaining heats of the 1500 will swim at the conclusion of Sunday's Preliminary session: the second fastest seeded women's heat will swim first and the second fastest seeded men's heat will swim second. The third fastest seeded women's heat will swim third; the third fastest seeded men's heat will swim fourth, continuing in this fashion until all heats are swum. Swimmers who choose to swim in the prelim session of the 1500 Free should enter at the lowest non-conforming qualifying time (SCY). Each swimmer must provide his/her own timer.

**RELAYS:** SCST has relays that will be swimming in the preliminary session on Friday, Saturday and Sunday please check with the coaches to see if you are on a relay prior to leaving the meet.

**FINALS READY ROOM:** Swimmers in the Consolation and Bonus Finals (B and C) must check in with the Deck Referee behind the starting blocks and swimmers in the Championship Finals (A) must report to the Ready Room area and check-in with the Ready Room official prior to the start of the Championship Final of the previous event

**PARKING:** Parking is free. Detailed parking lot availability will be available on the PAC website later in the summer. [http://www.teamunify.com/TabGeneric.jsp?\\_tabid\\_=11602&team=ilpac](http://www.teamunify.com/TabGeneric.jsp?_tabid_=11602&team=ilpac)

**WEBCAST:** <http://www.ilswim.org/webcast/index.htm>

**DISTANCE & RELAY PSYCH SHEETS:** [http://www.patriotaquaticclub.org/TabGeneric.jsp?\\_tabid\\_=45094&team=ilpac](http://www.patriotaquaticclub.org/TabGeneric.jsp?_tabid_=45094&team=ilpac)

## 6. SCST AT OTTER COVE



The First Annual St. Charles Swim Team Summer Bash at Otter Cove was a great time! Thank You Stephanie Bawolek for organizing a wonderful night out. Also congratulations to the Yetter Family on winning the SCST Family fun basket.

We are already looking forward to next year.

## 7. SCST APPAREL INFORMATION

Car Decals have arrived. The price is \$5.00. Please email Linda Popp [lsppopp@aol.com](mailto:lsppopp@aol.com) with your order and place the payment in the Popp Family mailbox.

## 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](mailto: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.

## 9. ST CHARLES EAST/NORTH GIRLS and BOYS SWIM and DIVE GOLF OUTING

Friday, August 19, 2011 at the Pheasant Run Resort the St Charles East and North Boys and Girls Swim and Dive Golf Outing. This outing is to benefit both the St Charles East and North High School Boys and Girls Swim and Dive Teams.

20 percent of the Golf Outing proceeds will be donated to the Lupus Foundation ([www.lupus.org](http://www.lupus.org)) and the Cure for Grace Scholarship Fund, administered by Grace Waller and her family to provide college scholarships to local high school seniors who have overcome adversity in high school.

### *The Event*

A 18 hole scramble with prizes for the lowest team, longest drive and closest to the hole.

\$100 includes Golf and Dinner.

\$50 is Dinner only

Silent Auction with great gift items

### *Schedule of Events*

11:30am Registration Opens

1:30pm Shotgun Start

6:00pm Poolside Dinner/Silent Auction

### *For Additional information contact*

Chip Flesher [cmflesh@aol.com](mailto:cmflesh@aol.com)

Chris Clay [chris.clay@sanofi-aventis.com](mailto:chris.clay@sanofi-aventis.com)

Mark Tykal [mark.tykal@sbcglobal.net](mailto:mark.tykal@sbcglobal.net)

John Bindseil [john.bindseil@zurichna.com](mailto:john.bindseil@zurichna.com)



## 10. [14TH FINA WORLD CHAMPIONSHIPS](http://FINAWorldChampionships.com), SHANGHAI, JULY 24TH thru 31ST



In the last major international competition before the 2012 Olympic Games, USA Swimming will send 42 athletes to the [FINA World Championships](http://FINAWorldChampionships.com) in Shanghai, China, July 24-31. Olympic gold medalists Michael Phelps (Baltimore, Md.), Ryan Lochte (Daytona Beach, Fla.), Natalie Coughlin (Vallejo, Calif.) and Rebecca Soni (Plainsboro, N.J.) will headline Team USA.

The U.S. roster is comprised of the nation's top swimmers, including a total of 25 Olympians. The U.S. men will be led by the 2008 Olympic men's team head coach and University of Texas men's head coach Eddie Reese, while the women will be coached by University of Arizona head coach Frank Busch. Busch was also a member of the 2004 and 2008 U.S. Olympic coaching staff.

The U.S. swimmers were selected to compete at the [FINA World Championships](http://FINAWorldChampionships.com) qualified based upon their performance at the 2010 ConocoPhillips National Championships, which were held August 3-7, 2010 and the Mutual of Omaha Pan Pacific Championships, which took place August 18-21, 2010.

Make sure to check out [USA Swimming](http://USASwimming.com) to stay up with how TEAM USA is doing at [World Championships](http://WorldChampionships.com).