

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

PRACTICE CHANGE, WEDNESDAY, JULY 20TH for **SENIOR SWIMMERS** attending Regionals 7:00-8:30am @ NRC, attending Age Group Champs 6:00-9:00am @ NRC.

PRACTICE CHANGE, THURSDAY, JULY 21ST for **SENIOR SWIMMERS** attending Regionals 6:00-7:30am @ SCN, attending Age Group Champs 6:00-9:00am @ SCN & 3:30-5:00pm @ NRC.

PRACTICE CHANGE, FRIDAY, JULY 22ND for **SENIOR SWIMMERS** attending Regionals 6:30-8:00am @ Swanson Pool, attending Age Group Champs 6:30-8:30am @ Swanson Pool.

PRACTICE CHANGE, SATURDAY, JULY 23RD for **SENIOR SWIMMERS** attending Age Group Champs 7:00-9:00am @ NRC

PRACTICE CHANGE, SATURDAY, JULY 23RD for **GOLD TEAM** not attending Regionals 7:00-9:00am @ NRC

PRACTICE CHANGE, SUNDAY, JULY 24TH for **GOLD TEAM** not attending Regionals 7:00-9:00am @ Swanson Pool

2. SCST ENDLESS SUMMER TIME TRIAL

What a Great Team Effort over the weekend! The meet was extremely full and because of the Team Effort from EVERYONE we got everything in, outstanding job!

Not only did the meet run well, swimmers swam fast!

Team Goals for the Meet

- **SCST Swimmers clean up their trash.** Our Area was picked up, the Coaches just hope it was the swimmers and not our parent volunteers.
- **SCST Be Early to Warm-Ups!**
- **SCST will have no missed swims.** We had 4 missed swims.
- **SCST will have less than 2% disqualifications.** SCST had 37 DQ's which is 4% of our swims.
- **SCST will have over 60% improved times over the weekend.** SCST had 446 Improved Swims, which comes out to 50% of our swims.
- **SCST will have 40 New Regional, Age Group and Senior Champ Qualifying Times.** 92 Total New Illinois Swimming Championship Time Standards achieved; 48 New Regional and 44 New Age Group Times.,
- **SCST Swimmers will display Team Spirit.**
- **SCST Parent Volunteering.** Thank you for your help!
- **SCST Swimmers and Parents will have a uniform appearance.** SCST was wearing St. Charles Swim Team Shirts, but not the right shirts on the correct days, lets look like a TEAM!
- **SCST will have Fun and Swim Fast.**

SCST swam well, let's do a better, it is important to be better.

The SCST Swimmer who dropped the most time in one event also had the second largest drop of the weekend. This swimmer dropped a total of 124.84 seconds in the 200 IM and 59.23 seconds in the 100 Back. Since these were such large time drop we will also recognize those swimmers that dropped more than 20 seconds in an event; **KALIE KOCH** 52.90 in the 400 Free, **DELANEY SOULE** 39.46 in her 800 Free, **BRANDON LACH** 37.41 in the 800 Free, **SYDNEY ANDERSEN** 32.83 in the 800 Free, **MITCHELL MILOSCH** 28.47 in the 400 Free, **MARISSA KURAL** 27.63 in the 400 Free, **CARLY BARTON** 23.93 in the 200 IM, **RYAN MITCHELL** 23.03 in the 100 Back, **ANNIKA SCHMIDT** 22.93 in the 100 Free and **ALLISON STANEK** 22.48 in the 100 Free. Congratulations to all these swimmers and also to **DAVID CHOKRAN** for dropping a total of 3:04.07 in two events!

Swimmers who achieved a Lifetime Best in every event they swam over the weekend were; **SYDNEY ANDERSEN, HENRY BLISS, ELYSSA BRAULT, BREANNA CARLINO, GABRIELLA CESARONE, SEAN GALLE. SARAH GIBSON, HANNAH GURSKY, MONICA GUYETT, HARRISON HOLLMAN, SYDNEY JES KO, KAYLA JONES, KALIE KOCH, MARISSA KURAL, MICHAEL O'DONNELL, MATT ORTLAND, AMY**

2011

Long Course Meet Schedule
Follow Meet Link for
Meet Information

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. SCST ENDLESS SUMMER TIME TRIAL



PEARSON, HANNAH PEARSON, KRISTEN ROGERS, ALEXIA SCOTT, ALEXIA SCOTT, CHRIS STANEK, CAITLIN SUDA, BRAD WHITEHURST, JULIA ZIMA and BROOKE ZIMNY.

Swimmers with [NEW National "B" Times](#) were; CARLY BARTON, DAVID CHOKRAN, HALEY DAESCHLER, NATALIE DRURY, SEAN GALLE, HANNAH GURSKY, HALEY HANEBURG, SARA LOCHMULLER, SAMANTHA MARLOWE, PAYTON MITCHLL, CLAIRE MORGAN, ORTLUND, MATT, KALLIE PELTIER, GRACE QUINN, SARA QUINN, RILEY ROONEY, SARAH SANDECKI, ALEXIA SCOTT, ALLISON STANEK, CALVIN WINDLE, SEAN YETTER and BROOKE ZIMNY.

Swimmers with [NEW National "BB" Times](#) were; SYDNEY ANDERSEN, ANDREW BORSE, MAGGIE BORSE, MARGARET BRONEC, DAVID CHOKRAN, OLIVIA ENGLERT, SARAH GIBSON, HANNAH GURSKY, KALIE KOCH, KENZIE KUZMANIC, SYDNEY MAXWELL, RYANN MITCHELL, GIA NAVARRO, ERIC PALMQUIST, REBECCA PALMQUIST, HANNAH PEARSON, JOHN QUINN, KIRSTEN ROGERS, ALEXIA SOCTT, CLAIRE SEBASTIAN, DELANEY SOULE, ALLISON STANEK, CHRIS STANEK, JILLIAN WASLAWSKI, MAGGIE WHITEHURST, NICK WOLFF, JULIA ZIMA and BROOKE ZIMNY.

Swimmers with [NEW National "A" Times](#) were; NATE BAXTER, HENRY BLISS, AUSTIN CABEL, KATIE CANTRELL, GABRIELLA CESARONE, JOHN CRANFILL, ZACH ECKSTROM, HANNAH GURSKY, MEEGAN HART, MARY JANIA, SYDNEY JESKO, KAYLA JONES, AMANDA KURAL, NATAHN KUSZYNSKI, BRANDON LACH, LAUREN McCORMACK, MATTHEW NAGLER, AUSTIN STAPELLA, JOHNNY TARPEY, MARIA TAVIERNE, JOSTIN TRINIDAD and FRANCIS YIP.

Swimmers with [NEW National "AA" Times](#) were; NATE BAXTER, HENRY BLISS, AVIE CHURCHWELL, RYAN CZARNECKI, KEEGAN HAWKINS, ISABEL HERB, EMILY JANIA, SYDNEY JESKO, KRISTIN KOWALESKI, MARISSA KURAL, EMMA KUSZYNSKI, EMMA McSPADDEN, MITCHELL MILOSCH, MATTHEW NAGLER, ANNA O'MALLEY, HANNAH POZEZINSKI, SOPHIE WATTS and BRAD WHITEHURST.

Swimmers with [NEW National "AAA" Times](#) were; KEEGAN HAWKINS, AMY PEARSON, ANNE TAVIERNE and BRAD WHITEHURST.

Swimmer with a [NEW National "AAAA" Times](#) was; LINDA LICARI.

Swimmers with [NEW ISI Regional Championship Time Standards](#) were; SYDNEY ANDERSEN, ALI ANDROS, ANTHONY BLISS, ANDREW BORSE, KATIE CANTRELL, GABBY CESARONE, DAVID CHOKRAN, OLIVIA ENGLERT, HANNAH GURSKY, ERIN HART, MEEGAN HART, MARY JANIA, KALIE KOCH, KRISTEN KOWALESKI, KENZE KUZMANIC, AUSTIN LAMP, KAYLEIGH LEWIS, LINDA LICARI, JACK McNULTY, MATTHEW NAGLER, GABBI POMPILIO, KIRSTEN ROGERS, GIANNA SHAW, DELANEY SOULE, CHRIS STANEK, AUSTIN STAPELLA, KATIE STEELE, JOHNNY TARPEY and SOPHIE WATTS.

Swimmers with [NEW ISI Age Group Championship Time Standards](#) were; NATE BAXTER, HENRY BLISS, AUSTIN CABEL, AVIE CHURCHWELL, JOHN CRANFILL, RYAN CZARNECKI, ZACH ECKSTROM, SIBA FILIPOVIC, HANNAH GURSKY, MONICA GUYETT, ISABEL HERB, EMILY JANIA, SYDNEY JESKO, LUCY JOHNSON, MARISSA KURAL, EMMA KUSZYNSKI, KYLE LEWARCHICK, LAUREN McCORMACK, EMMA McSPADDEN, MITCHELL MILOSCH, MATTHEW NAGLER, AMY PEARSON, HANNAH POZEZINSKI, JOHNNY TARPEY, THAD THOMPSON, JOSTIN TRINIDAD, SOPHIE WATTS, BRAD WHITEHURST and FRANCIS YIP.

St Charles Swim Team Swimmers that won individual events over the weekend were; SYDNEY ANDERSEN, DOMINIQUE CARRAVETTA, DAVID CHOKRAN, AVIE CHURCHWELL, JAMIE CRANFILL, RYAN CZARNECKI, RACHAEL DeVRIES, HANNAH GURSKY, SYDNEY JESKO, LUCY JOHNSON, ETHAN KOS-DONDLINGER, EMMA KUSZYNSKI, AUSTIN LAMP, KYLE LEWARCHICK, LINDA LICARI, LAUREN McCORMACK, MITCHELL MILOSCH, AMY PEARSON, AUSTIN STAPELLA and JOHNNY TARPEY.

Two New Meet Records were achieved at the Meet this weekend. **LINDA LICARI** set two meet records one was in the 9-10 Girls 400 Free with a time of 5:15.32 breaking her old record of 5:22.33 set last weekend at Palatine Park District Summer Splash. The other record was in the 9-10 Girls 100 Back with a time of 1:19.70, breaking the old record set by Emma Kuszynski in 2008 with a time of 1:20.22. Congratulations **LINDA** on some real fast swimming!

What a Great two days at the Norris Rec. Center!

3. FROM THE MEET DIRECTORS

SCST Families,

We would like to Thank All of You for being a part of the 2011 Long Course Season!

Big Thank You to All the Incredible Volunteers: Officials, Coaches, Timers, Admissions, Awards, Bullpen, Concessions, Hospitality, Safety Marshals, Set-Up, Take Down and all who make the 2011 Endless Summer Time Trial a good one

It was our pleasure working with everyone again. We had a good amount of volunteers and we did it! What a great competition to finish the 2011 Long Course Season and it could not have been done without all your help.

Thank you all for the Great Season!

SCST Meet Directors

Natalya Filipovic & AJ Jania



4. ILLINOIS SWIMMING 2011 SENIOR CHAMPIONSHIPS

The St. Charles Swim Team sent 34 swimmers up to the 2011 Long Course Senior Championship Meet and SCST had some good swims.

The SCST Swimmer who dropped the most time in one event dropped a total of 184.01 seconds in her 1500 Free, Congratulation **CHLOE TYKAL** on an outstanding drop! **CHLOE** barely beat out **LUCY JOHNSON** who dropped a total of 183.75 in her 1500 Free. Nice going ladies!

Swimmers with [NEW National "A" Times](#) were; **TIM STEELE**

Swimmers with [NEW National "AA" Times](#) were; **TAYLOR FALK, MONICA GUYETT, LUCY JOHNSON, JOEY QUAN** and **CHLOE TYKAL**.

Swimmers with [NEW National "AAA" Times](#) were; **LISA LICARI, MEAGAN POPP** and **WILL SHANEL**.

Swimmers with [NEW National "AAAA" Times](#) were; **KRISTEN CZARNECKI** and **AUDREY GUYETT**.

Swimmers with [NEW Speedo Champions Series Time Standards](#) are; **KRISTEN CZARNECKI, AUDREY GUYETT, MEGAN POPP** and **WILL SHANEL**.

At the meet SCST set 3 New Team Record; 2 by **AUDREY GUYETT** and 1 by **KRISTEN CZARNECKI**, some fast swimming ladies! **AUDREY** set a New Record in the 11-12 Girls 800 Free with a time of 9:48.99 breaking the old record set by herself with a time of 9:58.83 at the SCST Summer Classic. The other record was the 11-12 Girls 1500 where she swam a time of 19:15.37 breaking the old record of 19:34.26 set by Caitlin Dauw in 2003. **KRISTEN** set a New record in the 11-12 Girls 200 Back with a time of 2:36.12 breaking the old record of 2:40.47 set earlier this season in Ft Wayne by **KRISTEN**.

The Senior Team is looking forward to the Speedo Champions Series in Iowa City this weekend.



5. ILLINOIS SWIMMING REGIONAL CHAMPIONSHIPS

#2 of the Illinois Championship Meets and SCST needs to be ready to Race! The meet will be held as Short Course Yards at Oswego East High School ([1525 Harvey Road, Oswego, IL 60543](#)). The pool is an 8 lane 25 yard competition pool.

Team Goals

- **SCST Swimmers clean up their trash.**
- **SCST Be Early to Warm-Ups!** The pool will be crowded be early!
- **SCST will have no missed swims.**
- **SCST will have less than NO disqualifications.** This is a championship meet, No Mistakes!
- **SCST will have over 80% improved times over the weekend.**
- **SCST will have 20 New Regional, Age Group and Senior Champ Qualifying Times.**
- **SCST will have a Female and Male Regional Champion**
- **SCST Swimmers will display Team Spirit.** Cheer on your Team! SCST do a Team Cheer before each session.
- **SCST Swimmers and Parents will have a uniform appearance.** On Friday wear the Blue raised lettered St Charles Swim Team T-Shirt, Saturday wear your Yellow 2011 LC Championship T-Shirt and Sunday wear your Gray 2011 Long Course Season Shirt. If your swimmer does not swim on Saturday have them wear their Yellow Championship Shirt on the days they do compete.
- **SCST Parent Volunteering.** Help time sessions where SCST will have swimmers.
- **SCST will have Fun and Swim Fast.**



Meet Schedule

- Friday Session #1 (All Ages)
Warm-Up 3:00pm Positive Check-In Closes 3:25pm Start 4:00pm
- Saturday Session #2 & Sunday Session #4 (10 & Under ./ 12 & Under)
Warm-Up 7:00am Positive Check-In Closes 7:25am Start 8:00am
- Saturday Session #3 & Sunday Session #5 (14 & Under / Open)
Warm-Up 12:00pm Positive Check-In Closes 12:25pm Start 1:00pm

Important Meet Information

- This is a positive Check In Meet
- The 1650 Free will be swum fastest to slowest, alternating Women and Men heats
- 1650 athletes must provide their own timers and counters.
- Seeding, all entries will be seeded in this order Long Course Meters, Short Course Meters and Short Course Yards.
- Only wear SC Caps when competing.
- When accepting an award SCST Swimmers will wear SCST Sweats and SCST T-Shirts, be proud of St. Charles Swimming!

6. SPEEDO CHAMPIONS SERIES, CENTRAL ZONE SECTION 1, UNIVERSITY OF IOWA

The St. Charles Swim Team is sending 30 Swimmers to the Speedo Champions Series in Iowa City this weekend. The meet begins Thursday, click on the meet logo for live results. This is one of the fastest meets in the Midwest.

The meet will be held at the new University of Iowa Recreation and Wellness Center (309 S. Madison St, Iowa City, IA 52242).



SCST Roster for the Speedo Champions Series Meet - **IZZIE BINDSEIL, TAYLOR FALK, KENDALL FORD, STEPHENIE GARVIN, ASHLEY GLADIS, LAURA LICARI, LISA LICARI, KAYLA SCOTT, KIMMIE SCOTT, ASHLEY SHANEL, EMMA SMITH, MARY SNYDER, SARAH SYKSTUS, MEGAN VENLOS, LAUREN ZIMA, TJ BINDSEIL, DAVID CHOKRAN, JOE CHOKRAN, CHRIS DIETER, ALEX DUFFY, KYLE GANNON, SPENCE GRAY, JOE HOLLMAN, JOSHUA KANUTE, NICK KOWALESKI, KYLE PASSINI, SHAUN SEUSCHEK, WILL SHANEL, KEN TILTGES and NICK WATTS.**

GO SCST!

7. 2011-2012 SCST RENEWAL PACKET

The 2011-2012 Renewal Packet will be out soon. Renewal will be a two step process, first we ask that you take care of your Norris Rec. Center Membership and Session Fees with the front desk of the center. The second step will be the online portion with the St. Charles Swim Team. This will be ready at a later date. Your swimmer will not be able to begin practice until both portions of the renewal process are taken care of, the Coaching Staff will be notified to pull your swimmer from practice if your family has not completed renewal. Notification of the availability of the renewal packet and online renewal will be emailed to all current membership.

8. SCST APPAREL INFORMATION

The St. Charles Swim Team has extra Championship Team T-Shirts for sell, please contact Linda Popp at lsopp@aol.com to order yours.



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) 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.

For Additional information contact

Chip Flesher cmflesh@aol.com

Chris Clay chris.clay@sanofi-aventis.com

Mark Tykal mark.tykal@sbcglobal.net

John Bindseil john.bindseil@zurichna.com

HOTEL INFORMATION for SCST TRAVEL MEETS

ISI AGE GROUP CHAMPIONSHIPS

Holiday Inn Express
7887 94th Avenue
Pleasant Prairie, WI
1-262-942-6000

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 xfl5@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.