



St Charles Swim Team H2O Log

2011-2012 Short Course, Issue 1

09/14/2011

Practice Changes and Cancellations

NATIONAL TEAM

NO PRACTICE, 09/20/2011

WHITE TEAM

PRACTICE CHANGE, 09/20/2011, Practice will be at North High School 7:30-9:00pm

WHITE TEAM

NO PRACTICE, 09/22/2011

GOLD TEAM

PRACTICE CHANGE, 09/22/2011, Practice will be at Norris Rec Center 5:00-6:30pm

SENIOR 1 & 2 TEAMS

PRACTICE CHANGE, 09/29/2011, Practice will be at the Norris Rec Center 3:00-5:15pm

Inside this issue:

- Volunteer Sign Up **2**
- Coaches Emails **2**
- SCST Apparel **2**
- Training Equipment **2**
- Meet Sign Up **3**
- SCST Parents Meeting **3**
- Deck Pass **3**

Welcome to the 2011-2012 Short Course Season

Thank you to everyone who has signed up for the 2011–2012 Short Course Season! If you know of anyone interested in the St. Charles Swim Team contact us at 630-377-1720 or swim@stcswim.com.

Whether you are New to the St. Charles Swim Team or have been with our program for many years, the beginning of this season is new and exciting for everyone. This season like all others will seem hectic at first but it always works out after the first couple of weeks. Every Season the Coaching Staff likes to take time in the beginning to observe how each training group is working out. The SCST Staff will make any changes needed to

SCST Coaching Staff

The SCST Coaching Staff is an incredible group of individuals that are here to guide your Swimmers in their experience in the competitive and non competitive sport of swimming. Every Coach is excited about the beginning of the New Season.

We ask that you do not interrupt any of the Staff

provide each swimmer the best opportunity to improve. If you have any questions about your swimmer or the program please feel free to contact your Swimmers Coach before or after practice.

There will be a lot of information coming to you from SCST. SCST will use a number of ways to get you the most up to date information (email, calling post, website and bulletin board postings). So that your family gets all the correct information it is important that you provide the St. Charles Swim Team with the most current phone numbers and emails. To also help you out getting started on the right foot we will be having a SCST Parents Meeting (Everyone is Invited to

Attend) Wednesday, September 21st and Friday, September 30th, 5:00-6:00pm at the St. Charles East High School Commons.

Over the next couple of days the SCST Office will be updating everyone's information along with the St. Charles Swim Team Website. If you have any questions please contact us at 630-377-1720 or swim@stcswim.com.

Thank you for swimming with the St. Charles Swim Team, this is going to be a Great Season

during practice unless it is an emergency. If you would like to speak to your swimmer's Coach please do so prior or after practice. If there is a need to contact your swimmer's Coach(es) outside of practice feel free to call the SCST Office 630-377-1720 or email them to make an appointment.

The SCST Coaching Office is located in the Norris Rec. Center (1050 Dunham Road, St Charles, IL 60174).

Office Hours—
Mon thru Thurs 930 to 330
Fri 930 to Noon

To contact the staff click on the Staff Members Name on the next page.

SCST COACHING STAFF**CO-HEAD COACHES**[Jon Cabel](#)[Tim Lewarchick](#)**SENIOR COACHES**[Tim Lewarchick](#) Head Coach[Joe Cabel](#)[Rob Rooney](#)**ORANGE TEAM COACHES**[Laurie Chokran](#)[Denise Mitchell](#)[Colleen Kuszynski](#)[Nicole Kucera](#)**BLUE TEAM COACHES**[Mary Dauw](#)[Sara Quinn](#)[Matt Munz](#)[Brigid Leavy](#)**WHITE TEAM COACHES**[Brian Mitchell](#)[Kent Pearson](#)[Brian McMeans](#)**GOLD TEAM COACHES**[Jon Cabel](#)**PRE TEAM COACHES**[Anna Hutchinson](#)[Colleen Kuszynski](#)[Anne McManus](#)**JUNIOR TEAM COACHES**[Colleen Kuszynski](#)[Dean Koch](#)[Emily Rogman](#)

Volunteer Sign Up on SuperMeets

SCST Families,

2011-2012 Short Course SuperMeets volunteer sign-up will be available Monday September 26th for the returning families and Friday September 23rd for the new families.

Age group families (14 & under) are required to work 5 sessions. Senior families are required to work 4 sessions. Families with more than one swimmer only need to

work 5 sessions.

Contact Sue Watts with any SuperMeets volunteering questions 630-587-8475 or purplecellwatts@gmail.com.

Take time to read the handout located in the [Volunteering Section](#) of the [St. Charles Swim Team Website](#). It is a great idea to print out the instructions so you have the instructions as you go through the process.

Please only use your swimmer's last name in SuperMeets and when signing in at meets, otherwise you may not get proper credit for sessions worked.

SCST Meet Directors

SCST Apparel

The Swim Team Store will be at the Norris Center back lobby on September 26th and 27th from 5:00- 7:00pm.

They will be here to try on and order our new black SCST suit along with any equipment needs you have. The Swim Team Store will have the list of equipment each team needs.

Also, you will have a chance to try on and order the SCST Parent apparel along with our "NEW" Swimmer apparel. The swimmer apparel consists of sweat-shirts, dry-fit shorts, fleece pants, sport's bras all with our SCST logo..

Parent's apparel consists of sweatshirts, fleece tops, polo shirts, caps,

ladies fit fleece tops and polos.

Come and see what is available and help support our Swim Team!

Orders for the SCST TYR warm-ups, parkas, and personalized caps will also be taken.

SCST Training Equipment

Each Training Group has equipment that is used daily at practices. Swimmers should have their own equipment at practices daily. Swimmers should have their own equipment as required for the group.

This equipment is available at the Swim Team Store. You can order this equipment online at <http://www.theswimteamstore.com> or call the Naperville Store 630-548-5500.

- **Orange Team;** Kick-board, Water Bottle and Mesh Bag
- **Blue Team;** Kick-board, Stroke Maker Hand Paddles (Red), Pull Buoy, FINS Snorkel, Power/Short Fins, Water Bottle and Mesh Bag
- **White Team;** Kick-board, Stroke Maker Hand Paddles (Red or Green), Pull Buoy, FINS Snorkel, Power/Short Fins, Long Fins, Water Bottle and Mesh Bag
- **Gold Team;** Kick-board, Stroke Maker Hand Paddles (Green or Yellow), Pull Buoy, FINS Snorkel, Power/Short Fins, Long Fins, Water Bottle and Mesh Bag
- **Senior Team;** Kick-board, Stroke Maker Hand Paddles, Pull Buoy, FINS Snorkel, Power/Short Fins, Long Fins, Water Bottle and Mesh Bag

The Swim Team Store will be at the NRC in the back lobby on September 26th & 27th 5:00-7:00pm.

Meet Sign Up

The St. Charles Swim Team has a NEW System for signing up for Swim Meets.

The New System is an integrated system with our Hy-Tek Team Database Software.

St. Charles Swim Team Families will be receiving an invitation from the SCST Coaching Staff via email. It is vital that we have your correct email address from your Online Registration with the SCST located at www.stcswim.com. If you are not currently receiving emails from SCST then please notify the SCST Coaching Staff and up date your information with your Online Account.

Meet Registration Process

Step 1 - Invitation Email; SCST will email your family an invitation for a Swim Meet.

Included in Email

1. Name of the Meet that your swimmer is being invited to,
2. Swimmers Name,
3. USA Swimming ID,
4. Name of the Meet,
5. date of meet,
6. location of meet,
7. meet charges
8. Estimated Cost of Meet

Step 2 - Responding to Email; Whether your swimmer is or not attending the Meet click the Respond Now button located at the bottom of

the screen.

Step 3 - Meet Registration; You will now be forwarded to a Meet Registration Page. You will sign in with your SCST Online Registration Name and password.

Step 4 - Meet Entry Form;

1. Check your Information
2. Select your relationship with the swimmer you registering
3. Enter the First, Last and Birthdate of the Swimmer you are registering for the meet.
4. Select whether your swimmer will be attending this meet.
 - If not attending then you will continue to check out.
 - If attending the meet then you will proceed to the selection of sessions your swimmer will attend.
5. The Sessions your swimmer is eligible for will appear (with event descriptions for that session) please select which sessions your swimmer will attend. You will sign up your swimmer for the Age appropriate Sessions.
6. Next click the button Continue.

Step 5 - Review Cart;

1. At this time the estimated cost of the meet is incorrect. The estimated cost of the meet will appear in the invitation email for the meet.
2. At this time if you would like to add another of your swimmers to

the meet click the Add a Swimmer button at the bottom of the screen.

3. If you do not have another swimmer proceed to the Check Out button located at the bottom of screen.

Step 6 - Check Out; At this Time your Credit Card will not be charged until meet entries have been finalized by the SCST Staff and Meet Host. Your total amount due at this time will be confirmed with you via email.

1. Select Card Type
2. Card Number
3. Expiration Date
4. Update Billing Information
5. Complete Purchase.

Step 7 - Your Receipt; You will receive an email confirmation of your entry shortly after completing meet registration. Your card has not been charged at this time, your card will be charged once SCST completes and sends entry to meet host.

Questions about the new meet entry process, please contact the SCST Coaches Office at 630-377-1720 or email swim@stcswim.com.

Invitations for the PAC Invitational and SCST Fall Classic will be sent Monday, Sept. 19th in the evening.

SCST Parents Meeting

The St. Charles Swim Team will be hosting two Parent Meetings, the first meeting will be Wednesday, September 21st and Friday, September 30th at the St Charles East Commons time of the meeting will be 5:00-6:00pm. Please enter thru the main entrance of the school and then proceed to the Commons area to the left.

At the meeting will go over; Basic Team Structure, Meet Sign Up, Meet Volunteering and Officiating.

If you have any questions about the meeting please contact the Coaches Office at 630-377-1720 or email swim@stcswim.com.

Deck Pass

From USA Swimming Deck Pass for Swimmers

- Earn digital patches for competing— automatically!
- Check your verified IMX, best times, recent meets and rankings.
- Connect with your friends

Deck Pass for Coaches

- Award digital patches to your swimmers!
- Get your team's times, scores and ranks.

- Get USA Swimming information on events, meetings, certifications and results.

Deck Pass for Everyone

- Fill out your logbook and earn digital patches for competing!
- Set goals for the season and keep track of your progress.

- Connect to friends on Facebook.

Check Out Deck Pass at USA Swimming!



1050 Dunham Road
St. Charles, Illinois
60174

Phone: 630-377-1720
E-mail: swim@stcswim.com

Proud Sponsors of the St. Charles Swim Team

