

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



## 1. PRACTICE CHANGES & CANCELLATIONS

Please check the H2O Log or the [SCST Website](#), for any practice changes or cancellations.

Throughout the Short Course Season the St. Charles Swim Team will have conflicts with the St. Charles North and East High School Swim Teams.

The Schedule for these Meet Days will be -  
10 & Unders 730-830pm  
11 to 14's will be 830-945pm

There still might be delays but we will do our best to get into the pool as soon as possible.

### HIGH SCHOOL HOME MEETS

September 30

**PRACTICE CHANGE** for 10 & Under TRAINING GROUP, THURSDAY, SEPTEMBER 23 practice will be 500-615pm

**PRACTICE CHANGE** for 11 to 14 TRAINING GROUP, THURSDAY, SEPTEMBER 23 practice will be 630-800pm

**NO PRACTICE** for ALL TRAINING GROUPS, SATURDAY, SEPTEMBER 25 AND SUNDAY, SEPTEMBER 26

**NO PRACTICE** for ALL TRAINING GROUPS, THURSDAY, SEPTEMBER 30 SCST Parents Meeting

**IMPORTANT PRACTICE CHANGE INFORMATION** the St. Charles Swim Team has the opportunity of using additional practice space on Tuesday, Friday and Saturday. We are working out the details and will have more information for the SCST General Membership this Wednesday.

## 2. VOLUNTEER SIGN UP, SUPERMEETS

SCST Families

If you have questions about SuperMeets and how to sign up for your volunteer requirements (Senior Families 4 volunteer sessions / Age Group Families 5 volunteer sessions) take time to read the handout located in the [Volunteering Section](#) of the [SCST Website](#). We are excited to have this opportunity for each volunteer to sign up at home. It would be a great idea to print out the instructions so you have them as you go through the process.

All SCST Families must work meets hosted by the St. Charles Swim Team. SuperMeets will be open Wednesday, September 22nd. New Families will have the opportunity to sign up starting September 20th.

For early sign up and questions please contact Susan Watts (purcellwatts@gmail.com).

## 3. SCST APPAREL

The Apparel Chair for the St. Charles Swim Team is Linda Popp (lspopp@aol.com) contact her with all your apparel questions.

SCST suit sizing dates have changed.

All Sizing's will take place at St. Charles North High School

Monday, September 20 600-800pm

Tuesday, September 21 600-700pm

## 2010-2011

**Short Course Meet Schedule**  
Follow Meet Link to Meet Information

**October 16 & 17, 2010**

**ACADEMY INVITATIONAL**

(Open) @ Marmion Academy, Aurora, IL

**October 24, 2010**

**SCST DISTANCE TIME TRIAL**

(Limited Entries) @ St. Charles North High School, St. Charles, IL

**November 5 thru 7, 2010**

**SCST FALL CLASSIC** (Team

Meet) @ St. Charles North High School, St. Charles, IL

**November 12 thru 14, 2010**

**MINNESOTA GRAND PRIX**

(Qualifier) @ University of Minnesota, Minneapolis, MN

**November 19 thru 21, 2010**

**WEST CHICAGO FALL FRENZY**

(Open) @ West Chicago High School, West Chicago, IL

**November 19 thru 21, 2010**

**WESTERN GREAT LAKES OPEN**

(Qualifier) @ Walter Schroeder Aquatic Center, Brown Deer, WI

**November 21, 2010**

**SENIOR GIRLS TIME TRIAL**

(Team Time Trial) @ St. Charles North High School, St. Charles, IL

**December 5, 2010**

**SCST 8 & UNDER CLASSICPS**

(Team Meet) @ St. Charles North High School, St. Charles, IL

**December 9 thru 11, 2010**

**USA SWIMMING SHORT**

**COURSE JUNIOR NATIONALS**

(Qualifier) @ Georgia Tech, Atlanta, GA

**December 10 thru 12, 2010**

**LINCOLN-WAY HOLIDAY**

**SPLASH** (Team Meet) @ Lincoln-

Way Central High School, New Lenox, IL

**December 19, 2010**

**SCST DISTANCE TIME TRIAL**

(Limited Entries) @ TBA

**January, 7 thru 9, 2011**

**TBA TEAM TRAVEL TRIP** (Open)

@ TBA

**January, 21 thru 23, 2011**

**NEW TRIER TRI STATE CHALLENGE**

(Open 10 & Under Meet / Qualifier for 11 & Over) @ New Trier High School, Winnetka, IL

**January 28 thru 30, 2011**

**BSC WINTER CLASSIC** (Open) @

Barrington High School, Barrington, IL

### 3. SCST APPAREL (continued)

Wednesday, September 22 600-900pm

Friday, September 24 500-700pm

The St. Charles Swim Team will be changing our Team Suit this season. The New Suit is a "Q-Suit" manufactured by Roque Santos. The suit is 100 % polyester, chlorine resistant and an endurance suit.

Different sizes of male and female suits will be available at the Sizing for swimmers to try on and purchase. There is a one month turn around on the suit order. Please come to one of the schedule Sizing's to be included in the order.

You can not find these suits at Kiefer, you can only order these suits with the SCST Apparel Chair Linda Popp (lspopp@aol.com)

### 4. 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 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 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 with any questions.

#### Co Head Coaches

Jon Cabel (jcabel@stcswim.com)  
Tim Lewarchick (tklewarichick@aol.com)

#### Lead Senior Coach

Tim Lewarchick (tklewarichick@aol.com)

#### Lead 11-14 Coach

Jon Cabel (jcabel@stcswim.com)

#### Lead 9-10 Coach

Mary Dauw (mdauw@sbcglobal.net)

#### Lead 8 & Under Coach

Laurie Chokran (ll-re.c@comcast.net)

#### Assistant Coaches

Joe Cabel (joseph.cabel@sbcglobal.net)  
Denise Mitchell (dmitchel@d211.org)  
Brian Mitchell (mitchell6025@sbcglobal.net)  
Matt Munz (mamunz@hotmail.com)  
Kent Pearson (kpearson@ameritech.net)  
Rob Rooney (Robert.Rooney@d303.org)  
Sara Quinn (quinnraff@yahoo.com)

#### Pre Team Coaches

Anna Hutchinson (sahutch5@yahoo.com)  
Colleen Kuszynski (ck1dragons@aol.com)

#### Junior Swim Team Coaches

Denise Mitchell (dmitchel@d211.org)  
Matt Munz (mamunz@hotmail.com)

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

Office Hours; Monday, Tuesday, Wednesday, Thursday 930 am till 330 pm  
Friday 900 am till 1100 am

Office Phone 630-377-1720  
Email swim@stcswim.com

Who is this legendary Coach  
and Where did he Coach?

**2010-2011**  
**Short Course Meet Schedule**  
Follow Meet Link to Meet Information

**January 30, 2011**  
**SCST DISTANCE TIME TRIAL**  
(Limited Entries) @ TBA

**February, 11 thru 13, 2011**  
**SCST PRELIM/FINAL MEET** (Team Meet) @ Norris Rec. Center/St. Charles North High School, St. Charles, IL

**February, 18 thru 20, 2011**  
**COLUMBIA GRAND PRIX**  
(Qualifier) @ University of Missouri, Columbia, MO

**February, 20, 2011**  
**SCST TEAM CHAMPIONSHIP**  
(Qualifier) @ Norris Rec. Center, St. Charles, IL

**February, 25 thru 27, 2011**  
**ISI REGIONAL CHAMPIONSHIPS**  
(Qualifier) @ Barrington High School, Barrington, IL

**March, 3 thru 6 2011**  
**ISI SENIOR CHAMPIONSHIPS**  
(Qualifier) @ University of Illinois Chicago, Chicago, IL

**March, 11 thru 13, 2011**  
**ISI AGE GROUP CHAMPIONSHIPS** (Qualifier) @ University of Illinois Chicago, Chicago, IL

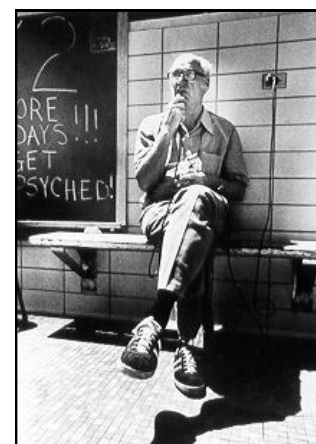
**March, 15 thru 20, 2011**  
**NCSA JUNIOR NATIONALS**  
(Qualifier) @ Orlando, FL

### SCST PARENTS MEETING

The St. Charles Swim Team will be having a Parent's Meeting Thursday, September 30.

The Meeting will take Place at St. Charles North High School, 5:00-6:30pm.

We will not be having practice so please plan on attending. Let's start the season on the same page.



## 5. SCST EQUIPMENT

Each Training Group has equipment that is used daily at practices. Swimmers should have their own equipment as required for the group. This equipment is available from Kiefer Aquatics (<http://www.kiefer.com>). You can order this equipment online or call the Naperville Store 630-579-9020.

**8 & Unders;** Kickboard, Water Bottle and Mesh Bag

**9 & 10;** Kickboard, Hand Paddles, Pull Bouy, FINS Snorkel, Power Fins, Water Bottle and Mesh Bag

**11 to 14;** Kickboard, Hand Paddles, Pull Bouy, FINS Snorkel, Power Fins, Long Fins, Water Bottle and Mesh Bag

**Senior;** Kickboard, Hand Paddles, Pull Bouy, FINS Snorkel, Power Fins, Long Fins, Water Bottle and Mesh Bag

Mesh Bags are nice to store wet equipment in between practices. Mesh Bags are typically kept at the side of the pool so swimmers can easily get their equipment during practice.

Hydration is vital in the sport of swimming, to get our swimmers in the habit of hydrating we are asking that ALL Swimmers have a Water Bottle filled with water or a sport drink at practice.

## 6. MEET SIGN UP

How do you Sign Up for Meets?

It is easy, go to the front page of the [St. Charles Swim Team Website](#), click on the Meet Sign Up Link in the upper right hand corner of the front page. At this time SCST is finalizing the Meet Sign Up, we will notify you of when it is ready. Also this week the [Hosted Meets](#) page and [Meet Schedule](#) page of the Website are being updated.

## 7. THE ST CHARLES SWIM TEAM PARENTS ASSOCIATION

The Mission Statement of the St. Charles Swim Team Parents Association (**SCSTPA**) is to support the St. Charles Swim Team through fundraising and volunteerism.

The Vision Statement of St. Charles Swim Team Parents Association (**SCSTPA**) is to support the long-term development of swimmers at every level in their individual pursuit of excellence; to help make that process enjoyable and promote swimming to the Greater St. Charles Area.

Membership of the SCSTPA shall consist of parents or guardians of SCST Swimmers who possess John B. Norris Recreation Center memberships, have properly registered and were accepted the St. Charles Swim Team and USA Swimming.

Your SCSTPA Boosters are

Voting Members

President [Craig Popp](#)

Vice President [Lori Falk](#)

Secretary [Julie Jesko](#)

Treasurer [Dean Koch](#)

Meet Director [Natalya Kumanyayeva](#) & [AJ Jania](#)

Escrow [Jeanne Egizio](#)

Fundraising [Lisa McCormack](#)

Officials Chair [Al Reynolds](#)

Senior Team Rep [Bill Smith](#)

Age Group Rep [Stephanie Bawolek](#)

Co-Head Coaches [Jon Cabel](#) & [Tim Lewarchick](#)

Non Voting Member

Apparel [Linda Popp](#)

Registration [Ann Bindseil](#)

Today's Monday Medley from  swimnetwork

1. Want some Monday Inspiration, a quadriplegic man named Philippe Croizon successfully swam the English Channel
2. Schneider vs. Jones, Josh Schneider will have a swim off against Cullen Jones for a spot on the 2011 World Championship Team in the 50 Free.
3. Thanks Coach!
4. Chlorine?
5. Swim Video of the Week

Check out [www.swimnetwork.com](http://www.swimnetwork.com) for all the information that you could want about the world of competitive swimming.

Questions about the St. Charles Swim Team Parents Association please contact any of the above Boosters.

The SCSTPA conducts monthly meetings that are open to the General Membership, the time and date of the next meeting will be published in next weeks H2O Log.