



# St Charles Swim Team H2O Log

2011-2012 Short Course, Issue 2

09/26/2011

## Practice Changes and Cancellations

**SENIOR 1 & 2 TEAMS PRACTICE CHANGE,**  
09/29/2011, Practice will be at the Norris Rec Center 3:00-5:15pm

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## Team Time Trial a Success!

St. Charles Swim Team had its first time trial meet of the fall season this past Sunday. All participating swimmers swam 5 events (100 Fly, 100 Back, 100 Breast, 100 Free & 200 IM). The combined top five finishers for the Girls and Boys were: (total time) [Girls](#)

1. Laura Licari (6:43.96)
2. Lucy Johnson (6:48.11)
3. Kristen Czarniecki (6:51.69)
4. Lisa Licari (6:52.55)
5. Taylor Falk (7:01.61)

### [Boys](#)

1. Joe Hollman (6:04.88)
2. Alex Duffy (6:06.48)
3. Shaun Seuschek (6:07.84)
4. TJ Bindseil (6:10.56)
5. Nathan Jesko (6:17.19)

Congratulations to all the swimmers who participated this weekend. The meet was an overall success but there are areas the team can improve:

1. Arrive to Warm-ups 15 minutes early. (Too many swimmers arrived late. You know who you are!)
2. Every swimmer wears St. Charles gear. (A uniform appearance shows unity and pride.)
3. Team Spirit (not much cheering; actually none)
4. Clean up the seating area before we leave. (Coaching staff picked trash under the bleachers)

Swimmers who had at least one or more LTBT (life-time best time) were: Colin Bowolek, Nathan Bowolek, Katherine Benjamin, TJ Bindseil, Anthony Bliss, Maggie Borse, Sarah Borse, Nick Boryk, Mike Burke, Kyle Gannon, Spence Gray, Cooper Hawkins, Isabel Herb, Tom Hinds, Emily Jania, Sydney Jesko, Lucy Johnson, Ryan Joyce, Alex Kichka, Kristen Kowaleski, Emma Kuszynski, Nathan Kuszynski, Kenzie Kuzmanic, Kevin Levy, Kyle Lewarchick, Lisa Licari, Emma McSpadden, Mitchell Milosch, Nick Milosch, Devin Neises, Taylor Nunnery, Amy Pearson, Joey Quan, John Quinn, Grace Samuelson, Austin Stapella, Johnny Tarpey, Maria Tavierne & Sophie Watts.

The swimmer who dropped the most time in one event was Austin Stapella, -60.67 seconds in the 100 Fly.

## SCSTPA Saint Charles Swim Team Parents Association

### MISSION STATEMENT:

The mission of the SCSTPA is to support the Saint Charles Swim team through fundraising and volunteerism.

### VISION STATEMENT:

The vision of the SCSTPA is to support the long term development of the swimmers at every level in their individual pursuit of excellence; to help make that process enjoyable and promote swimming in the greater St. Charles area.

#### Voting Members:

- President—Craig Popp
- Vice President—Lori Falk
- Secretary—Julie Jesko
- Senior Division Rep.— Bill Smith
- Age Group Rep—Stephanie Bawolek
- Treasurer—Dean Koch

- Co-head Coaches—Tim Lewarchick & Jon Cabel
- Co-Meet Director—Natalya Filipovic & Alan Jania
- Fund-raising Chairperson— Lisa McCormack
- Official Director—Bill Shanel

#### Directors at Large:

- Apparel—Linda Popp
- Registration Chairperson— Ann Bindseil

**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.

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 [purcellwatts@gmail.com](mailto:purcellwatts@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, visit the URL <https://cui.active.com/swim-reg/login?a=114103> or click on Meet Sign Up link on the front page of the St. Charles Swim Team website. It is vital that we have your correct email address from your Online Registration with the SCST located at [www.stcswim.com](http://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 appeared 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](mailto:swim@stcswim.com).

## SCST Parents Meeting

The St. Charles Swim Team will be hosting a Parent Meeting on 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](mailto: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!

# 2011-2012 Meet Schedule

## PAC Patriot Games

(Open Competition)  
10/21 thru 10/23, 2011  
Stevenson High School  
Lincolnshire, IL  
Entry Closes Sept. 30th, 2011

## SCST TYR Fall Classic

(TEAM Competition)  
11/04 thru 11/06, 2011  
Norris Rec Center & St Charles  
North High School  
St Charles, IL  
Entry Closes Oct. 6, 2011

## West Chicago Fall Fling

(Open Competition)  
11/18 thru 11/20, 2011  
West Chicago High School  
West Chicago, IL  
Entry Closes Oct. 7, 2011

## Western Great Lakes Open

(Qualifier)  
11/18 thru 11/20, 2011  
Schroeder YMCA  
Brown Deer, WI  
Entry Closes Oct. 31, 2011

## Short Course Jr. Nationals

(Qualifier)  
12/08 thru 12/10, 2011  
University of Texas  
Austin, TX  
Entry Closes TBA

## SCST TYR 8 & Under Classic

(TEAM Competition)  
12/04, 2011  
St Charles North High School  
St Charles, IL  
Entry Closes 11/3, 2011

## Wheaton SC Team Challenge

(TEAM Competition)  
12/09 thru 12/11, 2011  
Neuqua Valley High School  
Naperville, IL  
Entry Closes TBA

## FAST MLK Prelim/Final Classic

(TEAM Competition)  
1/13 thru 1/15, 2012  
Fishers High School  
Fishers, IN  
Entry Closes TBA

## Barrington Winter Classic

(TEAM Competition)  
01/27 thru 01/29, 2012  
Barrington High School  
Barrington, IL  
Entry Closes TBA

## 6th Annual SCST TYR Chicagoland Championships

(TEAM Competition)  
02/10 thru 02/12, 2012  
Norris Rec Center & St Charles  
North High School  
St Charles, IL  
Entry Closes TBA

## SCST TYR Team Championship

(TEAM Competition)  
02/19, 2012  
Norris Rec Center  
St Charles, IL  
Entry Closes TBA

## ISI Regional Championships

(Qualifier)  
02/24 thru 02/26, 2012  
Neuqua Valley High School  
Naperville, IL  
Entry Closes TBA

## ISI Senior Championships

(Qualifier)  
03/01 thru 03/04, 2012  
University of Chicago  
Chicago, IL  
Entry Closes TBA

## ISI Age Group Championships

(Qualifier)  
03/09 thru 03/11, 2012  
University of Chicago  
Chicago, IL  
Entry Closes TBA

## NCSA Junior Nationals

(Qualifier)  
03/20 thru 03/24, 2012  
Orlando YMCA  
Orlando, FLA  
Entry Closes TBA

## Nike Showcase Classic

(Qualifier)  
04/11 thru 04/14, 2012  
Doyle Aquatic Center  
Clearwater, FLA  
Entry Closes TBA

## Travel Meet

### Hotel Information

#### Western Great

##### Lakes Open

Courtyard by Marriott  
5200 W. Brown Deer Road  
Brown Deer, WI  
414-355-7500  
Cut Off Date 10/18/2011

#### FAST Martin Luther King Prelim/Final Classic

Coming Soon

#### 2012 ISI Senior Championships

Coming Soon

#### 2012 ISI Age Group Championships

Coming Soon

#### 2012 NCSA Championships

Coming Soon

#### 2012 Nike Showcase Classic

Coming Soon

Proud Sponsors  
of the  
St. Charles Swim Team



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