

2009-2010 SHORT COURSE MEET SCHEDULE

September
27th (7:00-10:00am)
1650 Time Trial @ Norris Rec. Center – St. Charles, IL

October
18th (7:00-10:00am)
400 IM Time Trial @ Norris Rec. Center – St. Charles, IL

23rd thru 25th
Glenbrook Aquatics (Open Competition) @ Glenbrook
North High School – Glenbrook, IL

November
6th thru 8th
SCST Fall Classic (TEAM Competition) @ Norris Rec.
Center / St. Charles North High School – St. Charles, IL

13th thru 15th
Minnesota Grand Prix @ University of Minnesota –
Minneapolis, MN

20th thru 22nd
West Chicago Fall Frenzy (Open Competition) @ West
Chicago High School – West Chicago, IL

20th thru 22nd
Western Great Lakes Open (Qualifier talk to your
swimmers Coach) @ Walter Schroeder Aquatic Center –
Brown Deer, WI

22nd (7:00-10:00am)
Senior Girls Time Trial @ Norris Rec. Center –
St. Charles, IL

December
6th
SCST 8 & Under Classic (TEAM Competition) @ St.
Charles North High School – St. Charles, IL

11th thru 13th
Waukesha Nike Challenge (Qualifier talk to swimmers
Coach) @ Waukesha South High School – Waukesha, WI

11th thru 13th
Wheaton Swim Club Holiday Invitational (Open
Competition) @ Nequa Valley High School – Naperville, IL

January
8th thru 10th
Academy Bullets Invitational (Open Competition) @
Vaughan Center / Marmion Academy – Aurora, IL

23rd thru 25th
NTSC Tri-State Challenge (Qualifier for 11 & Over
Athletes, 10 & Under talk to swimmers Coach) @ New Trier
High School – Winnetka, IL

29th thru 31st
TOPS Claire Statton Memorial Invitational (Open
Competition) @ Oak Park River Forest High School – Oak
Park, IL

31st (7:00-10:00am)
Time Trial @ Norris Rec. Center – St. Charles, IL

February
12th thru 14th
SCST Prelim / Final Meet (TEAM Competition) @ Norris
Rec. Center/St. Charles North High School – St. Charles, IL

1. WELCOME TO THE 2009-2010 SHORT COURSE SEASON

Thank you to everyone who has signed up for the 2009-2010 Short Course Season! If you know of anyone who still would like to join or any SCST Family that has not registered yet, please have them contact the SCST Office 630-377-1720, we have openings in certain training groups.

Whether you are New to the St. Charles Swimming or have been with our program over the years it is always hectic at the beginning of each Season. Every Season the Coaching Staff likes to take time in the beginning to observe how each training group is working out. There might be a few changes in the first couple of weeks; the SCST Staff is trying to give each swimmer the best opportunity to learn to love this Great Sport. If you have any questions about your swimmers training group it is important to make sure you speak to your swimmer's coach.

There will be a lot of information coming to you from our program; we 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 & email. To also help you out on getting started on the right foot we will be having a SCST New Parents Meeting (everyone is invited, even if you need a refresher), Wednesday, September 23rd time and place TBA.

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

Thank you for swimming with the St. Charles Swim Team, we know this will be an exciting year for every swimmer in our program.

2. PRACTICE CHANGES & CANCELLATIONS

Please check the H2O Log or the [SCST Website](http://SCSTWebsite.com), for any practice changes or cancellations.

Throughout the Short Course Season the St. Charles Swim Team will have conflicts with the St. Charles East and North High School Swim Teams. The St. Charles Swim Team will do our best not to cancel practice. Regularly check the H2O Log for practice changes or cancellations.

NO PRACTICE, SENIOR TEAM, TUESDAY, SEPTEMBER 15TH at the Norris Rec. Center. There is practice at St. Charles North High School 6:00-8:00pm.

NO PRACTICE, BLUE and PRE NATIONAL TEAMS, TUESDAY, SEPTEMBER 15TH due to St. Charles East High School Girls Meet.

NO PRACTICE, BLUE, WHITE, BLACK & PRE NATIONAL TEAMS, THURSDAY, OCTOBER 1ST due to St. Charles East and North High School Girls Meets.

*****For All Practices on Sunday Morning please park & drop off your swimmer at the Southside doors of the Norris Rec. Center Natatorium.**

3. SCST COACHING STAFF

The Coaching Staff is an incredible group of people that are here to guide your Swimmers in the Great Sport of Swimming! Every Coach is excited for the beginning of the season.

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ST. CHARLES
SWIMMING**



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Sponsor's Website

**2000-2010 SHORT COURSE
CHAMPIONSHIP MEET SCHEDULE**

December
11th thru 13th
Short Course Junior Championships (Qualifier talk to Coach
Lewarchick) @ Ohio University – Columbus, OH

February
21st
SCST Team Championships @ Norris Rec. Center – St.
Charles, IL

26th thru 28th
ISI Regional Championships (Qualifier talk to Swimmers Coach)
@ Barrington High School – Barrington, IL

March
4th thru 7th
ISI Senior Championships (Qualifier talk to Swimmers Coach) @
University of Illinois Chicago – Chicago, IL

12th thru 14th
ISI Age Group Championships (Qualifier talk to Swimmers
Coach) @ University of Illinois Chicago – Chicago, IL

16th thru 20th
NCSA Junior Nationals (Qualifier talk to Swimmers Coach) –
TBA

**If you do not
have a Mailbox
please contact
Linda Popp
at
lsopp@aol.com**

**SCST PARENTS
MEETING**

Has been changed
to
Wednesday, Sept
23rd
Time TBA
Place TBA

3. SCST COACHING STAFF (continued)

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 to the beginning of the practice or after. If there is a need to contact your swimmer's Coaches outside of practice please feel free to email them with any questions.

Head Coach – Jon Cabel, (jcabel@stcswim.com)

Head Senior Coach – Tim Lewarchick, (tklewarichick@aol.com)

Pre National Team – Jon Cabel, (jcabel@stcswim.com)

Black Team – Brian Mitchell, (mitchell6025@sbcglobal.net)

White Team – Denise Mitchell, (dmitchel@d211.org)

White Team Asst. Coach – Matt Munz

Blue Team – Mary Dauw, (mmdauw@sbcglobal.net)

Blue Team Asst. Coach - Sara Quinn, (quinnraff@yahoo.com)

Blue Team Asst. Coach - Tim Lewarchick, (tklewarichick@aol.com)

Orange Team – Laurie Chokran, (ll-re.c@comcast.net)

Orange Team – Kent Pearson, (kpearson@ameritech.net)

Pre-Team (M & W) – Colleen Kuszynski, (ck1dragons@aol.com)

Pre-Team (M & W) - Anna Hutchinson, (sahutch5@yahoo.com)

Pre-Team (T & Th) – Terry Anderson, (terrya34@prodigy.net)

Staff will be in the SCST Office located in the Norris Rec. Center (1050 Dunham Rd, St. Charles, IL 60174)

Monday, Tuesday, Thursday and Friday 9:30am – 3:00pm

Direct Office Phone Line: 630-377-1720

Email: swim@stcswim.com

4. ST. CHARLES SWIM TEAM PARENTS ASSOCIATION

Every family of the St. Charles Swim Team is a member of the St. Charles Swim Team Parent's Association and can attend the open meeting held once a month, time and date will be published in the H2O Log. SCSTPA is here to help the Program remain strong for many years to come. Parents or guardians of St. Charles Swim Team Members are encouraged to attend the meetings. For more information please contact [Bill Shanel](#), SCSTPA President.

The Mission Statement of SCSTPA is to support the St. Charles Swim Team through fundraising and volunteerism.

The Vision Statement of 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.

The SCSTPA Boosters are –

President [Bill Shanel](#)
Vice President [Craig Popp](#)
Secretary [Julie Jesko](#)
Treasurer [Tamara Phelan](#)
Meet Directors [Lori Falk & AJ Jania](#)
Escrow [Jeanne Egizio](#)
Fundraising [Lisa McCormack](#)
Officials Chair [Al Reynolds](#)
Apparel [Janine Staudacher](#)
Senior Team Rep. [Colleen Clay](#)
Age Group Rep. [Carla Summers](#)
Registration [Ann Bindseil & Mary Dieter](#)
Publicity [Pam Waslawski](#)
Head Coach [Jon Cabel](#)

Without the many volunteers of this organization we would not be as successful as a program. Thank you for your time and commitment!

5. SCST PARENT'S MEETING

The SCST Parent's Meeting has been moved to Wednesday, September 23rd. Time and place still to be determined, information coming soon.

6. MEET SIGN UP

How do you Sign Up for Meets?

Very Easy go to the front page of the St. Charles Swim Team Website, click on Meet Sign Up Link in the upper right hand side of the front page. This week the Hosted Meets and Meet Schedule section of the Website will be updated with correct information.

Questions concerning Escrow please contact our Escrow Chair [Jeanne Egizio](#).

7. PARENT LOGIN

The Parent Section on the St. Charles Swim Team has a username and password to access information; Username (stcswim) / Password (faster05). This will allow families to get to the Team Directory and additional information. Please feel free to access information in this section as often as needed. Remember the Team Directory is not to be used for personal gain; this is not to be mailing list

8. VOLUNTEER SIGN UP, SUPERMEETS

If you have any questions about SuperMeets and how to sign up for your volunteer requirements 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 sign up you can do at home instead of long lines at registration. It would be a great idea to print out the instructions so you have them as you go through the process.

September 22nd New SCST Families will have the opportunity to sign up via phone, more information to come.

September 23rd at 8:00am Supermeets will go live for our November, December and February Meets.

Age Group families will be asked to volunteer 5 sessions and Senior families will be asked to volunteer 4 sessions.

9. 2009 - 2010 SCST HOSTED SHORT COURSE MEETS

The St. Charles Swim Team is known for hosting great swim meets. We cannot do that without you, our volunteers. We host three meets each Short Course Season –

- ❖ The SCST / TYR Fall Classic which will be held Nov. 6 thru 8, 2009 at the Norris Rec. Center & St. Charles North High School
- ❖ The SCST / TYR 8 & Under Classic which will be held Dec. 6, 2009 at St. Charles North High School
- ❖ The SCST / TYR Chicagoland Championships which will be Feb. 12 thru 14, 2010 at the Norris Rec. Center & St. Charles North High School

We are asking that each Age Group Level family sign up for 5 sessions on Supermeets. We are asking that each Senior Level Family sign up for 5 volunteer sessions. This is regardless of whether or not your swimmer is swimming in their High School season or SCST at the time of the meet.

We appreciate your time and energy. Please check the meet packets on the website to verify when and where your child will be swimming before you sign up on Supermeets. [Cathy Snyder](#) will be the Supermeets Coordinator.

This Short Course Season the St. Charles Swim Team has been awarded the bid for the **2010 Short Course Age Group Championships**. This is a great honor to host the most exciting meet in the Illinois Swimming Championship Series of Meets. The **2010 Age Group Championship Meet** will be a team effort to host! We will need everyone to be a part of this great opportunity for St. Charles Swimming. The goal of SCSTPA is to have the success of this meet contribute to a major improvement to the air quality of our training facility. There will be much more information coming about this great event for the St. Charles Swim Team

If you have any questions please contact us;

[Lori Falk](#) and [Alan Jania](#)

2009-2010

SCST Meet Directors

10. SCST APPAREL

The Apparel Chair for the St. Charles Swim Team is [Janine Staudacher](#); contact her with all your apparel questions. SCST will be setting up a suit sizing and an opportunity for you to order all your swimmers gear from Kiefer Swim Shop, 630-579-9020.

11. 2009 LONG COURSE SEASON, EXTREMELY SUCCESSFUL!

The St. Charles Swim Team had an outstanding 2009 Long Course Championship Season, checkout next weeks Waterlog where we highlight our Teams success.

12. SOME WEBSITES TO HELP YOU THIS SEASON

St. Charles Swim Team Website ([checkout the links page](#))

Illinois Swimming

USA Swimming

SwimInfo.com (Swimming World, Junior Swimmer & Swim Technique)

Deck Pass

www.stcswim.com

www.ilswim.org

www.usaswimming.org

www.swimmingworldmagazine.com

www.deckpass.com

SCST H2O Log - July 22, 2009

Tsunami Swimming 2009 - check us out on the web www.stcswim.com