

2009-2010 SHORT COURSE MEET SCHEDULE

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. PRACTICE CHANGES & 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 for the **BLUE, WHITE, BLACK, PRE NATIONAL & SENIOR TEAMS, THURSDAY, OCTOBER 1ST** due to St. Charles East and North High School Girls Meets.

NO PRACTICE for the **BLUE, WHITE and BLACK TEAMS, SATURDAY, OCTOBER 10TH** due to St. Charles East and North High School Girls Meets.

NO PRACTICE for the **PRE NATIONAL & SENIOR TEAMS** at St. Charles North High School **THURSDAY, OCTOBER 15TH** due to a St. Charles North High School Meet.

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

2. 2009 MILE TIME TRIAL, RESULTS

What a great morning SCST had on Sunday! 53 SCST Swimmers participated in the SCST 1650 Time Trial. Not only did we get a couple of Life Time Best, 37 New Times but also a New Team Record! Congratulations to **NATHAN JESKO** who set a new 11-12 Boys 1650 Record! **NATHAN** swam a time of 18:13.52 breaking the old record set by Curtis Dauw in 2000 with a time of 18:28.96. Great Job **NATHAN!**

SCST Swimmers who went a Life Time Best (improved times) on Sunday were: **AUSTIN MUEHLSCHLEGEL** and **MICHAEL TAVIERNE**

SCST Swimmers that swam the 1650 for the first time were: **SERENA ALLENDORFER** (24:39.19), **NATHAN BAWOLEK** (26:02.48), **SARAH BORSE** (23:59.72), **NICK BORYK** (23:47.80), **ALEC CARNELL** (20:35.50), **KYLE CHAPKO** (24:00.18), **BRIAN ENGLERT** (21:20.48), **RYAN FALK** (23:57.75), **NATALIE FILIPPI** (22:48.35), **JACKIE FISHER** (23:11.82), **ERIN HART** (20:56.82), **ELLIE HUTCHINSON** (22:22.62), **NATHAN JESKO** (18:13.52), **LUCY JOHNSON** (21:03.36), **NICHOLAS KANUTE** (24:29.52), **MAX KERN** (24:24.54), **ALEX KICHKA** (22:53.52), **KALIE KOCH** (25:10.08), **EMMA KUSZYNSKI** (21:49.04), **LAUREN McCORMACK** (21:50.09), **EMMA McSPADDEN** (23:36.13), **NICK MILOSCH** (26:15.46), **KATIE NAGLER** (22:20.76), **KATIE PARADIS** (24:09.66), **MEAGAN POPP** (19:01.81), **ROXANNE PRIGGE** (23:38.20), **KATIE QUINN** (22:08.76), **SCOTT ROGMAN** (23:09.27), **SHANE SEUSCHEK** (219:32.60), **DELANEY SOULE** (22:56.14), **RACHEL STAUDACHER** (21:48.89), **TIM STEELE** (20:43.40), **ALYCE TAUER** (21:53.93), **MARIA TAVIERNE** (24:51.50), **KATIE TOROSIAN** (29:00.64), **MARTIN TOROSIAN** (22:50.60) and **SOPHIE WATTS** (25:02.75).

Swimmers achieving New **National "B" Time Standards**: **SERENA ALLENDORFER, KYLE CHAPKO, BRIAN ENGLERT, RYAN FALK, JACKIE FISHER, ELLIE HUTCHINSON, NICK KANUTE, ALEX KICHKA, KALIE KOCH, EMMA McSPADDEN, KATIE NAGLER, KATIE PARADIS, ROXANNE PRIGGE** and **MARIA TAVIERNE,**

Swimmers achieving New **National "BB" Time Standards**: **ALEC CARNELL, NATALIE FILIPPI, EMMA KUSZYNSKI, LAUREN McCORMACK, AUSTIN MUEHLSCHLEGEL, KATIE QUINN, SHANE SEUSCHEK, DELANEY SOULE, RACHEL STAUDACHER,**

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Mention that you swim with the

[St. Charles Swim Team](#)

2009-2010 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
lpopp@aol.com

SCST PARENTS MEETING

Age Group Parent
Meeting
Thursday, October 1st
St. Charles North High
School
Room 302
Time 5:00

Senior Parent Meeting
Monday, October 5th
Back Lobby of the NRC
5:30pm

SCST Senior Team

Your [Meet Sign Up Sheet](#)
was Due Last Friday!
If you have not turned this
into Coach Lewarchick,
Do so now!

2. 2009 MILE TIME TRIAL, RESULTS (continued)

Swimmers achieving New [National "BB" Time Standards](#);
TIM STEELE, ALYCE TAUER and **MICHAEL TAVIERNE**

Swimmers achieving New [National "A" Time Standards](#);
ERIN HART and **LUCY JOHNSON**

Swimmer achieving a New [National "AAA" Time Standard](#);
MEAGAN POPP

Swimmer achieving a New [National "AAAA" Time Standard](#);
NATHAN JESKO

October 18th is the SCST 400 IM Time Trial; Watch Out for those New Swims!

3. KIEFER SWIM SHOP at the NORRIS REC. CENTER

Kiefer Swim Shop will be coming to the Norris Rec. Center, Today; Monday, September 28th 4:30-7:00pm

Kiefer will bring suits for your swimmer to try on. After the sizing you can place your order. Apparel Chair [Janine Staudacher](#) will organize and hand out your order, when it arrives, to your swimmer at practice.

Along with the suits you will also be able to order your swimmers training equipment. Kiefer has the complete equipment list for each of the SCST Training Groups.

4. PERSONALIZED SWIM CAPS

SCST will be ordering [personalized caps](#) for the 2009-2010 Short Course Season. If your family would like to order caps with their name on them please place your order by Wednesday, September 30th, 2009.

Order forms can be found on the [St. Charles Swim Team Website](#) in the [Forms Sections](#).

Questions please contact Janine Staudacher at stcswimapparel@stcswim.com or 630-513-2767.

5. SCST AGE GROUP & SENIOR PARENT MEETING'S

The **Age Group Parent Meeting** will be Thursday, October 1st at 5:00pm at St. Charles North High School in room 302.

None of the Age Group Teams (**ORANGE, BLUE, WHITE, BLACK** and **PRE NATIONAL**) will have practice Thursday, October 1st due to High School Competitions at both facilities. Please plan on attending.

The **Senior Parent Meeting** will be Monday, October 5th at 5:30pm in the back lobby of the Norris Rec. Center.

6. MEET SIGN UP

Our first meet deadline (Glenbrook Aquatic Club Meet) has come and past, Monday, September 21st.

Don't miss the deadline for the following meets;

West Chicago Fall Fling – October 9th
Western Great Lakes Open – October 27th
St. Charles Fall Classic – October 29th
Wheaton Swim Club – October 30th
Waukesha Express Nike Challenge – November 2nd
SCST 8 & Under Classic – November 27th

Do it Now Don't wait till the last minute, you might forget completely! Questions concerning Escrow, contact our Escrow Chair [Jeanne Egizio](#).

ST. CHARLES SWIM TEAM

The Mission Statement of SCST is the commitment to excellence and developing positive role models.

The Vision Statement of SCST is to be a competitive program with a purpose and commitment to developing positive role models. The experience with SCST tends to shape and develop character throughout one's lifetime. St. Charles Swimming strives to develop elite athletes' the Teams' success is measured not only by National Level Competition and College Scholarships, but also by personal development.

Head Coach	Jon Cabel
Head Senior Coach	Tim Lewarchick
Pre National Team	Jon Cabel
Black Team	Brian Mitchell
White Team	Denise Mitchell
White Team Asst. Coach	Matt Munz
Blue Team	Mary Dauw
Blue Team Asst. Coach	Sara Quinn
Blue Team Asst. Coach	Tim Lewarchick
Orange Team	Laurie Chokran
Orange Team	Kent Pearson
Pre-Team (M & W)	Colleen Kuszynski
Pre-Team (M & W)	Anna Hutchinson
Pre-Team (T & Th)	Terry Anderson

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

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

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

ST. CHARLES SWIM TEAM PARENTS ASSOCIATION

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