



St Charles Swim Team H2O Log

2011-2012 Short Course, Issue 3

10/03/2011

Practice Changes and Cancellations

Blue, White, Gold & Senior 1+2

Practice Cancelled, Thursday 10/06/2011 due to H.S. swim meet

Blue

Practice Change, Friday 10/07/2011 will be @ NRC from 9-10:30 am due to Columbus Day

ALL GROUPS

Practice Cancelled, Saturday 10/08/2011 for all groups due to H.S. meets at both pools

National & Senior 1+2

Practice Change, Thursday 10/13/2011 will be @ North H.S. from 3-5:15

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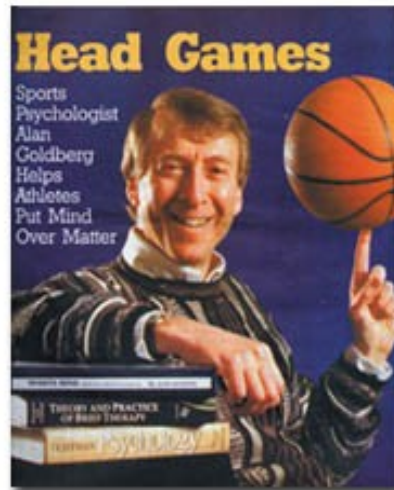
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Dr. Allen Goldberg visiting SCST on October 30!

[Dr. Goldberg](#) was the sport psychology consultant to the 1999 NCAA Men's Basketball National Champion University of Connecticut Huskies, and the 2000 men's soccer NCAA champions. He is the former Sports Psychology Consultant for the University of Connecticut Athletic Department. As a nationally-known expert in the field of applied sport psychology, Dr. Goldberg works with athletes and teams across all sports at every level, from professional and Olympic caliber right down to junior competitors. Dr. Goldberg specializes in helping athletes overcome fears & blocks, snap out of slumps, and perform to their potential. His book, *Sports Slump Busting* (LLumina Press), is based on his extensive experience getting teams and individual athletes unstuck and back on track. Outside of sports, Dr. Goldberg works with performing artists, sales and business people, test takers, and public speakers.

[Dr. Goldberg](#) is a regular and popular presenter at coaches' clinics, colleges, and high schools across the country, as well as internationally. He is known for his ability to take the subjects of sports psychology and peak perfor-

mance and present them in a humorous, practical and easy-to-understand manner. Dr. Goldberg is a frequent speaker at the Olympic Training Center in Colorado Springs and has presented regularly at national coaches' clinics including Women's Basketball Coaches, American Swim Coaches, National Soccer



Coaches, US Youth Soccer, American Youth Soccer, US Gymnastics, National Softball Coaches, US Sailing, and US Professional Tennis Coaches.

Dr. Goldberg received his doctorate in counseling psychology from the University of Massachusetts, Amherst. Dr. Goldberg is not a licensed psychologist. He has been working in the field of applied sports psychology doing indi-

vidual consultation for over 26 years and is considered to be one of the leading experts in the field today. Dr. G is a former #1 singles player for the UMass Minuteman tennis team and twice Conference Champion. His background also includes 22 years of professional tennis coaching experience and a first-degree black belt in Shurin Ryu karate.

Dr. Goldberg is the author of 25 mental toughness training programs and books for athletes, coaches and parents on sports psychology and peak performance. He also writes on the subject of peak performance for a number of national publications including Collegiate Baseball, Swimming World, USA Swimming's Splash Magazine, International Gymnast, Fitness Swimmer, BullsEye News, the NSCAA Soccer Journal, Soccer Jr., The Diver, and Women's Fast Pitch World, to name a few.

St. Charles will be welcoming Dr. Goldberg on Sunday October 30th. Please save the date. More information will be available shortly.

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 pur-cellwatts@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

instructs 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

Duel On the Horizon

On December 16th, we'll get a mini-Olympics in the form of Team USA vs. Team "European All-Stars," hosted for the first time on United States soil since 2005. It's a unique, fun, festival-like event. For anyone who can't score tickets to next summer's 2012 Olympics in London, the 2011 [Duel in the Pool](#) might be the next-best-thing. Not necessarily for the competition (because, most likely,

it'll be another blow-out). But instead, like any "celebratory competition," it will be fun, light, and allow



younger swim fans the opportunity to experience a major international meet up

-close and personal. According to the Georgia Tech website, swimmers from "Great Britain, the Netherlands, Austria, Belarus, Poland, Lithuania, Denmark, and more" have committed for the European All-Stars. Maybe the meet will be closer than before, but honestly, is that really the point of any All-Star Weekend? Does anyone REALLY remember the scores of any NBA All-Star Game? Or the Pro Bowl?

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

Remember to put your name on all of your equipment!

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 update 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 at-

tending 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 ap-

peared 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.

Become a Swimming Official!

St. Charles Swimming has a history of having a strong group of USA Swimming Officials who help a great deal with the success of St. Charles Swimming. Over the past year SCST had the largest number of Officials with one program in Illinois Swimming, 20. If you have an interest in becoming an Official please visit the Illinois Swimming Website and follow the link to the [Officials Section](#).

Benefits of Becoming an Official

1. Help support an excellent sport

for children and promote a healthy lifestyle for children.

2. Gain a more thorough understanding of swimming in particular, and sports in general.

3. Fulfill volunteer obligations at Club Meets.

4. Get closer to the action; know what's happening on deck with the "best seat" in the pool.

5. Get mentally and physically engaged during the Meet rather than merely "spectating."

6. Be cooler on deck than in the stands.

7. Receive free admission and great hospitality during sessions officiated.

For more information about St. Charles Swim Team Officials please contact [Jack Yetter](#) (phone #630-661-0350) & [Bill Shanell](#) (phone# 630-440-5697).

2011-2012 Meet Schedule

PAC Patriot Games

(Open Competition)
10/21 thru 10/23, 2011
Stevenson High School
Lincolnshire, IL
Entries are now closed!

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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