

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



1. PRACTICE CHANGES & CANCELLATIONS

HIGH SCHOOL HOME MEETS

October 9th, 14th, 16th & 19th

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

NO PRACTICE THURSDAY, OCTOBER 7TH for the **SENIOR TEAM**
Dryland practice has been Cancelled 330-500pm

PRACTICE CHANGE THURSDAY, OCTOBER 7TH for the **SENIOR TEAM** practice will be 330-500pm @ St. Charles North High School

PRACTICE CHANGE THURSDAY, OCTOBER 7TH for the **10 & UNDERS** practice will be 500-615pm @ St. Charles North High School

PRACTICE CHANGE THURSDAY, OCTOBER 7TH for the **11 to 14's** practice will be 630-800pm @ St. Charles North High School

PRACTICE CHANGE FRIDAY, OCTOBER 8TH for the **SENIOR TEAM** practice will be 1000am-100pm @ St. Charles North High School.

PRACTICE CHANGE FRIDAY, OCTOBER 8TH for the **10 & UNDERS** practice will be 500pm-615pm @ St. Charles North High School

PRACTICE CHANGE FRIDAY, OCTOBER 8TH for the **11 to 14's** practice will be 615pm-745pm @ St. Charles North High School

NO PRACTICE SATURDAY, OCTOBER 9TH for the **PRE-TEAM & JUNIOR SWIM TEAM**, practice has been moved to Sunday, October 9th practice will be 100-200pm @ St. Charles North High School.

PRACTICE CHANGE SUNDAY, OCTOBER 10TH for the **PRE-TEAM & JUNIOR SWIM TEAM** practice will be 100-200pm @ St. Charles North High School, No Practice Saturday, October 9th.

PRACTICE CHANGE MONDAY, OCTOBER 11TH for the **SENIOR TEAM** practice will be 1200-300pm @ St. Charles North High School.

PRACTICE CHANGE MONDAY, OCTOBER 11TH for the **10 & UNDERS** practice will be 300-415pm @ St. Charles North High School

PRACTICE CHANGE MONDAY, OCTOBER 11TH for the **11 to 14's** practice will be 430-600pm @ St. Charles North High School

PRACTICE CHANGE TUESDAY, OCTOBER 12TH for the **10 & UNDERS** practice will be 530-645pm for the 8 & Unders / 530-700 pm for the 9 & 10's @ St. Charles North High School

PRACTICE CHANGE THURSDAY, OCTOBER 14TH for the **10 & UNDERS** practice will be 730-830pm @ St. Charles North High School

PRACTICE CHANGE THURSDAY, OCTOBER 14TH for the **11 to 14's** practice will be 830-945pm

NO PRACTICE SATURDAY, OCTOBER 16TH & SUNDAY, OCTOBER 17TH for **ALL PRACTICE GROUPS** due to a Meet.

PRACTICE CHANGE TUESDAY, OCTOBER 19TH for the **10 & UNDERS** practice will be 730-830 for the 8 & Unders / 730-845 pm for the 9 & 10's @ St. Charles North High School

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

1. PRACTICE CHANGES & CANCELLATIONS (continued)

NO PRACTICE SATURDAY, OCTOBER 30TH & SUNDAY, OCTOBER 31st for ALL PRACTICE GROUPS at St. Charles North High School. The 10 & Under Boys and 11-14's will still have practice Saturday and the 11-14 Boys will still have Dryland Sunday.

IMPORTANT PRACTICE CHANGE INFORMATION the St. Charles Swim Team has the opportunity of using additional practice space on Tuesday, Friday and Saturday at South Elgin High School ([760 East Main Street, South Elgin, IL 60177](http://www.sehs.org)).

SENIOR TEAM	Swimming	Dryland
Monday	515-645am @ NHS	330-500pm @ NRC
Tuesday	515-645am @ NHS	330-500pm @ NRC
Wednesday	515-645am @ NHS	700-830pm @ NHS
Thursday	515-645am @ NHS	330-500pm @ NRC
Friday	515-645am @ NHS	330-500pm @ NRC
Sunday	700-1000am @ NHS	

8 & UNDERS

Monday	700-815pm @ NHS
Tuesday	700-815pm @ NHS
Thursday	700-815pm @ NHS
Friday	700-815pm @ NHS

9-10's

Monday	700-815pm @ NHS
Tuesday	700-830pm @ NHS
Wednesday	
Thursday	700-815pm @ NHS
Friday	700-815pm @ NHS
Saturday	
Sunday	1000-1130am @ NHS

11-14's

Monday	815-945pm @ NHS
Tuesday	600-800pm @ SEHS
Wednesday	
Thursday	815-945pm @ NHS
Friday	600-800pm @ SEHS
Saturday	1130-130am @ SEHS
Sunday	

PRE TEAM & JUNIOR SWIM TEAM

Wednesday	815-915pm @ NHS
Saturday	200-300pm @ NHS

Girls Only 400-500pm @ NRC

Boys Only 900-1000am @ NRC

Girls Only 515-615pm @ NRC

Boys Only 1000-1100am @ NRC

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

HOTEL INFORMATION SCST TRAVEL MEETS

Western Great Lakes Open
(11-19-20 & 21, 2010)

Courtyard Marriott
5200 West Brown Deer Road
Brown Deer, WI 53223
414-355-7500
Reservations due by
October 20, 2010

Coming Soon

January Team Travel Meet
New Trier Tri State Challenge
ISI Senior Championships
ISI Age Group Championships

2. MEET SIGN UP, ENTRY DEADLINES ARE FAST APPROACHING!

If you have not signed up **Online** for your swimmer to compete in Meets, **PLEASE DO SO NOW!** Entry Deadlines are quickly approaching. **Your Swimmer will not be entered in any meets unless you register for the meets Online.**

How do you Sign Up for Meets?

MEET SIGN UP

It is easy, go to the front page of the [St. Charles Swim Team Website](http://www.stcharlesswimteam.org), click on the Meet Sign Up Link in the upper right hand corner of the front page.

Currently the [Academy Fall Open](http://www.stcharlesswimteam.org) is the only meet that is closed to registration. Meets that are currently posted and still open to registration are SCST Distance Time Trial (entry closes 10/22/2010), [SCST Fall Classic](http://www.stcharlesswimteam.org) (entry closes 10/22/2010), [West Chicago Fall Fling](http://www.stcharlesswimteam.org) (entry closes 10/13/2010) and [Western Great Lakes Open](http://www.stcharlesswimteam.org) (entry closes 10/13/2010).

The remainder of the season will be posted soon!

3. SUIT SIZING #2

There will be a final suit sizing for the new custom "Q" Suits on Saturday, October 9th 1100am to 100pm at St. Charles North High School. Sizing will take place directly outside the pool area. Please remember that it is very important that you try on these suits before ordering them. The suits take 4 weeks to come in. Caps, warm-ups, parkas and additional T-Shirts can be ordered at this time. Question contact Linda Popp at lpopp@aol.com.



4. [SCARECROW FEST 2010](#)

Thank you Stephanie Bawolek for organizing the construction of the St. Charles Swim Team 2010 Scarecrow Fest Entry. We had an enthusiastic group of Swimmers and Parents who contributed to the building of our Team Entry. Make sure you go to the [2010 Scarecrow Fest](#) and check out the St. Charles Swim Team Entry.



See if you can find our Scarecrow? It might have something to do with Swimming.

5. USA SWIMMING TIP OF THE WEEK: AVOID THE FLU

This week's tip of the week comes from National Team physician, Dr. Jim Miller. He offers some advice for fighting the flu in the coming season.

The Tip:

You have completed the dreaded intensive training of the holiday season and have two to four more months until your championship meet. Everything has been taken into account – your event schedule, your training and the best part – taper.

Is there anything that could mess all this up? YOU BET! One to two weeks off with five pounds of muscle loss could surely derail this train. That is exactly what could happen with a bout of influenza, more commonly known as the Flu.

Open the window...and in flew enza

The flu is a viral infection that is spread through the air. Each year, the influenza virus mutates slightly so your immunity from the prior year will not completely protect you. The virus is a respiratory infection that can result in a debilitating viral pneumonia. It is very dangerous for those who have a weakened immune system, such as the elderly or someone with a disease that affects their immune system like diabetes.

However, if you are training doubles with long hours for studying for exams, your immune system could also be at risk. Since the air from a human sneeze has been clocked at hundreds of miles per hour, one sneeze from the wrong person at the wrong time will expose you quickly. You could be in trouble.

Prevention is key

So, what can you do to prevent the flu? The best prevention is to boost your immune system against this virus by getting a flu shot. This shot is ideally given one or two months before the virus reaches your part of the country. The shot will not offer you 100% immunity, but it decreases your likelihood of getting sick. If you do end up catching the virus, the course would be greatly abbreviated if you received the shot.

C your way through the Flu

In addition to the shot, there are other steps you can take to avoid getting sick. In addition to proper hydration, nutrition and sleep, some experts believe that increased Vitamin C intake may enhance your immune system against viral infections. It is suggested you take between 1,000 and 3,000 IU of extra Vitamin C per day, unless you are on a medication that interacts with Vitamin C. As always, consult your doctor before you begin taking any supplements.

Back to Basics

When it comes to the flu, there are some basic steps you can take to help prevent getting and spreading the virus. Wash your hands routinely and cover your mouth when coughing and sneezing – and of course wash your hands when you do if you did not make it to a tissue. The antibiotic gels that do not require water work just fine.

Take it for the team

If you feel that you are coming down with a nasty respiratory infection whether it involves your lungs or not, get to your medical practitioner quickly. There are antiviral medications that make a big difference, if you start them quickly. Your medical expert also has a rapid test, which will help to determine whether this is influenza or not while you wait. By taking care of it quickly, you get better faster and your team and coaches will be more likely to stay healthy, too. You do not want to take out your whole relay team with you!