



St Charles Swim Team H2O Log

2011-2012 Short Course, Issue 4

10/11/2011

Practice Changes and Cancellations

NATIONAL SENIOR 1+2 TEAMS

Practice Change, Thursday 10/13 3-5:15 @ NHS

WHITE TEAM

Practice Change, Thursday 10/13 7:15-8:45 @NHS

GOLD TEAM

Practice Change, Thursday 10/13 5-6:30 @ NRC

Inside this issue:

- Volunteer Sign Up **2**
- Coaches Emails **2**
- Top 5 Drinks 4 Swimmers **2**
- Training Equipment **2**
- Meet Sign Up **3**
- Become an Official **3**
- Meet Schedule **4**
- Team Sponsors **4**

SCST @ Scarecrow Festival

This past weekend, it was beautiful outside. Saint Charles was host to the annual Scarecrow Festival in downtown St. Charles. If you had a opportunity to stop by the festival; the swim team had a scarecrow on display for people at the festival to enjoy.

The people at the festival were able to see the awesome scarecrow the team had assembled. The scarecrow would not have been possible with out the help from Stephanie Bawolek. If you have a chance, please thank her for her time and effort. Thanks Stephanie.



Pictured: Nick & Matt Boryk

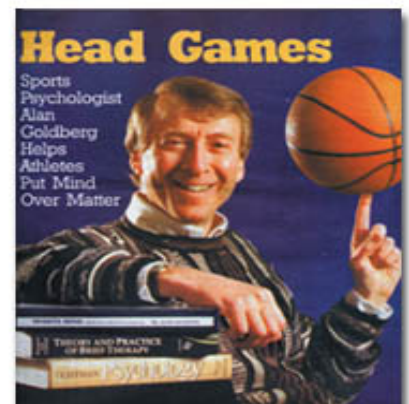
Dr. Allen Goldberg visiting SCST 10/30!

St. Charles Swim Team is going to have a great opportunity to meet with one of the premier sports psychologists in athletics later this month.

If you don't know about Alan Goldberg [visit here](#). The date and times will

be confirmed as we get closer to the end of the month. Please keep looking on the website or water logs for updates.

We are anticipating to have Dr. Goldberg talk to the athletes, coaches and parents. When he arrives. Sounds exciting!



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

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

TOP FIVE BEVERAGE CHOICES FOR SWIMMERS

After 30 minutes of swimming, dehydration can occur. Environmental factors contribute to a swimmer's dehydration—warm water temperature and warm, humid air around the pool can increase the need for fluids. The National Association of Athletic Trainers recommends drinking about 2 cups (16 ounces) of water 2

to 3 hours before a workout or swim meet with another 1 cup (8 ounces) 10 to 20 minutes before diving into the pool. Most workouts are long and strenuous, so drink about 1 cup of fluid every 10 to 20 minutes during your workout. Keep a sports bottle filled with water at poolside so it is in easy reach.

Top 5 Choices

1. Water
2. Sports Drink
3. Light Sports Drink
4. Diluted Fruit Juice
5. Low Fat Milk

More info: visit [USA SWIMMING.org](http://USA-SWIMMING.org)

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 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 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
Entries are now closed!

West Chicago Fall Fling

(Open Competition)
11/18 thru 11/20, 2011
West Chicago High School
West Chicago, IL
Entries are now closed!

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



1050 Dunham Road
St. Charles, Illinois
60174
Phone: 630-377-1720
E-mail: swim@stcswim.com