

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

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

PRACTICE CHANGE THURSDAY, OCTOBER 14TH for the **11 to 14's** practice will be 830-945pm due to High School Dual Meet.

NO PRACTICE FRIDAY, OCTOBER 15TH for the **SENIOR TEAM** 330-500pm.

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 due to High School Dual Meet.

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.

2. SCST COACHING OFFICE

The St. Charles Swim Team Office will remain closed until Monday, October 18th due to updates. If you need to contact the St. Charles Swim Team please email at swim@stcswim.com.

3. 2010 ACADEMY BULLETS SPEEDO FALL OPEN

This first meet of the season will be hosted at Marmion Academy located at [1000 Butterfield Road, Aurora, IL 60504](http://www.marmionacademy.com).

MEET SCHEDULE CHANGE

SATURDAY & SUNDAY AM (9-10 & 11-12)
WARM-UP 7:30AM START 8:30AM

SATURDAY & SUNDAY PM (Open & 8 & Under)
WARM-UP 11:30AM START 12:30PM

SATURDAY & SUNDAY LATE SESSIONS (500 FREE & 400 IM)

Events will start 10 minutes after the conclusion of the previous session. (No Events Have Been Limited, Everyone Swims!)

POSITIVE CHECK IN, this is a positive check in meet. All swimmers must check-in prior to warm-ups of each session. If a swimmer fails to do so, he/she will be scratched from that session. *SWIMMERS YOU MUST CHECK IN WHEN YOU ARRIVE TO THE MEET!*

TEAM AREA, the area where swimmers will be staged is not in the pool area. Swimmer will be sitting in the cafeteria. The walk to and from the pool will be in hallways with many windows. If the temperatures change it can get cold. Please have your swimmers bring warm clothing just in case temperatures drop.

MEET INFORMATION, please take time to read the meet information prior to attending the meet. This will help you and your swimmer with the procedure of the meet. *REMEMBER THERE HAS BEEN A CHANGE TO THE MEET SCHEDULE* (look above), [Meet Information](#).



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

4. 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](#), click on the Meet Sign Up Link in the upper right hand corner of the front page.

Meets that are currently posted and still open to registration are SCST Distance Time Trial (entry closes 10/22/2010), [SCST Fall Classic](#) (entry closes 10/22/2010), [West Chicago Fall Fling](#) (entry closes 10/13/2010), [Western Great Lakes Open](#) (entry closes 10/13/2010), SCST Senior Girls Time Trial (entry closes 11/19/2010), [Lincoln-Way Holiday Splash](#) (entry closes 11/3/2010), SCST Distance Time Trial (entry closes 12/17/2010), [New Trier TYR Tri State Challenge](#) (entry closes 12/18/2010) and [Barrington Winter Classic](#) (entry closes 12/18/2010).

Championship Meets; all swimmers that qualify are expected to participate.

5. USA SWIMMING'S SCHOLASTIC ALL-AMERICAN TEAM

Each year, USA Swimming recognizes its members who excel both in the classroom and in the pool. The Scholastic All American Team is made up of high school student athletes who have a grade point average of 3.5 or higher and who have achieved the required time stand in a single event.



To be eligible for this recognition, swimmers must have completed 10th, 11th or 12th grade and must be a USA Swimming member athlete.

Congratulations St. Charles Swimmers **KAYLA SCOTT, EMMA SMITH** and **MEGAN VENLOS** for making the 2010-2011 Women's Scholastic All-American Team!

6. USA SWIMMING OFFICIALS

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 [Al Reynolds](#).

7. SWIMNETWORK'S 20 QUESTION TUESDAY with LEA MAURER



When the dust settled at one of the most exciting [women's NAAs](#) in years, Stanford was just a touch out of the championship. That second place was a hard pill to swallow, but it is also a heck of an accomplishment for a program that has rapidly re-ascended to the upper echelon. Coach Lea Maurer, a former Stanford swimmer and Olympian, talks about that, and more, in this week's 20 Question Tuesday.

Check this out at [20 Question Tuesday](#).

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