



St Charles Swim Team H2O Log

2011-2012 Short Course, Issue 5

10/17/2011

Practice Changes and Cancellations

BLUE TEAM

Practice Cancelled, Tuesday 10/18 due HS Meet

Gold Team

Practice Change, Tuesday 10/18 5-6:30 @NRC due to HS meet

All Teams, except ORANGE

Practice Cancelled, Friday 10/21 due to PAC Meet

All Teams

Practice Cancelled, Saturday 10/22 due to PAC Meet

All Teams

Practice Cancelled, Sunday 10/23 due to PAC Meet

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2011 PAC Meet Info

SCST has its first meet this weekend in Lincolnshire hosted by PAC. We are all looking forward to meet. Lets make sure we represent ourselves with class and respect. Remember we are visitors.

Meet Schedule

Friday Afternoon (Distance events)

Warm-up 5:00pm Start 6:00pm

Saturday Morning (9&10, 11&12)

Warm-up 7:00am Start 8:00am

Saturday Afternoon(13 & over, 8 & under)

Warm-up 12:00pm Start 1:00pm

Sunday Morning (9&10, 11&12)

Warm-up 7:00am Start 8:00am

Sunday Afternoon(13 & over, 8 & under)

Warm-up 12:00pm Start 1:00pm

More info on the PAC meet can be found

[here.](#)

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 Sunday October 30th.

Dr. Goldberg will be doing his presentations at the St. Charles East Commons. The times

for the presentations will be as follows. The 13 and over athletes will be from 9-11am, 12 and under will be 11am to noon and the parent presentation will be from 1-3pm.

The cost of the program is: \$10/athlete, \$25/family or \$15 for non SCST members.

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 Apparel, on Friday SCST swimmers wear your favorite SCST color or T-shirt. Saturday wear your "new" SCST t-shirt. Sunday wear your Blue embroidered SCST t-shirt.

Team Area, the team area that we are sitting needs to clean every time a session ends. It is not hosts team responsibility to clean up after us.

GOALS, Our goals are to arrive 15 minutes early, we all sit together, no missed events & less than 3% DQ of all swims swam. Remember have fun; enjoy the competition.

Please make checks payable to SCSTPA and drop off in the coaches by Thursday October 27th.

Anyone that has an opportunity to go it is strongly recommended that you attend. Hope to see everyone there!

For more info visit [here.](#)

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 Information

Dear SCST Families,

Thank you for all your volunteer time and support. Our first home meet of the season 2011 SCST/TYR Fall Classic is only 3 weeks away. We still have 13 available positions for this meet.

If you didn't have a chance to sign up

for your required volunteer sessions; now would be a good time to do so.

Contact Sue Watts with any SuperMeets volunteering questions @ 630-587-8475 or purchellwatts@gmail.com

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.

Thank you all.

Natalya Filipovic & Alan Jania

SCST Meet Directors

October Time Trial

SCST had a time trial this past weekend with the Senior team and Gold team. The meet consisted of 100 of each stroke plus a 200 IM. The lowest combined score wins! A special thank you to the parents and officials that made this meet possible. The top 5 finishers for the girls and boys were:

Girls

1. Lisa Licari (6:41.63)
2. Kristen Czarnecki (6:48.22)
3. Lucy Johnson (6:48.88)
4. Taylor Falk (7:02.07)
5. Emma Kuszynski (7:02.20)

Boys

1. Shaun Seuschek (5:59.64)
2. Joe Hollman (6:06.69)
3. Joe Chokran (6:08.96)
4. Alex Duffy (6:10.55)
5. Chris Dieter (6:16.08)

SCST General Membership

If this weekend is the first meet you and your swimmer(s) have ever attended and you don't know what to expect?

Don't worry, SCST Swim Parent Dorethee Milosch will be at the Norris Rec Center back lobby tonight, Monday, October 17th 5:15-6:00pm to help answer many of your questions.

Orange and Blue Team Parents, take time tonight and find out what to expect.

SCST Fall Classic Reminder!

As a reminder, the fall classic will now be starting in the AM (or close to it) for both session. Please take a look at the meet packet [here](#). The meet will also be taking advantage of both facilities (East and North pools). This is a change from last year when we were limited to only St. Charles North pool.

Session	Pool	Warm-up	Meet Starts
1	NHS	4-4:50pm	5:00pm
2	NRC	7-7:50am	7-7:50am
3	NRC	Immediately following session 2	30 min after W/U
4	NHS	7-7:50am	7-7:50am
5	NRC	7-7:50am	7-7:50am
6	NRC	Immediately following session 5	30 min after W/U
7	NHS	7-7:50am	7-7:50am

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 Shanel](#) (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



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