

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

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.

PRACTICE INFORMATION FRIDAY, OCTOBER 22nd will be the St. Charles East vs North Football Game. Please plan accordingly parking and traffic will be an issue.

NO PRACTICE SATURDAY, OCTOBER 30TH & SUNDAY, OCTOBER 31st for **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.*

NO AFTERNOON PRACTICE FRIDAY, NOVEMBER 5th for **ALL GROUPS** due to the **SCST FALL CLASSIC**.

NO PRACTICE SATURDAY, NOVEMBER 6th & SUNDAY, NOVEMBER 7th for **ALL GROUPS** due to the **SCST FALL CLASSIC**.

NO PRACTICE SATURDAY, NOVEMBER 13th for the **PRE & JUNIOR SWIM TEAMS** due to the IHSA Girls Swimming Sectionals

2. 2010 ACADEMY BULLETS SPEEDO FALL OPEN

The Fall Open gives the SCST Coaching Staff a good launching point for the 2010-2011 Season. SCST Swimmers did well but there is much work to be done between now and March.



Each meet will be used to see how the progress of each swimmer is going and adjustments will be made to help with their progress.

After this weekend the SCST Coaching Staff will continue to stress the importance of details in practice so that they will be there at competitions.

The following swimmers achieved Life Time Best Times in every event this weekend— **MIKE BARROWCLIFT, CARLY BARTON, NATE BAXTER, PAYTON BAXTER, HENRY BLISS, BLAKE BOSCH, KATIE CANTRELL, NIK EBELING, ALEK FILIPOVIC, ASHLEY GLADIS, SPENCE GRAY, STEPHEN HUTCHINSON, MARY JANIA, SYDNEY JESKO, MAYA KIRL, KALLIE KOCH, MEGAN KOCH, ETHAN KOS-DONDLINGER, AMANDA KURAL, MARISSA KURAL, KYLE LEWARCHICK, ZEO MEYER, GIA NAVARRO, ANNA O'MALLEY, HANNAH POZENINSKI, GAVIN REGELBRUGGE, JOSTIN TRINIDAD, OWEN TYKAL, SEAN YETTER and GRACIE YOUNG.**

The swimmer who dropped the most time in one event goes to **MAYA KIRL** who dropped 58.96 seconds in here 200 IM! WOW, nice swim **MAYA** keep this up all season long!

Swimmers who achieved **NEW USA SWIMMING NATIONAL "B" TIMES**: **COLLIN BAWOLEK, ANTHONY BLISS, HENRY BLISS, AUSTIN CABEL, KATIE CANTRELL, SEAN GALLE, ISABEL HERB, MAYA KIRL, KALIE KOCH, AMANDA KURAL, MARISSA KURAL, KENZIE KUZMANIC, NATE MILOSCH, KATHERINE NAGLER, GIA NAVARRO, SYD PANFIL, GABBI POMPILIO, HANNAH POZEZINSKI, JOEY REITER, TIM STEELE, JOHNNY TARPEY, JOSTIN TRINIDAD and NICK WOLFF.**

2010-2011

Short Course Meet Schedule
Follow Meet Link to Meet Information

October 24, 2010

SCST DISTANCE TIME TRIAL

(Limited Entries) @ St. Charles North High School, St. Charles, IL

(entry closes 10/22/2010)

November 5 thru 7, 2010

SCST FALL CLASSIC (Team Meet) @ St. Charles North High School, St. Charles, IL

(entry closes 10/22/2010)

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

(entry closed)

November 19 thru 21, 2010

WESTERN GREAT LAKES OPEN

(Qualifier) @ Walter Schroeder Aquatic Center, Brown Deer, WI

(entry closed)

November 21, 2010

SENIOR GIRLS TIME TRIAL

(Team Time Trial) @ St. Charles North High School, St. Charles, IL

(entry closes 11/19/2010)

December 5, 2010

SCST 8 & UNDER CLASSIC

(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

(entry closes 11/03/2010)

December 19, 2010

SCST DISTANCE TIME TRIAL

(Limited Entries) @ TBA

(entry closes 12/17/2010)

January, 7 thru 9, 2011

SCSC PENGUIN PARADISE

PLUNGE INVITATIONAL (Open)

@ Crawfordsville Aquatic Center / Crawfordsville High School, Crawfordsville, IN

(entry closes TBA)

2. 2010 ACADEMY BULLETS SPEEDO FALL OPEN

Swimmers who achieved **NEW USA SWIMMING NATIONAL "BB" TIMES**; COLLIN BAWOLEK, NATHAN BAWOLEK, TJ BINDSEIL, ANTHONY BLISS, NICK BORYK, SOPHIE BUSESKI, RYAN FALK, SIBA FILIPOVIC, BRITTA GESELL, SPENCE GRAY, STEPHEN HUTCHINSON, MARISSA KURAL, AUSTIN LAMP, EMILY LEHMAN, LAUREN McCORMACK, EMMA McSPADDEN, MITCHELL MILOSCH, MATTHEW NAGLER, RACHEL NAGLER, TAYLOR NUNNERY, ANNA O'MALLEY, AMY PEARSON, GABBI POMPILIO, JOSTIN TRINIDAD and MAGGIE WHITE-HURST.

Swimmers who achieved **NEW USA SWIMMING NATIONAL "A" TIMES**; TJ BINDSEIL, NICK BORYK, ISABEL HERB, EMILY JANIA, SYDNEY JESKO, KYLE LEWARCHICK, LINDA LICARI, LAUREN McCORMACK, MITCHELL MILOSCH and JOHNNY TARPEY

Swimmers who achieved **NEW USA SWIMMING NATIONAL "AA" TIMES**; RYAN FALK, ASHLEY GLADIS, STEPHEN HUTCHINSON, SYDNEY JESKO and LINDA LICARI.

Swimmers who achieved **NEW USA SWIMMING NATIONAL "AAA" TIMES**; NATHAN JESKO, SYDNEY JESKO and KYLE LEWARCHICK.

Swimmers who achieved **NEW ILLINOIS SWIMMING REGIONAL QUALIFYING TIMES**; NATHAN BAWOLEK, TJ BINDSEIL, NICK BORYK, ALEC CARNELL, ASHLEY GLADIS, SPENCE GRAY, STEPHEN HUTCHINSON, EMILY JANIA, SYDNEY JESKO, LUCY JOHNSON, KYLE LEWARCHICK, LAUREN McCORMACK, MITCHELL MILOSCH, TIM STEELE, JOHNNY TARPEY and ANNE TAVIERNE.

Swimmers who achieved **NEW ILLINOIS SWIMMING AGE GROUP CHAMP QUALIFYING TIMES**; STEPHEN HUTCHINSON, NATHAN JESKO, SYDNEY JESKO, LINDA LICARI and MEAGAN POPP.

Swimmers who achieved **NEW ILLINOIS SWIMMING SENIOR CHAMP QUALIFYING TIMES**; ASHLEY GLADIS.

SCST Swimmers that won individual events this weekend; CHRIS DIETER, RYAN FALK, ASHLEY GLADIS, NATHAN JESKO, SYDNEY JESKO, KYLE LEWARCHICK, LAURA LICARI, LISA LICARI, MEAGAN POPP.

SCST Relays that won this weekend; 9-10 GIRLS 200 FREE RELAY (LINDA LICARI, SYDNEY JESKO, EMILY JANIA, MAGGIE WHITEHURST), OPEN GIRLS 200 MEDLEY RELAY (LAURA LICARI, MEAGAN POPP, ASHLEY GLADIS, LISA LICARI), OPEN GIRLS 200 FREE RELAY (LAURA LICARI, LISA LICARI, ASHLEY GLADIS, MEAGAN POPP), OPEN BOYS 200 MEDLEY RELAY (TJ BINDSEIL, JOE HOLLMAN, ALEX DUFFY, MICHAEL BARROWCLIFT), OPEN BOYS 200 FREE RELAY (CHRIS DIETER, TJ BINDSEIL, JOE HOLLMAN, ALEX DUFFY).

Congratulations to ALL SCST Swimmers who competed over the weekend, let's get ready to be faster at the SCST Fall Classic.



3. SCST JANUARY TRAVEL MEET; SCSC PARADISE PENGUIN PLUNGE INVITATIONAL (JANUARY 7, 8 & 9, 2011)

This year the St. Charles Swim Team will be traveling to Crawfordsville, Indiana to attend the SCSC Paradise Penguin Plunge Invitational January 7 thru 9, 2011. Crawfordsville is located about 1 hour west of Indianapolis, Indiana. From Chicago it is about 3 hour drive.

The Meet will be held at the Crawfordsville Aquatic Center at the campus of Crawfordsville High School located at 1129 South State Road 47. The Aquatic Center is a 50 meter by 25 yard pool. Competition will be conducted in an 8-10 lane 25 yard pool based on entries. Up to five 25 yard lanes plus 5 20 yard lanes will be open for continuous warm-up and warm-down. Swimmer area will be available in the auxiliary gym adjacent to the pool deck.

Crawfordsville is on Eastern Standard Time.

2010-2011

Short Course Meet Schedule
Follow Meet Link to Meet Information

January, 21 thru 23, 2011
[NEW TRIER TRI STATE CHALLENGE](#) (Open 10 & Under Meet / Qualifier for 11 & Over) @ New Trier High School, Winnetka, IL
(entry closes 12/18/2010)

January 28 thru 30, 2011
[BSC WINTER CLASSIC](#) (Open) @ Barrington High School, Barrington, IL
(entry closes 12/18/2010)

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
(entry closes 01/05/2011)

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

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), 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. ATTENTION 9 & 10 YEAR OLD SWIMMERS, FALL OUTING

We know you can make your way down the pool, but Do you think you can make your way through a corn maze?



October 24th at Kuiper's Farm at 1:00pm lets find out!!!

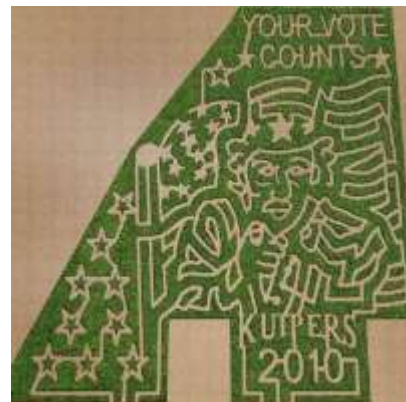
ALL OF OUR FANTASTIC 9 & 10 YEAR OLD SCST SWIMMERS, come to the SCST celebration of this Fall & Halloween Season!

SCST will be invading Kuiper's Farm (1N318 Watson Road, Maple Park, IL, 60151), Sunday, October 24th at 1:00pm.

The cost will be \$9.75 per person and we will provide yummy apple cider donuts and drinks for everyone. Your fee also includes all of the Pumpkin Farm area including the Haunted Forest, Play Area!

Please let either Felicity Cantrell or Mary Beth Whitehurst know if you will be joining us, by Thursday, October 21st so that we can purchase the tickets in advance at the discounted rate. We will meet at 1:00pm at the front entrance to the farm.

We are also looking for parent chaperones, so please let us know if you're available?



6. 11 TO 14 YEAR OLDS, ARE HAVING A PARTY! ARE YOU READY? FOR SOME TREATS AND FRIGHTS?

Come join us October 30th at the Portillo's located in St. Charles (3895 East Main Street).



Swimmers will be having dinner together then going to the St. Charles Jaycees Haunted House at Aquascape Designs.

Please send money with your child for Dinner plus admission for the Haunted House (\$10 or \$9 with a canned food donation).

Pick up your swimmer at 9:15pm at Aquascape Designs (901 Aqualand Way, St. Charles, IL—1 mile south of North Avenue off of Kautz Road)

Please RSVP to Lori Falk at mcskier1@comcast.net by October 27th.



7. LUPUS FUNDRAISER, SPONSORED BY THE ST. CHARLES EAST GIRLS HIGH SCHOOL SWIM TEAM



Lupus is a chronic inflammatory disease that occurs when your body's immune system attacks your own tissues and organs. Inflammation caused by lupus can affect many different body systems, including your joints, skin, kidneys, blood cells, heart and lungs. Lupus occurs more frequently in women. The outlook for people with lupus at one time was grim, but diagnosis and treatment of lupus has improved considerably. Help the SCE Girls High School Swim Team fight Lupus, contact Jeanine Saunders (jeaninesaunders@comcast.net) to purchase T-Shirts or Swim Caps to help fight Lupus.

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

SCSC Paradise Penguin Plunge

New Trier Tri State Challenge

ISI Senior Championships

ISI Age Group Championships

8. 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](#).

9. SWIMMING FOR DOLLARS from www.swimnetwork.com by Mike Watkins

[Nathan Adrian](#) knows first-hand that he is much better suited for a 50-yard dash than a one-mile marathon any day.

So when he was invited to participate in the [RCP Tiburon Sprint Classic](#) -- the partner race to the much longer [RCP Tiburon Mile Open Water Swim](#) -- in Tiburon, Calif., this weekend, he and several of the best sprinters in the world jumped at the chance.

"I agreed to participate for a couple of reasons," said Adrian, the winner of both the 50 and 100 meter freestyle events at August's [ConocoPhillips USA Swimming National Championships](#) in Irvine, Calif. "First, (I did it) so I don't have to swim in the open water race, which a lot of the time my club team participates in. I tried it once, and it ended up being a disaster.

"Second, I had been approached about the idea (for the Sprint Classic) by Bob Placak, and I thought it was really exciting. Getting a bunch of sprinters together and organizing a type of tournament sounded like a much better idea than a mile swim in the Bay."

Adrian isn't alone in that thinking. He will be joined by seven of the fastest and most accomplished sprinters in the world to raise money for the USA Swimming Foundation and Hospice by the Bay -- the second-oldest hospice in the United States.

Best in the World

Among the group are six Olympic gold medallists -- Adrian, [Ryan Lochte](#) (who will also compete in the Tiburon Mile), Brazilian Cesar Cielo Filho, [Garrett Weber-Gale](#), Ben Wildman-Tobriner and [Matt Grevers](#) -- along with silver medallist Fred Bousquet of France and this year's 50 freestyle NCAA Champion Josh Schneider.

When he conceptualized the Tiburon Mile Open Water Swim in 1999, Placak wanted to create an event that would draw the top open water and distance swimmers in the world.

With this model in place, Placak embarked upon taking a quicker -- and shorter -- path for a competition that also benefits organizations that give so much to so many every day.

Unlike traditional duals or meet competitions, the Sprint Classic will pit swimmers against one another in four separate heats in a two-lane, 25-yard pool. The two swimmers with the top times from those heats will then swim against one another in a final race -- the winner leaving with the \$10,000 prize.

Following a short rest and awards period, the eight competitors then will be grouped into two separate but even 200 freestyle relay teams.

USA Swimming Foundation Annual Fund Manager Martha Johnson said the RCP Tiburon Sprint Classic has been in the works for less than two years. The Foundation became involved with the event as a vendor the past two years, and through this relationship, Placak derived the idea for the sprint race to complement the open water mile event.

To Read More follow the link to www.swimnetwork.com.

10. USA SWIMMING FOUNDATION ANNOUNCES [GOLDEN GOGGLE](#) NOMINEES

The top swimmers in the U.S., including Ryan Lochte (Daytona Beach, Fla.), Natalie Coughlin (Vallejo, Calif.) and Michael Phelps (Baltimore, Md.), headline the nominations for the 2010 USA Swimming Foundation Golden Goggle Awards, which honor the top swimming performances of the 2010. This year's awards gala will take place Nov. 22 at the New York Marriott Marquis in New York City. Visit USA Swimming at www.usaswimming.org for more about this great celebration of Competitive Swimming.