



# St Charles Swim Team H2O Log

2011-2012 Short Course, Issue 6

10/24/2011

## Practice Changes and Cancellations

### ORANGE TEAM

Practice Change, Friday  
10/28 5:15-6:15pm

### WHITE TEAM

Practice Change, Saturday  
10/29 10:30am-12:00pm

### SENIOR 1/2 & NATIONAL TEAM

Practice Change, Saturday  
10/29 7:00am-9:00am

### NATIONAL TEAM

Practice Cancelled, Sunday  
10/30

### GOLD TEAM

Practice Cancelled, Sunday  
10/30

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## SCST DOMINATES PAC INVITE

SCST had a great weekend of racing in Lincolnshire at the PAC invite. SCST not only won the meet, SCST won every age division. The final team scores were: 1. SCST (7,731 pts.) 2. Patriot Swim Club (3,112.50 pts.) 3. Wheaton Swim Club (1,302.50 pts.) 4. Alligator Aquatics (1,022.50 pts.) 5. Glenbrook Aquatics (956 pts.). Way to go SCST!

Here is how we did.

We had 4 New Team Records! Linda Licari broke the 9-10 200 Free in a record time 2:14.60 beating the record that was held by Caitlin Dauw in a time of 2:14.92 in 2001. Linda also broke the 9-10 50 Back in a record time of 31.36 beating the record held by Emma Kuszynski in a time of 31.57 in 2008. Audrey Guyett broke the 11-12 1000 Free in a record time 11:01.88 beating the record that was held by Meagan Popp in a time of 11:13.30 in 2010. Audrey also broke the record in the 11-12 1650 Free in a record time of 18:13.91 beating the record that was held by Catherine Nosal in a time of 18:32.08 in 2000. Way to go girls! Amazing swimmers!

Swimmers that achieved Life Time Best Times in every event this week-

end were; Payton Baxter, Austin Cabel, Sean Galle, Heather House, Trevor Janssen, Harrison Liao, Emma McSpadden, Claire Morgan, Joe Muehschlegel, Eric Palmquist, Sara Quinn, Joey Reiter, Gianna Shaw, Austin Stapella, Caitlin Suda, Anne Tavierne, Brad Whitehurst, Maggie Whitehurst, Calvin Windle, Molly Yetter & Sean Yetter.

SCST did achieve some of its goals this weekend. Everyone did a good job arriving to the meet on time 15 minutes early. We may need to make some adjustments on Friday travel due to heavier traffic. SCST sat as a team and was having a blast.

However, SCST did not achieve its goal of no missed swims. A total of 4 swims were missed. That's not too bad considering all the swims we had but we would like to make all of our swims. Also, we had 4% disqualification rate of total swims which was just short of our goal of 3%.

We will have another opportunity to reach these goals at our next meet the 2011 SCST TYR FALL Classic. The coaching staff is looking forward to seeing the swimmers

## 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,

Our 1st home meet the 2011 SCST/TYR Fall Classic is next weekend. Remember, we cannot run this meet without you! If you have signed up to volunteer, remember to check Supermeets to verify your position. Our chairpersons will be sending out reminders sometime this week. If you are unable to work, please find a replacement and contact us. At this time there are 9 available positions. If you didn't have a chance to sign up- now would be a good time to do it. We need 2 con-

sole volunteers on Friday PM session at [STC North](#) and an Announcer on Saturday AM session at [STC North](#).

Contact Sue Watts with any Supermeets volunteer questions @ [purchellwatts@gmail.com](mailto: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

## 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.

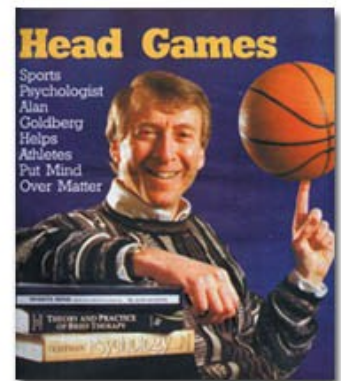
The cost of the program is: \$10/athlete, \$25/family or \$15 for non SCST members.

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

Anyone that has an opportunity to go it is strongly recommend-

ed that you attend. Hope to see everyone there!

For more info visit [here](#).



## Deck Pass Now on I-Phone

We are excited to announce that the Deck Pass iPhone application is now available! This is the first-ever mobile application from USA Swimming so please help us spread the word!

Go to the iTunes store and search "Deck Pass" .

A mobile application for the android will also be a part of Deck Pass. This applica-

tion is not yet available but we hope that it will be available in a couple weeks.

As a reminder, you can find more information on Deck Pass at [usaswimming.org/deckpass](http://usaswimming.org/deckpass).

This is a free service, that allows swimmers, coaches and parents track progress, see rankings and connect with other swimmers. Please check to see if its okay with mom and dad before signing up.

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	8:00am
3	NRC	Immediately following session 2	30 min after W/U
4	NHS	7-7:50am	8:00am
5	NRC	7-7:50am	8:00am
6	NRC	Immediately following session 5	30 min after W/U
7	NHS	7-7:50am	8:00am

## 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).

There will be an officials clinic at the Norris Center January 8th. More info coming.

# 2011-2012 Meet Schedule

## PAC Patriot Games

(Open Competition)  
10/21 thru 10/23, 2011  
Stevenson High School  
Lincolnshire, IL  
Results can be found [here](#).

## 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 02/18

## 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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