

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

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**

NO AFTERNOON PRACTICE FRIDAY, NOVEMBER 19th for **ALL GROUPS** due to the **WEST CHICAGO** and **WESTERN GREAT LAKES OPEN** Meets.

NO PRACTICE SATURDAY, NOVEMBER 20th & SUNDAY, NOVEMBER 21st for **ALL GROUPS** due to the **WEST CHICAGO** and **WESTERN GREAT LAKES OPEN** Meets.

2. SCST DISTANCE TIME TRIAL

The Time Trial on Sunday was the 500 Free and 400 IM . What SCST looks forward to doing is not only providing more Time Trials for our older swimmers, later in this season SCST looks forward to having a Time Trial for swimmers 12 and younger so that they have the opportunity to swim the 500 Free, 400 IM and the 200 of Strokes.

More information to follow on future Time Trials.

The following swimmers achieved Life Time Best Times in every event they swam on Sunday; **MICHAEL BARROWCLIFT, COLLIN BAWOLEK, NATHAN BAWOLEK, SARAH BORSE, NICK BORYK, ALEX CARNELL, DAVID CHOKRAN, JOE CHOKRAN, ERIC DUNBAR, ASHLEY GLADIS, ISABEL HERB, TOM HINDS, JUSTIN JACOBSON, SYDNEY JESKO, KALIE KOCH, KRISTIN KOWALESKI, NICK KOWALESKI, MARISSA KURAL, AUSTIN LAMP, DEVIN NEISE, TAYLOR NUNNERY, ANNA O'MALLEY, GAVIN REGELBRUGGE, GRACE SAMUELSON** and **JOHNNY TARPEY**.

The swimmer who dropped the most time in one event goes to a Senior Swimmer who dropped a total of 77.86 seconds in his 500 Free. Congratulations **TAYLOR NUNNERY** on a good time drop!

Swimmers who achieved **NEW USA SWIMMING NATIONAL "B" TIMES**; **MICHAEL BARROWCLIFT, COLLIN BAWOLEK, SARAH BORSE, KYLE GANNON, ISABEL HERB, TOM HINDS, JUSTIN JACOBSON, KALIE KOCH, TAYLOR NUNNERY** and **GAVIN REGELBRUGGE**

Swimmers who achieved **NEW USA SWIMMING NATIONAL "BB" TIMES**; **MICHAEL BARROWCLIFT, ALEC CARNELL, JOE CHOKRAN, ERIC DUNBAR, ASHLEY GLADIS, KRISTIN KOWALESKI, NICK KOWALESKI, MARISSA KURAL, AUSTIN LAMP, ANNA O'MALLEY, JOEY QUAN, GAVIN REGELBRUGGER, GRACE SAMUELSON** and **JOHNNY TARPEY**.

Swimmers who achieved **NEW USA SWIMMING NATIONAL "A"**

2010-2011

Short Course Meet Schedule
Follow Meet Link to Meet Information

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)

2010-2011

Short Course Meet Schedule
Follow Meet Link to Meet Information

January, 21 thru 23, 2011

2. SCST DISTANCE TIME TRIAL

TIMES; NICK BORYK, JOE CHOKRAN and SYDNEY JESKO

Swimmer who achieved a **NEW USA SWIMMING NATIONAL "AA" TIMES; ASHLEY GLADIS**

Swimmers who achieved **NEW ILLINOIS SWIMMING REGIONAL QUALIFYING TIMES; NATHAN BAWOLEK, NICK BORYK, ALEC CARNELL, JOE CHOKRAN, ERIC DUNBAR, ASHLEY GLADIS, SYDNEY JESKO, AUSTIN LAMP, GRACE SMUELSON and JOHNNY TARPEY.**

The SCST Coaching Staff is already looking forward to the St. Charles Swim Team 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.

3. SCST APPAREL PICK UP

Saturday, October 30th and Sunday, October 31st SCST Families will be able to pick up their apparel orders; 10:00am to 2:00pm at the Popp Family home. The address for the Popp Family is 6N603 Brookhaven Lane, St. Charles.

Families will be picking up the New Team Suit, Caps, T-Shirts and Warm-Ups.



The parkas are on backorder and will be here soon.

If you are unable to make Pick Up, please contact Linda Popp at lsppop@aol.com.

4. RESCHEDULED 9 & 10 YEAR OLD SWIMMERS OUTING, LET'S GO BOWLING!

OK, So.....Kuiper's didn't quite work out... But, you know what that means?!?!

Our St. Charles 9-10 Swimmers who are masters of their swim lanes now get a chance to show us if they know how to master the bowling lanes!!!

Please join us on Sunday, November 14th at 2:00 at St. Charles Bowl for an afternoon of bowling, pizza, ice cream, and lots of fun!!! The cost is \$10.50 per child and includes their game, their shoe rental, pizza, pop, and ice cream.

We will also have prizes for the highest score, lowest score, most strikes, best St. Charles Swim Team outfit (No swimsuits, please J), and everyone who comes will be entered into a drawing for a special prize!!!

So, wear your St. Charles Swim T-Shirt, bring your best bowling arm, and get ready for an awesome time with your awesome teammates. Please RSVP to Felicity Cantrell at 847-909-3165 or email her at tc4fgl@comcast.net by November 7th to let her know if you can make it.



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

5. 11 TO 14 YEAR OLDS, ARE HAVING A PARTY!

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.

6. SCST 2010 FALL CLASSIC, A NOTE FROM THE MEET DIRECTORS

SCST Families, thank you for all your volunteer time and support. The 2010 Fall Classic is our first Short Course Meet of the 2010-2011 Season and we want to start out strong!

We have 7 available positions for the 2010 Fall Classic Meet. If you did not have a chance to sign up yet, now will be a great time! We need a few more Timers for the meet.

Thank you
Natalya Filipovic and AJ Jania

7. A HUGE LOSS TO OUR SWIMMING COMMUNITY

Fran Crippen, a swimming star at Germantown Academy who returned to world-class competition last year to chase his dream of being an Olympian, died during an open-water race in the United Arab Emirates on Saturday.

Crippen, 26, reportedly was struggling late in the 10-kilometer race, held in 100-degree weather, and told a team coach that he wasn't feeling well. When he failed to finish, other competitors dived back in to look for him, along with divers. His body was found about two hours later.

A gregarious, 6-foot-2 member of a dynastic swimming family from Conshohocken, Crippen was competing in his last race of the season before a 10-day vacation in Italy. A rabid Philadelphia sports fan, he constantly checked for updates on the Phillies' playoff run.

His mother, Patricia, said she had dropped him off at Philadelphia International Airport on Tuesday with an admonishment to avoid tourist spots in Europe after his meet because of the terrorism alerts.



"He was the love of our lives," she said. "He was just so full of life and enjoyed life so much."

[Swimming Community Remembers Fran Crippen](#)

[Fran Crippen's Facebook Page](#)

[Be Inspired By Fran Crippen](#)

HOTEL INFORMATION SCST TRAVEL MEETS

Western Great Lakes Open
(Nov. 19, 20 & 21, 2010)

[Courtyard Marriott](#)

5200 West Brown Deer Road
Brown Deer, WI 53223
414-355-7500

Reservations due by
October 20, 2010

SCSC Paradise Penguin Plunge
(Jan. 7, 8 & 9, 2011)

[Holiday Inn Express & Suites](#)

2506 N. Lafayette Road
Crawfordsville, IN 47933
765-323-4575

Reservations due by
December 17th, 2010

New Trier Tri State Challenge
(Jan. 21, 22 & 23, 2011)

[Hampton Inn & Suites](#)

5201 Old Orchard Rd
Skokie, IL 60077
847-583-1111

Reservations due by
December 15th, 2010

ISI Age Group Championships
(Mar. 11, 12 & 13, 2011)

[Springhill Suites](#)

410 Dearborn
Chicago, IL 60611
312-494-9301

Reservations due by
February 8th, 2011

Information Coming Soon
ISI Senior Championships