

## 2009-2010 SHORT COURSE MEET SCHEDULE

Online Meet Schedule is updated  
With complete Meet Packets from the Host  
Follow Each Meet's Link

October  
18<sup>th</sup> (7:00-10:00am)  
400 IM Time Trial @ Norris Rec. Center – St. Charles, IL

23<sup>rd</sup> thru 25<sup>th</sup>  
Glenbrook Aquatics (Open Competition) @ Glenbrook  
North High School – Glenbrook, IL

November  
6<sup>th</sup> thru 8<sup>th</sup>  
SCST Fall Classic (TEAM Competition) @ Norris Rec.  
Center / St. Charles North High School – St. Charles, IL

13<sup>th</sup> thru 15<sup>th</sup>  
Minnesota Grand Prix @ University of Minnesota –  
Minneapolis, MN

20<sup>th</sup> thru 22<sup>nd</sup>  
West Chicago Fall Frenzy (Open Competition) @ West  
Chicago High School – West Chicago, IL

20<sup>th</sup> thru 22<sup>nd</sup>  
Western Great Lakes Open (Qualifier talk to your  
swimmers Coach) @ Walter Schroeder Aquatic Center –  
Brown Deer, WI

22<sup>nd</sup> (7:00-10:00am)  
Senior Girls Time Trial @ Norris Rec. Center –  
St. Charles, IL

December  
6<sup>th</sup>  
SCST 8 & Under Classic (TEAM Competition) @ St.  
Charles North High School – St. Charles, IL

11<sup>th</sup> thru 13<sup>th</sup>  
Waukesha Nike Challenge (Qualifier talk to swimmers  
Coach) @ Waukesha South High School – Waukesha, WI

11<sup>th</sup> thru 13<sup>th</sup>  
Wheaton Swim Club Holiday Invitational (Open  
Competition) @ Nequa Valley High School – Naperville, IL

January  
8<sup>th</sup> thru 10<sup>th</sup>  
Academy Bullets Invitational (Open Competition) @  
Vaughan Center / Marmion Academy – Aurora, IL

23<sup>rd</sup> thru 25<sup>th</sup>  
NTSC Tri-State Challenge (Qualifier for 11 & Over  
Athletes, 10 & Under talk to swimmers Coach) @ New Trier  
High School – Winnetka, IL

29<sup>th</sup> thru 31<sup>st</sup>  
TOPS Claire Statton Memorial Invitational (Open  
Competition) @ Oak Park River Forest High School – Oak  
Park, IL

31<sup>st</sup> (7:00-10:00am)  
Time Trial @ Norris Rec. Center – St. Charles, IL

February  
12<sup>th</sup> thru 14<sup>th</sup>  
SCST Prelim / Final Meet (TEAM Competition) @ Norris  
Rec. Center/St. Charles North High School – St. Charles, IL

## 1. PRACTICE CHANGES & CANCELLATIONS

**NO PRACTICE THURSDAY, OCTOBER 15<sup>th</sup>** for the **PRE NATIONAL & SENIOR TEAM** at St. Charles North High School due to a St. Charles North High School Meet.

**NO PRACTICE, FRIDAY, OCTOBER 23<sup>RD</sup>** for the **PRE NATIONAL & SENIOR TEAMS** due to the Glenbrook Aquatic October Fest Meet.

**NO PRACTICE, SATURDAY, OCTOBER 24<sup>TH</sup>** for the **BLUE, WHITE and BLACK TEAMS** due to the Glenbrook Aquatic October Fest Meet.

**NO PRACTICE, SUNDAY, OCTOBER 25<sup>TH</sup>** for the **PRE NATIONAL & SENIOR TEAMS** due to the Glenbrook Aquatic October Fest Meet.

## 2. 2009 ISI ATHLETE RECOGNITION BANQUET

Each year Illinois Swimming takes time to recognize Athletes of all ages that are the top three athletes in combined age groups of 10 and under, 11-12, 13-14, 15-16, 17-18 from the 2009 Short Course and Long Courses compiled from the Illinois Swimming Top Ten List were invited.

SCST Athletes that were invited were; **KYLE CHAPKO, NICOLE CHAPKO, ANGIE CHOKRAN, CHRIS DIETER, ALEX DUFFY, JESSICA ENGLAND, STEPHANIE GARVIN, NATHAN JESKO, EMMA KUSZYNSKI, LAURA LICARI, MITCHELL MILOSCH, MEAGAN POPP, LAUREN REYNOLDS, KAYLA SCOTT, EMMA SMITH, SARAH SYKSTUS and ELISABETH TAVIERNE.**

**ANGIE CHOKRAN** was recognized as the Illinois Swimming 2009 Female Breakthrough Swimmer of the Year. **ANGIE** had an outstanding 2009 and looks to have an even greater year in 2010. Congratulations to an outstanding athlete!

The **ST. CHARLES SWIM TEAM COACHING STAFF (JON CABEL, TIM LEWARCHICK, LAURIE CHOKRAN, KENT PEARSON, MARY DAUW, SARA QUINN, DENISE MITCHELL, BRIAN MITCHELL, JOE CABEL and ROB ROONEY)** were recognized as the 2009 Age Group Coaches of the Year, every Coach on the SCST Staff has a part in the success of this program. Congratulations to the Best Coaching Staff!

The evening was a dedication to the Paralympic Athlete, with the attendees getting the chance to hear from some of the best **JOHN REGISTER, MELISSA STOCKWELL** and **ERIN POPOVICH**. It was an honor to hear the stories of the great athletes and everyone needs to take the time to read the stories of these individuals. Not just to hear about their success, most important to hear about their journey to their success.

A touching moment to the evening was when the speakers donated their speaking fees to the **JIMI FLOWERS EDUCATION FUND**; **JIMI FLOWERS** was wonderful person who touched the lives of many of the athletes he worked with. Illinois Swimming matched the funds donated by the speakers.

A wonderful night to celebrate Illinois Swimming!

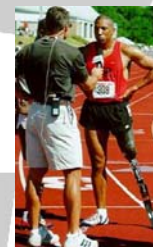
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[St. Charles Swim Team](http://www.stcharlesswimteam.com)



## 2000-2010 SHORT COURSE CHAMPIONSHIP MEET SCHEDULE

December  
11<sup>th</sup> thru 13<sup>th</sup>  
Short Course Junior Championships  
(Qualifier talk to Coach Lewarchick) @  
Ohio University – Columbus, OH

February  
21<sup>st</sup>  
SCST Team Championships @ Norris  
Rec. Center – St. Charles, IL

26<sup>th</sup> thru 28<sup>th</sup>  
ISI Regional Championships  
(Qualifier talk to Swimmers Coach) @  
Barrington High School – Barrington, IL

March  
4<sup>th</sup> thru 7<sup>th</sup>  
ISI Senior Championships (Qualifier  
talk to Swimmers Coach) @ University  
of Illinois Chicago – Chicago, IL

12<sup>th</sup> thru 14<sup>th</sup>  
ISI Age Group Championships  
(Qualifier talk to Swimmers Coach) @  
University of Illinois Chicago – Chicago,  
IL

16<sup>th</sup> thru 20<sup>th</sup>  
NCSA Junior Nationals (Qualifier talk  
to Swimmers Coach) – TBA

If you do not have a  
Mailbox please contact  
Linda Popp  
[lsppop@aol.com](mailto:lsppop@aol.com)

Cathy Snyder  
Volunteer Coordinator  
For assistance email  
Cathy at  
[cmcbnsnyder@comcast.net](mailto:cmcbnsnyder@comcast.net)

**Birthdays  
For the Week Of  
10/12 thru 10/18**  
**Happy  
Birthday**

DANIELLE KREBS  
MIKE BURKE  
KIRSTEN ROGERS  
JOSH CLAY  
KATIE TOROSIAN  
MATT ORTLUND

**ANGIE CHOKRAN**  
USA SWIMMING  
WORLD YOUTH TEAM  
MEMBER  
Read more about her  
accomplishment in the  
Waterlog

### 3. 2009 LONG COURSE STATE AND ZONE CHAMPIONS

During the 2009 Long Course Championship Season SCST had swimmers that became part of long tradition of Individual and Relay State and Zone Champions.

Congratulations to SCST Individual State Champions – **NICOLE CHAPKO** who became a champion in the 13-14 Girls 100 Meter Breast with a time of 1:16.92

**LAURA LICARI** who became a champion in the 13-14 Girls 100 Meter Free with a time of 1:00.57

**NATHAN JESKO** who became a champion in the 11-12 Boys 50 Meter Back with a time of 31.20

Congratulation to SCST Zone Individual and Relay Champions – **NICOLE CHAPKO** who won the 13-14 Girls 100 Breast with a time of 1:17.61

**LAURA LICARI** who won the 13-14 Girls 100 Free with a time of 1:00.34

**MEAGAN POPP** participated not only on the Champion 11-12 Girls 400 Free Relay but also the Record Setting relay.

**NICOLE CHAPKO** and **LAURA LICARI** participated on three Zone Championship Relays, the 13-14 Girls 200 Free Relay, 200 Medley Relay and the 400 Medley Relay.

**MITCHELL MILOSCH** was member of Championship 10 & Under Boys 200 Free Relay.

**NATHAN JESKO** swam on three of the 11-12 Boys Championship Relays; 200 Free Relay, 200 Medley Relay and the 400 Medley Relay.

Great performances by all, Congratulations!

### 4. NEW LONG COURSE RECORDS

St. Charles Swimmers set 32 New Individual Team Records and 7 New Relay Records over the 2009 Long Course Season. What a summer!

Congratulations our Individual Record Setters –

**KYLE CHAPKO** set new standards in the 10 & under Boys 50 Back (36.53) and 100 Back (1:17.86)

**IZZI BINDSEIL** set a new standard in the 11-12 Girls 800 Free (10:21.40)

**MEAGAN POPP** set 9 new 11-12 Girls standards; 100 Free (1:02.68), 200 Free (2:11.70), 400 Free (4:44.00), 50 Breast (35.73), 100 Breast (1:16.98), 200 Breast (2:47.91), 100 Fly (1:08.98), 200 IM (2:29.94) and 400 IM (5:29.15)

**NATHAN JESKO** set 4 new 11-12 Boys standards; 200 Free (2:11.95), 50 Back (31.20), 100 Back (1:08.36) and 200 Breast (3:09.93)

**LAURA LICARI** set a new standard in the 13-14 Girls 100 Free (1:00.23)

**LAUREN REYNOLDS** set new standards in the 13-14 Girls 100 Back (1:08.07) and 200 Back (2:24.32)

**EMMA SMITH** set 7 new 13-14 Girls standards; 200 Free (2:08.21), 400 Free (4:26.81), 1500 Free(17:20.28),

## ST. CHARLES SWIM TEAM

*The Mission Statement of SCST is the commitment to excellence and developing positive role models.*

*The Vision Statement of SCST is to be a competitive program with a purpose and commitment to developing positive role models. The experience with SCST tends to shape and develop character throughout one's lifetime. St. Charles Swimming strives to develop elite athletes' the Teams' success is measured not only by National Level Competition and College Scholarships, but also by personal development.*

Head Coach	<a href="#">Jon Cabel</a>
Head Senior Coach	<a href="#">Tim Lewarchick</a>
Pre National Team	<a href="#">Jon Cabel</a>
Black Team	<a href="#">Brian Mitchell</a>
White Team	<a href="#">Denise Mitchell</a>
White Team Asst. Coach	<a href="#">Matt Munz</a>
Blue Team	<a href="#">Mary Dauw</a>
Blue Team Asst. Coach	<a href="#">Sara Quinn</a>
Blue Team Asst. Coach	<a href="#">Tim Lewarchick</a>
Orange Team	<a href="#">Laurie Chokran</a>
Orange Team	<a href="#">Kent Pearson</a>
Pre-Team (M & W)	<a href="#">Colleen Kuszynski</a>
Pre-Team (M & W)	<a href="#">Anna Hutchinson</a>
Pre-Team (T & Th)	<a href="#">Terry Anderson</a>

The SCST Office is located at the Norris Rec. Center  
(1050 Dunham Rd, St. Charles, IL 60174)

Office Hours:  
Monday, Tuesday, Thursday and Friday 9:30am – 3:00pm

Direct Office Phone Line: 630-377-1720  
Email: [swim@stcswim.com](mailto:swim@stcswim.com)

## ST. CHARLES SWIM TEAM PARENTS ASSOCIATION

*The Mission Statement of SCSTPA is to support the St. Charles Swim Team through fundraising and volunteerism.*

*The Vision Statement of SCSTPA is to support the long-term development of swimmers at every level in their individual pursuit of excellence; to help make that process enjoyable and promote swimming to the Greater St. Charles Area.*

The SCSTPA Boosters are –

President	<a href="#">Bill Shanel</a>
Vice President	<a href="#">Craig Popp</a>
Secretary	<a href="#">Julie Jesko</a>
Treasurer	<a href="#">Tamara Phelan</a>
Meet Directors	<a href="#">Lori Falk</a> & <a href="#">AJ Jania</a>
Escrow	<a href="#">Jeanne Egizio</a>
Fundraising	<a href="#">Lisa McCormack</a>
Officials Chair	<a href="#">Al Reynolds</a>
Apparel	<a href="#">Janine Staudacher</a>
Senior Team Rep.	<a href="#">Colleen Clay</a>
Age Group Rep.	<a href="#">Carla Summers</a>
Registration	<a href="#">Ann Bindseil</a> & <a href="#">Mary Dieter</a>
Publicity	<a href="#">Pam Waslawski</a>
Head Coach	<a href="#">Jon Cabel</a>

#### 4. NEW LONG COURSE RECORDS (continued)

**EMMA SMITH** - 200 Breast (2:42.86), 200 Fly (2:24.28), 200 IM (2:24.28) and 400 IM (5:00.86)

**ANGIE CHOKRAN** set new standards in the Senior Girls 100 Breast (1:10.17) and 200 Breast (2:32.20)

**ELISABETH TAVIERNE** set new standards in the Senior Girls 100 Back (1:05.46) and 200 Back (2:23.69)

**JOHN HIGGINS** set a new standard in the Senior Boys 100 Back (58.98)

**CHRIS PETERSON** set a new standard in the Senior Boys 200 Free (1:54.24)

#### SCST New Relay Records

A new standard was set by **KATIE NAGLER, ERIN HART, EMMA KUSZYNSKI** and **MEAGAN POPP** in the 11-12 Girls 400 Free Relay with a time of 4:25.79

A new standard was set by **LAUREN REYNOLDS, EMMA SMITH, NICOLE CHAPKO** and **LAURA LICARI** in the 13-14 Girls 400 Medley Relay with a time of 4:36.91

A new standard was set by **LAURA LICARI, STEPHANIE GARVIN, LAUREN REYNOLDS** and **NICOLE CHAPKO** in the 13-14 Girls 400 Free Relay with a time of 4:04.79

A new standard was set by **JOSH KANUTE, TJ BINDSEIL, MIKE BURKE** and **NICK WATTS** in the 13-14 Boys 400 Free Relay with a time of 3:54.46

A new standard was set by **NICK WATTS, JOSH KANUTE, KYLE GANNON** and **TJ BINDSEIL** in the 13-14 Boys 800 Free Relay with at time of 8:26.82

A new standard was set by **KEN TILTGES, MATT BAUMAN, NICK SMITH** and **CHRIS PETERSON** in the Senior Boys 400 Free Relay with a time of 3:32.01

A new standard was set by **JOHN HIGGINS, KEN TILTGES, CHRIS PETERSON** and **MATT BAUMAN** in the Senior Boys 400 Medley Relay with a time of 3:52.48

SCST Swimmers did an outstanding job on setting new standards on an already very quick Team Record Board! Congratulations!

#### 5. SCST SWIMMERS ACHIEVE ILLINOIS SWIMMING TOP TIMES LIST

SCST Swimmers that Achieved the Top 10 Ranking for the State of Illinois –

11 year old Girls – **EMMA KUSZYNSKI** 100 Free (10<sup>th</sup>), 200 Free (9<sup>th</sup>), 1500 Free (4<sup>th</sup>), 50 Back (8<sup>th</sup>) and 200 Back (2<sup>nd</sup>) **LUCY JOHNSON** 1500 Free (6<sup>th</sup>), 50 Breast (6<sup>th</sup>), 100 Breast (9<sup>th</sup>), 200 Breast (6<sup>th</sup>), 200 Fly (7<sup>th</sup>) and 200 IM (9<sup>th</sup>), **RYAN FALK** 1500 Free (8<sup>th</sup>)

12 year old Girls – **MEAGAN POPP** 100 Free (2<sup>nd</sup>), 200 Free (1<sup>st</sup>), 400 Free (2<sup>nd</sup>), 1500 Free (3<sup>rd</sup>), 200 Back (6<sup>th</sup>), 50 Breast (2<sup>nd</sup>), 100 Breast (2<sup>nd</sup>), 200 Breast (1<sup>st</sup>), 100 Fly (2<sup>nd</sup>), 200 IM (2<sup>nd</sup>) and 400 IM (2<sup>nd</sup>) **IZZI BINDSEIL** 800 Free (4<sup>th</sup>) and 1500 Free (4<sup>th</sup>), **ERIN HART** 1500 Free (6<sup>th</sup>) and 200 Fly (6<sup>th</sup>) **LAUREN McCORMACK** 1500 Free (7<sup>th</sup>) and 200 Fly (9<sup>th</sup>) **KATIE QUINN** (9<sup>th</sup>)

13 year old Girls – **STEPHANIE GARVIN** 100 Free (5<sup>th</sup>), 200 Free (8<sup>th</sup>), 400 Free (9<sup>th</sup>), 800 Free (8<sup>th</sup>) and 1500 Free (9<sup>th</sup>) **IZZI BINDSEIL** 400 Free (7<sup>th</sup>) and 1500 Free (5<sup>th</sup>), **MARY SNYDER** 800 Free (4<sup>th</sup>), **KIMMI SCOTT** 800 Free (7<sup>th</sup>), 1500 Free (10<sup>th</sup>) and 200 Breast (9<sup>th</sup>) **TAYLOR FALK** 800 Free (9<sup>th</sup>), **NICOLE CHAPKO** 100 Breast (3<sup>rd</sup>) and 200 IM (6<sup>th</sup>), **ASHLEY ASUNCION** 200 Fly (10<sup>th</sup>)

14 year old Girls – **LAURA LICARI** 50 Free (4<sup>th</sup>), 100 Free (1<sup>st</sup>), 200 Free (3<sup>rd</sup>), 800 Free (8<sup>th</sup>), 100 Back (8<sup>th</sup>) and 200 Back (6<sup>th</sup>), **NICOLE CHAPKO** 100 Free (3<sup>rd</sup>), 200 Free (7<sup>th</sup>), 400 Free (6<sup>th</sup>), 800 Free (7<sup>th</sup>), 100 Breast (2<sup>nd</sup>), 200 Breast (4<sup>th</sup>) and 200 IM (5<sup>th</sup>), **EMMA SMITH** 100 Free (9<sup>th</sup>), 200 Free (2<sup>nd</sup>), 400 Free (2<sup>nd</sup>), 800 Free (1<sup>st</sup>), 1500 Free (1<sup>st</sup>), 200 Back (5<sup>th</sup>), 100 Breast (1<sup>st</sup>), 200 Breast (1<sup>st</sup>), 100 Fly (8<sup>th</sup>), 200 Fly (3<sup>rd</sup>), 200 IM (3<sup>rd</sup>) and 400 IM (2<sup>nd</sup>), **LAUREN REYNOLDS** 100 Back (4<sup>th</sup>) and 200 Back (3<sup>rd</sup>)

15 year old Girls – **SARAH SYKSTUS** 100 Free (9<sup>th</sup>), 100 Fly (6<sup>th</sup>), 200 Fly (3<sup>rd</sup>) and 200 IM (6<sup>th</sup>), **ASHLEY SHANEL** 200 Free (7<sup>th</sup>), 400 Free (5<sup>th</sup>), 800 Free (2<sup>nd</sup>), 1500 Free (4<sup>th</sup>) and 400 IM (7<sup>th</sup>), **EMMA SMITH** 400 Free (2<sup>nd</sup>), 1500 Free (2<sup>nd</sup>), 200 Back (5<sup>th</sup>), 200 Breast (1<sup>st</sup>), 200 Fly (5<sup>th</sup>), 200 IM (1<sup>st</sup>) and 400 IM (1<sup>st</sup>), **LAUREN ZIMA** 400 Free (7<sup>th</sup>), 800 Free (7<sup>th</sup>), 1500 Free (9<sup>th</sup>), 100 Fly (8<sup>th</sup>), 200 Fly (2<sup>nd</sup>) and 400 IM (6<sup>th</sup>), **ANDREA TAUER** 200 Back (7<sup>th</sup>)

16 year old Girls – **ANGIE CHOKRAN** 100 Free (5<sup>th</sup>) and 100 Fly (5<sup>th</sup>), **HAYLEY KRZECZOWSKI** 100 Free (10<sup>th</sup>) and 100 Fly (10<sup>th</sup>), **JESSICA ENGLAND** 400 Free (6<sup>th</sup>), 800 Free (5<sup>th</sup>), 1500 Free (3<sup>rd</sup>) and 200 Fly (5<sup>th</sup>), **KENDALL FORD** 800 Free (10<sup>th</sup>) and 1500 Free (8<sup>th</sup>), **KAYLA SCOTT** 100 Breast (2<sup>nd</sup>) and 200 Breast (6<sup>th</sup>), **TAYLOR GANNON** 200 Fly (7<sup>th</sup>)

17 year old Girls – **MEGAN VENLOS** 100 Free (7<sup>th</sup>), 200 Free (6<sup>th</sup>), 400 Free (6<sup>th</sup>), 800 Free (4<sup>th</sup>), 1500 (8<sup>th</sup>) and 400 IM (9<sup>th</sup>), **CALLI SINGLETON** 200 Back (10<sup>th</sup>), **ANGIE CHOKRAN** 100 Breast (1<sup>st</sup>), 200 Breast (2<sup>nd</sup>), 100 Fly (4<sup>th</sup>) and 200 IM (6<sup>th</sup>), **KAYLA SCOTT** 100 Breast (6<sup>th</sup>), 200 Breast (8<sup>th</sup>) and 200 IM (10<sup>th</sup>)

18 year old Girls – **ELISABETH TAVIERNE** – 100 Back (3<sup>rd</sup>), 200 Back (3<sup>rd</sup>), 100 Breast (7<sup>th</sup>), **JESSICA CLAY** 200 Breast (10<sup>th</sup>),

10 & Under Boys – **MITCHELL MILOSCH** 50 Free (6<sup>th</sup>), 50 Back (7<sup>th</sup>), 100 Back (6<sup>th</sup>) and 50 Fly (3<sup>rd</sup>), **NATHAN KUSZYNSKI** 400 Free (6<sup>th</sup>), 100 Back (9<sup>th</sup>), 50 Fly (10<sup>th</sup>), 100 Fly (10<sup>th</sup>) and 200 IM (5<sup>th</sup>), **COOPER HAWKINS** 400 Free (8<sup>th</sup>), **KYLE CHAPKO** 400 Free (9<sup>th</sup>), 50 Back (2<sup>nd</sup>), 100 Back (1<sup>st</sup>) and 200 IM (8<sup>th</sup>)

11 year old Boys – **KYLE CHAPKO** 50 Back (9<sup>th</sup>) and 100 Back (8<sup>th</sup>), **CHRIS STANEK** 400 Free (10<sup>th</sup>),

12 year old Boys – **NATHAN JESKO** 50 Free (3<sup>rd</sup>), 100 Free (4<sup>th</sup>), 200 Free (2<sup>nd</sup>), 800 Free (3<sup>rd</sup>), 1500 Free (4<sup>th</sup>), 50 Back (1<sup>st</sup>), 100 Back (2<sup>nd</sup>), 200 Back (2<sup>nd</sup>), 200 Breast (5<sup>th</sup>), 50 Fly (5<sup>th</sup>) and 200 IM (2<sup>nd</sup>)

## 5. SCST SWIMMERS ACHIEVE ILLINOIS SWIMMING TOP TIMES LIST (continued)

13 year old Boys – **JASON SUDA** 50 Free (10<sup>th</sup>), **MIKE BURKE** 100 Free (10<sup>th</sup>) and 200 Free (10<sup>th</sup>), **WILL SHANEL** 400 Free (9<sup>th</sup>), 800 Free (10<sup>th</sup>), 1500 Free (5<sup>th</sup>) and 400 IM (6<sup>th</sup>), **ALEX DUFFY** 100 Back (8<sup>th</sup>), 200 Back (10<sup>th</sup>), 200 Fly (10<sup>th</sup>) and 200 IM (10<sup>th</sup>)

14 year old Boys – **CHRIS DIETER** 100 Free (6<sup>th</sup>), 200 Free (9<sup>th</sup>), 800 Free (6<sup>th</sup>), 100 Back (7<sup>th</sup>), 200 Back (5<sup>th</sup>) and 200 IM (5<sup>th</sup>), **JOSH KANUTE** 200 Free (10<sup>th</sup>), 400 Free (7<sup>th</sup>), 1500 Free (10<sup>th</sup>), 100 Fly (9<sup>th</sup>) and 200 Fly (6<sup>th</sup>), **TJ BINDSEIL** 400 Free (9<sup>th</sup>), 1500 Free (8<sup>th</sup>) and 400 IM (6<sup>th</sup>), **NICK WATTS** 1500 Free (9<sup>th</sup>), **JOSH CLAY** 200 Breast (7<sup>th</sup>),

15 year old Boys – **CHRIS DIETER** 50 Free (2<sup>nd</sup>), 100 Free (10<sup>th</sup>), 200 Free (3<sup>rd</sup>), 400 Free (6<sup>th</sup>), 800 Free (4<sup>th</sup>), 1500 Free (8<sup>th</sup>) and 200 Back (2<sup>nd</sup>), **JOE HOLLMAN** 100 Free (7<sup>th</sup>), 200 Free (5<sup>th</sup>), 200 IM (10<sup>th</sup>) and 400 IM (8<sup>th</sup>), **SHAUN SEUSCHEK** 100 Back (10<sup>th</sup>), 200 Back (6<sup>th</sup>), 100 Breast (8<sup>th</sup>), 200 IM (6<sup>th</sup>) and 400 IM (6<sup>th</sup>)

16 year old Boys – **BEN KANUTE** 400 Free (10<sup>th</sup>), 800 Free (5<sup>th</sup>) and 1500 Free (7<sup>th</sup>)

17 year old Boys – **KEN TILTGES** 100 Free (7<sup>th</sup>) and 200 Free (10<sup>th</sup>)

18 year old Boys – **KEN TILTGES** 50 Free (4<sup>th</sup>), 100 Free (8<sup>th</sup>), 100 Breast (5<sup>th</sup>), 200 Breast (10<sup>th</sup>) and 200 IM (5<sup>th</sup>), **NICK SMITH** 50 Free (7<sup>th</sup>), **MATT BAUMANN** 100 Free (7<sup>th</sup>), 100 Back (5<sup>th</sup>) and 200 Back (4<sup>th</sup>), **AUSTIN COX** 200 Free (8<sup>th</sup>) and 200 Back (7<sup>th</sup>)

That is a lot of Fast Swimming!

## 6. SCST SWIMMERS ACHIEVE USA SWIMMING TOP TIMES LIST

St. Charles Swimmers that achieved the USA Swimming Top Times list were –

12 year old Girls – **MEAGAN POPP** 200 Free (10<sup>th</sup>), 50 Breast (8<sup>th</sup>), 100 Breast (8<sup>th</sup>), 200 Breast (9<sup>th</sup>) and 200 IM (12<sup>th</sup>)

14 year old Girls – **EMMA SMITH** 400 Free (18<sup>th</sup>), 1500 Free (11<sup>th</sup>) and 400 IM (17<sup>th</sup>)

15 year old Girls – **EMMA SMITH** 200 Breast (16<sup>th</sup>)

17 year old Girls – **ANGIE CHOKRAN** 100 Breast (3<sup>rd</sup>) and 200 Breast (9<sup>th</sup>)

13-14 Girls 400 Free Relay (12<sup>th</sup>) **LAURA LICARI, STEPHANIE GARVIN, LAUREN REYNOLDS** and **NICOLE CHAPKO**

13-14 Girls 800 Free Relay (20<sup>th</sup>) **LAURA LICARI, MARY SNYDER, STEPHANIE GARVIN** and **NICOLE CHAPKO**

12 year old Boys – **NATHAN JESKO** 50 Back (11<sup>th</sup>) and 100 Back (19<sup>th</sup>)

13-14 Boys 800 Free Relay (11<sup>th</sup>) **NICK WATTS, JOSH KANUTE, KYLE GANNON** and **TJ BINDSEIL**

Congratulations Swimmer you are in some very fast company!

## 7. ST. CHARLES SWIMMERS ACHIEVING USA SWIMMING SCHOLASTIC ALL AMERICAN TEAM

The Scholastic All-America Team is comprised of high school student-athletes, who have a grade point average of 3.50 or higher, and have achieved a specific time standard in an individual event during the qualifying period. Athletes must have completed 10<sup>th</sup>, 11<sup>th</sup> or 12<sup>th</sup> grade and be a USA Swimming member athlete.

St. Charles Swim Team Athletes that achieved the 2008-2009 Team were -

**ANGIE CHOKRAN, JESSICA ENGLAN, KAYLA SCOTT, ELISABETH TAVIERNE** and **MEGAN VENLOS**

Congratulations Ladies!

## 8. ANGIE CHOKRAN MAKES USA SWIMMING WORLD YOUTH TEAM

Next month **ANGIE CHOKRAN** will be traveling to Europe to represent USA Swimming. While in Europe she will be competing in two competitions, the first competition will take place in Stockholm, Sweden (Nov. 10 & 11) and the second competition will be in Berlin, Germany (Nov. 14 & 15). It is always a great honor to represent your country in competition.

Next time you see **ANGIE** around the deck let her know that you are proud of her!

## 9. TEAM PARENTS NEEDED FOR EACH TRAINING GROUP

The team parents for each group help make the season fun by coordinating pre-meet psych up snacks, and by planning non-pool based outings or activities for the swimmers. These extra events provide the swimmers with an opportunity to have a great time getting to know each other out of the water. If you are interested, or have questions, please contact [Carla Summers](#).

## 10. MEET SIGN UP

Don't miss the deadline for the following meets;

**Western Great Lakes Open** – October 27<sup>th</sup>

**St. Charles Fall Classic** – October 29<sup>th</sup>

**Wheaton Swim Club** – October 30<sup>th</sup>

**Waukesha Express Nike Challenge** – November 2<sup>nd</sup>

**SCST 8 & Under Classic** – November 27<sup>th</sup>

Do it Now Don't wait till the last minute, you might forget completely! Questions concerning Escrow, contact our Escrow Chair [Jeanne Egizio](#)

## 11. FALL STROKE CLINIC CHANGE

Sunday Stroke Clinic (Butterfly / Breaststroke), October 25<sup>th</sup>, has been moved to Sunday, October 17<sup>th</sup>, due to a conflict with the Glenbrook Aquatic Oktoberfest Invitational.

## 12. SCST TRAVEL MEET HOTEL INFORMATION

Hotel Information for SCST Travel Meets –

### **2009 Fall Western Great Lakes** Open (Nov. 20 thru 22)

Courtyard Marriott Brown Deer  
5200 W. Brown Deer Road  
414-355-7500  
St. Charles Swim Team Block  
Team Block will expire 11/02/09

### **Waukesha Nike Challenge** (Dec. 11 thru 13)

Marriott Milwaukee West  
W231N160 Corporate Court  
877-651-7666  
St. Charles Swim Team Block  
Team Block will expire 11/20/09

### **Senior Championships**

TBA

### **Age Group Championships**

TBA