

2009-2010 SHORT COURSE MEET SCHEDULE

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

October
23rd thru 25th
Glenbrook Aquatics (Open Competition) @ Glenbrook
North High School – Glenbrook, IL

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

13th thru 15th
Minnesota Grand Prix @ University of Minnesota –
Minneapolis, MN

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

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

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

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

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

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

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

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

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

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

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



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Mention that you swim with the
St. Charles Swim Team

1. PRACTICE CHANGES & CANCELLATIONS

NO PRACTICE, FRIDAY, OCTOBER 23RD for the **ORANGE, BLUE, WHITE, PRE NATIONAL** and **SENIOR TEAMS** due to the SCST Age Group Time Trial and Glenbrook Aquatic October Fest Meet.

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

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

2. SCST 400 IM TIME TRIAL

The St. Charles Swim Team had another great Time Trial this past Sunday. This time it was the 400 IM! 54 swimmers from the **WHITE, BLACK, PRE NATIONAL** and **SENIOR TEAMS** participated Sunday.

Another Team Record was set Sunday Morning, Congratulations - **MEAGAN POPP!** **MEAGAN** swam 4:53.38 setting a new 11-12 Girls 400 IM Team Record, the old record 4:56.96 was set in 2008 by **Nicole Chapko**.

38 Swimmers came away from the Time Trial swimming their first sanctioned Short Course Yard 400 IM; **SERENA ALLENDORFER, SYDNEY ANDERSEN, IZZIE BINDSEIL, NICK BORYK, ALEC CARNELL, KYLE CHAPKO, ALEX DUFFY, RYAN FALK, NATALIE FILIPPI, JACKIE FISHER, BRITTA GESELL, HANNAH GURSKY, ERIN HART, COOPER HAWKINS, HEATHER HOUSE, NATHAN JESKO, KAITLYN JOHNSEN, LUCY JOHNSON, AUSTIN LAMP, MARISSA LAWRENCE, LAUREN McCORMACK, EMMA McSPADDEN, JAKE MILOSCH, NICK MILOSCH, KATIE NAGLER, KATIE PARADIS, JACOB PAWELKIEWICZ, COURTNEY PHELAN, MEAGAN POPP, ROXANNE PRIGGE, KATIE QUINN, CHRIS STANEK, TIM STEELE, ALYCE TAUER, MARIA TAVIERNE, MARTIN TOROSIAN, NICK WELLMAN** and **HANNAH ZIMMER**.

SCST Swimmers who went a Life Time Best (improved times) on Sunday were: **CHRIS DIETER, BRIAN ENGLERT, AUSTIN MUEHLSCHLEGEL, WILL SHANEL** and **MICHAEL TAVIERNE**.

Swimmers achieving **NEW National "B" Time Standards**; **SERENA ALLENDORFER, SYDNEY ANDERSEN, BRIAN ENGLERT, NATALIE FILIPPI, HANNAH GURSKY, MARISSA LAWRENCE, JAKE MILOSCH, KATIE NAGLER, JACOB PAWELKIEWICZ, COURTNEY PHELAN, TIM STEELE, MARIA TAVIERNE, MARTIN TOROSIAN** and **HANNAH ZIMMER**

Swimmers achieving **NEW National "BB" Time Standards**; **ALEC CARNELL, KYLE CHAPKO, RYAN FALK, JACKIE FISHER, BRITTA GESELL, COOPER HAWKINS, HEATHER HOUSE, LAUREN McCORMACK, EMMA McSPADDEN, ROXANNE PRIGGE, KATIE QUINN, CHRIS STANEK, ALYCE TAUER** and **MICHAEL TAVIERNE**

Swimmers achieving **NEW National "A" Time Standards**; **IZZIE BINDSEIL, CHRIS DIEER, LISA LICARI, AUSTIN MUEHLSCHLEGEL** and **WILL SHANEL**

Swimmers achieving **NEW National "AA" Time Standard**; **ALEX DUFFY, ERIN HART, NATHAN JESKO** and **LUCY JOHNSON**

Swimmer achieving a **NEW National "AAAA" Time Standard**; **MEAGAN POPP**

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SWIMMING**



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Sponsor's Website

2009-2010 SHORT COURSE CHAMPIONSHIP MEET SCHEDULE

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

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

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

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

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

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

If you do not have a
Mailbox please contact
Linda Popp
lsppop@aol.com

Cathy Snyder
Volunteer Coordinator
For assistance email
Cathy at
cmcbnsnyder@comcast.net

**Birthdays
For the Week Of
10/19 thru 10/25**
**Happy
Birthday**
JACKIE FISHER
JAMIE CRANFILL

TEAM MANAGER ONLINE

Within [Meet Schedule](#) you
will find **SCST Entries and
Results** ([Team Stats
Online](#)), here you will find
your swimmers entries for
upcoming swim meets and
future results from meets
we have attended. If you
have difficulty finding this
please contact,
[Coach Cabel](#).

2. SCST 400 IM TIME TRIAL (continued)

Swimmers achieving New [ISI Regional Time Standard](#):
**SERENA ALLENDORFER, IZZIE BINDSEIL, NICK
BORYK, ALEC CARNELL, KYLE CHAPKO, CHRIS
DIETER, RYAN FALK, BRITTA GESELL, HANNAH
GURSKY, ERIN HART, COOPER HAWKINS,
HEATHER HOUSE, NATHAN JESKO, KAITLYN
JOHNSEN,**

Swimmers achieving New [ISI Regional Time Standard](#):
**LUCY JOHNSON, LAUREN McCORMACK, EMMA
McSPADDEN, JAKE MILOSCH, AUSTIN
MUEHLSCHLEGEL, KATIE PARDIS, MEAGAN POPP,
ROXANNE PRIGGE, KATIE QUINN, WILL SHANEL,
MARIA TAVIERNE.**

Swimmer achieving a New [ISI Age Group Time
Standard](#): **ALEX DUFFY**

Swimmers achieving New [ISI Senior Champ Time
Standard](#):

3. GLENBROOK AQUATICS OKTOBERFEST

Our first travel meet of the Season. This is a great host
and facility to open up the 2009-2010 Short Course
Season. Not only do we enjoy attending this meet SCST
swimmers do well at this meet.

This Season the Coaches will be stating five goals for
the meet that we expect from the entire Program. For
the competition at Glenbrook the **Team Goals are**:

1. **Be Early to Warm-Ups**; 15 minutes is a
minimum! This is the most important time for a
swimmer at a competition.
2. **Swimmers will not miss events**; even though
this is the first meet of the season it is important
that we start off Great. Swimmers do not miss
your Swim!
3. **SCST will finish in the Top 3** of the Team
Competition.
4. **SCST Swimmers and Parents will have a
uniform appearance**. Be proud to swim with
SCST, wear only SCST apparel or Team
Colors.
5. **SCST Swimmers will display Team Spirit**,
cheer for your teammate!

Accomplishing all 5 of these at the first meet would be a
great start to a long season filled with improvement.

The meet host is Glenbrook Aquatics and the meet is
being held at Glenbrook North High School, [2300
Shermer Road, Northbrook, IL 60062](#) (maps provided by Google).

Meet Schedule –

Friday Afternoon 12 & Under / Open
Warm-Up 5:00 pm (be there before 4:45 pm)
Start 6:00 pm

Saturday & Sunday Morning 9-10 / 11-12
Warm-Up 7:00 am (be there before 6:45 pm)
Start 6:00pm

Saturday & Sunday Afternoon 8 & Under / 13 & Over
Warm-Up Not before Noon
Start 1 hour after the start of Warm-Ups not
before 1:00pm

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

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

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

3. GLENBROOK AQUATIC OKTOBERFEST (continued)

We have a large entry and we have been asked to help with timing. SCST does not want the meet held up because the St. Charles Swim Team will not provide assistance. Be read to help out timing! Do Not wait for someone to come ask you. All timers need to report the Timers Meeting located in the field house across from the pool.



- ✓ **Friday – Lane 8** – Timers meeting 5:30pm in the field house
- ✓ **Saturday Morning – Lane 8** – Timers meeting 7:30am in the field house
- ✓ **Saturday Afternoon – Lane 8** – Timers meeting 12:30pm in the field house
- ✓ **Sunday Morning – Lane 8** – Timers meeting 7:30am in the field house
- ✓ **Sunday Afternoon – Lane 8** – Timers meeting 12:30pm in the field house

We know who is willing to help out and we appreciate your time.

1650 Swimmers must provide their own timers and counters; this is the responsibility of the swimmer to find. If they can not first find times and counter they then need to speak to the coaches at the meet, but only after they have looked for timers and counter.

On the [St. Charles Swim Team Website](#), you will find your swimmers meet entries on [Team Stats Online](#). Follow the links provide to help you find your swimmers events.

4. SCST AGE GROUP TIME TRIAL

This **Friday, October 23rd** for our **NEW** SCST Swimmers and SCST Swimmers that has times equal to or slower than [National "B" Time Standards](#), SCST Coaching Staff will be hosting a Time Trial.

This Team Time Trial is to provide an opportunity for our Newer or not so experienced swimmers to compete prior to our own SCST / TYR Fall Classic. If you have questions on whether your swimmer should be participating, please contact your swimmers coach prior or after practice. Meet Sign Up is online with in [SuperMeets](#) links.



Meet Schedule

| | |
|-----------------|---------|
| Friday | |
| Warm-Ups | 5:00 pm |
| Start | 5:30 pm |

New Parents, you want a look into what a USA Swimming Meet looks like? Here is your opportunity! It is not the real thing but it will be the closest you will get. We will need minimal assistance.

Volunteers, the SCST Coaching Staff will need help with timing, please be prepared to help out with timing at the meet. This will not go towards your Volunteer Requirements, think of it as training for your Volunteer Requirements.

5. WANT TO KNOW ABOUT THE NATIONAL YOUTH TEAM?

USA Swimming's National Youth Team Director Jack Roach talks about the purpose of the National Youth Team and the opportunities available to the National Youth Team Athletes ([link](#)).

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!

6. SCST SWIMMER OF THE MONTH

The St. Charles Swim Team Coaching Staff is excited to announce the St. Charles Swim Team Swimmer of the Month. Each month the Coaching Staff will select one Swimmer from each training group to be the SCST Swimmer of the Month. More information to follow.

7. BLUE & WHITE TEAM HALLOWEEN PARTY, FRIDAY, OCTOBER 30TH

Friday, October 30th from 5:00-7:00pm at the Norris Rec. Center **BLUE & WHITE TEAM** Members along their siblings are asked to come join in on ghoulish games, freaky fun and frightening food!

Everyone must come in a costume you can wear in the water!



8. MYTHICAL AGE GROUP CHAMPIONSHIPS

The St. Charles Swim Team will be competing in a season long competition with some of the best teams in the nation; [IRVINE NOVAQUATICS](#), [LAKESIDE SWIM TEAM](#), [NASHVILLE AQUATIC CLUB](#), [NORTH TEXAS NADADORES](#), [SWIMMAC CAROLINA](#), [The WOODLANDS SWIM TEAM](#) and [Y-SPARTAQUATICS](#).



The Mythical Age Group Team Championship is an imaginary short course season where 8 of the top Age Group Teams in the country will compete for points determined by all meets throughout the season. This allows the opportunity for each swimmer to get motivated about in season performance throughout the entire short course season against teams and other swimmers they would normally never or very rarely have the chance to compete against.

Age Groups to be included 9 & Under, 10, 11 & 12. Each of these ages will be scored separately. The top 8 swims in each event will be scored and the top 16 swims in each event will be posted.

SCST H2O Log – October 19, 2009

Tsunami Swimming 2009 – check us out on the web www.stcswim.com

8. MYTHICAL AGE GROUP CHAMPIONSHIPS (continued)

Teams will submit their Results by Tuesday after the Meet. The Team standings and event rankings will be posted by the Thursday following. To keep up to date with this exciting meet just visit, www.swinnac.com/MythicalAgeGroup/, on the [Nashville Aquatic Club](http://www.nashvilleaquaticclub.com) website.

9. USA SWIMMING FOUNDATION ANNOUNCES NOMINEES FOR THE 2009 GOLDEN GOGGLE AWARDS



The USA Swimming Foundation today released the nominations for the Golden Goggle Awards, a star-studded awards gala celebrating the accomplishments of top American swimmers in 2009. The event will take place Sunday, November 22 at the Beverly Hilton and will feature the 2009 U.S. World Championships swim team, including **Michael Phelps** (Baltimore, Md.), **Rebecca Soni** (Plainsboro, N.J.), **Ryan Lochte** (Daytona Beach, Fla.), **Dara Torres** (Parkland, Fla.), **Ariana Kukors** (Auburn, Wash.) and **Dana Vollmer** (Granbury, Texas).

A total of eight Golden Goggle awards will be presented this year, including Male and Female Athlete of the Year. Fans can vote for the winners online at www.GoldenGoggles.com. Online voting begins October 16, and will continue through November 18.

Phelps headlines the ballot with three individual nominations and three relay nominations. He is followed by **Lochte**, who earned four nominations.

The nominees for 2009 Male Athlete of the Year include **Phelps**, **Lochte**, and **Aaron Peirsol**. **Phelps**, **Lochte** and **Peirsol** combined for 11 gold medals at the 2009 World Championships. In addition to their individual medals, **Phelps** and **Lochte** captured gold in both the 400m and 800m free relays, while **Phelps** and **Peirsol** each swam legs of the gold-medal 400m medley relay. All three swimmers also broke individual world records this summer.

The 2009 Female Athlete of the Year category features **Kukors**, **Soni** and **Vollmer**. All three of the swimmers won individual medals at the 2009 World Championships. **Kukors** shattered the world record in the 200m IM not once, but twice on her way to her first World Championship gold medal. **Soni** won the 100m breaststroke in world-record time, and earned a silver medal in the 50m breast. **Vollmer** captured a bronze medal in the 200m freestyle, then teamed with **Kukors** for a silver medal in the 800m free relay.

The Coach of the Year ballot includes **Bob Bowman** (North Baltimore), **Sean Hutchison** (King Aquatics/Fullerton), **Eddie Reese** (Longhorn Aquatics), **Dave Salo** (Trojan Swim Club), and **Gregg Troy** (Gator Swim Club). Each of these nominees coached a swimmer to individual World Championship gold in 2009.

In other categories, **Kasey Carlson** (Walnut Creek, Calif.), **Tyler Clary** (Riverside, Calif.), **Andrew Gemmell** (Wilmington, Del.), and **Eric Shanteau** (Lilburn, Ga.) are nominated as Breakout Performers of the Year. The ballot for the Perseverance Award, given to the athlete who came back from adversity, retirement, illness, injury, etc., to have an outstanding performance at the 2009 World Championships, features **Fran Crippen** (Conshohocken, Pa.), **Amanda Weir** (Lawrenceville, Ga.), Kukors and Vollmer.

The Golden Goggle Awards serve as a fundraiser for the USA Swimming Foundation, which strives to make communities better through the sport of swimming. Among its initiatives is the Make a Splash initiative, a national, child-focused water safety campaign that strives to provide swim lessons for children who otherwise could not afford them.

10. MEET SIGN UP

Don't miss the deadline for the following meets:

Western Great Lakes Open – October 27th

St. Charles Fall Classic – October 29th

Wheaton Swim Club – October 30th

Waukesha Express Nike Challenge – November 2nd

SCST 8 & Under Classic – November 27th

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

11. 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