

2009-2010 SHORT COURSE MEET SCHEDULE

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

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, MONDAY, OCTOBER 26TH for the **BLUE** and **WHITE TEAMS** at St. Charles North High School due to the Kane County Health Department and the CUSD 303 are having an H1N1 immunization at St. Charles North High School.

NO PRACTICE, FRIDAY AFTERNOON, NOVEMBER 6TH for the **BLUE, WHITE, PRE-NATIONAL** and **SENIOR TEAMS** due to the TYR/SCST FALL CLASSIC.

NO PRACTICE, SATURDAY, NOVEMBER 7TH for the **BLUE, WHITE** and **BLACK TEAMS** due to the TYR/SCST FALL CLASSIC.

NO PRACTICE, SUNDAY, NOVEMBER 8TH for the **PRE-NATIONAL** and **SENIOR TEAMS** due to the TYR/SCST FALL CLASSIC.

2. SCST AGE GROUP TIME TRIAL

What a great time everyone had on Friday Night! The SCST Coaching Staff looks forward to having another Time Trial, Friday, December 11th for swimmers who have not yet achieved times faster than the [National "B" Time Standard](#).

Swimmer who dropped the most time in one event was **NILAN PATEL** who dropped 18.94 seconds in his 50 Breast, congratulations on a Great Swim!

Swimmers who achieved Life Time Best in every event they swam were – **CAMERON BAWOLEK, BLAKE BOSCH, JACK BRUCATO, SOPHIE BUSESKI, BREANA CARLINO, NIAL CEASE, JOHN CRANFILL, CRISMELLE DABU, HALEY DAESCHLER, GEORGANA DUCHARM, ANNA DUFRESNE, ZACHARY ECKSTROM, ALEKSEJ FILIPOVIC, SIBA FILIPOVIC, SEAN GALLE, PATRICK GERKIN, MATTHEW GOULD, MCKENNA HARKIN, SHANNON HARKIN, ALYSSA ISBRANDT, GRACE JANIA, MARY JANIA, SYDNEY JOHNSON, DANIELLE KREBS, AMANDA KURAL, MARISSA KURAL, KENZIE KUZMANIC, EMILY LEHMAN, SARA LOCHMUELLER, SYDNEY MAXWELL, GIA NAVARRO, JOHN ORTLUND, MATT ORTLUND, JENNI ORZOLEK, DIVYA PATEL, NILAN PATEL, KALLIE PELTIER, SOFIE PELTIER, GABBI POMPILIO, HANNAH POZEZINSKI, LESLIE POZEZINSKI, GRACE QUINN, SARA QUINN, SAMMY ROBERGE, ANNIKA SCHMIDT, ALEXIA SCOTT, GIANNA SHAW, OWEN TYKAL, RACHEL WARD, SARAH WARD, MADDIE WATTS, ALLISON WESSEL, MADELINE WIYGUL, MOLLY YETTER and SEAN YETTER. Congratulations on outstanding swimming!**

This was not a ISI/USA Swimming Sanctioned competition,

Swimmers who achieved **NEW** Standards were - **NEW National "B" Time Standards**; **SOPHIE BUSESKI, SIBA FILIPOVIC, PATRICK GERKIN, DANIELLE KREBS, MARISSA KURAL, EMILY LEHMAN, GIA NAVARRO, REBECCA PALMQUIST, DIVYA PATEL, GRACE QUINN, ALEXIA SCOTT, KATIE TOROSIAN, RACHEL WARD** and **ALLISON WESSEL**

NEW National "BB" Time Standards; **SOPHIE BUSESKI, MARISSA KURAL, GIA NAVARRO, REBECCA PALMQUIST, GRACE QUINN** and **ALLISON WESSEL**

The SCST Coaching Staff was proud of our SCST Swimmers and look forward to their performance at the [TYR / SCST Fall Classic November 6, 7 & 8, 2009](#) at the Norris Rec. Center and St. Charles North High School. Sign up for the Fall Classic is Open till October 29th. Don't Wait Sign Up **NOW!**

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2000-2010 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
10/26 thru 11/1**
**Happy
Birthday**
SHAUN SEUSCHEK

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](#).

3. GLENBROOK AQUATICS OKTOBERFEST

The Team Goals for Glenbrook were

1. **Be Early to Warm-Ups;** Good, but this is a must for every meet. Our Swimmers must be properly prepared for competition and this starts with Warm-Up.
2. **Swimmers will not miss events;** SCST had 12 No Shows over the weekend. To be your best you must be prepared to compete and a No Show is not being prepared.
3. **SCST will finish in the Top 3;** we won! St. Charles Swim Team 3,241.50, 2nd Patriot Aquatic Club 2,543.50 and 3rd Glenbrook Aquatics 1,815.50.
4. **SCST Swimmers and Parents will have a uniform appearance.** Coaches were able to spot our swimmers but it was difficult to spot all of our supporters in the stands.
5. **SCST Swimmers will display Team Spirit,** during the relays it was loud, it needs to be better swimmers. Show your support for each other.

St. Charles Swimming did well as a Team but we need to be better, as a Team SCST can accomplish much more!

The Swimmer who dropped the most time in one event did so in the 10 & Under Girls 100 Free. The race was exciting she was coming from behind and almost won her heat! A difference of .14 seconds between the two girls, Congratulations **MAISON ROSS** for dropping 52.27 seconds in your 100 yard freestyle, Outstanding Swimming!

Swimmers who achieved Life Time Best in every event were – **CAMERON BAWOLEK, SARAH BORSE, JONATHAN BRENNAN, SOPHIE BUSESKI, DOMINIQUE CARRAVETTA, ALEX DUFFY, NIK EBELING, RYAN FALK, MARISA FILIPPI, JACKIE FISHER, MEEGAN HART, KEEGAN HAWKINS, ISABEL HERB, HEATHER HOUSE, EMILY JANIA, NATHAN JESKO, SYDNEY JESKO, LUCY JOHNSON, ALEX KICHKA, KALLIE KOCH, MARISSA KURAL, EMILY LAMP, MARISSA LAWRENCE, KYLE LEWARCHICK, JAMES LICARI, EMMA MCSPADDEN, AUSTIN MUEHLSCHLEGEL, ANNA O'MALLEY, KATIE PARADIS, JACOB PAWELKIEWICZ, JOEY QUAN, GRACE QUINN, SARA QUINN, GRACE SAMUELSON, ERIN SASTRE, JOHNNY TARPEY, ALYCE TAUER, ANNE TAVIERNE, MICHAEL TAVIERNE, RACHEL WARD and JACOB WELTY,** Congratulations on Outstanding Swims!

Swimmers achieving **NEW National "B" Time Standards;**
FRANZ ALLENDORFER, SERENA ALLENDORFER, SYDNEY ANDERSEN, SARAH BORSE, JONATHAN BRENNAN, SOPHIE BUSESKI, BRIAN ENGLERT, OLIVIA ENGLERT, RYAN FALK, JACKIE FISHER, BRIDGET FLESHER, BRITTA GESELL, COOPER HAWKINS, HEATHER HOUSE, NICK KANUTE, ALEX KICHKA, KALIE KOCH, EMILY LAMP, KYLE LEWARCHICK, JAMES LICARI, STEPHEN MASON, LAUREN MCCORMACK, EMMA MCSPADDEN, AUSTIN MUEHLSCHLEGEL, REBECCA MURPHY, RACHEL NAGLER, DEVIN NEISE, REBECCA PALMQUIST, KATIE PARADIS, JACOB PAWELKIEWICZ, MAISON ROSS, GRACE SAMUELSON, CLAIRE SEBASTIAN, SHANE SEUSCHEK, DELANEY SOULE, MATT STAUDACHER, SARAH SUMMERS, JEFF TANNER,



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 AQUATICS **OKTOBERFEST** (continued)

Swimmers achieving **NEW National "B" Time Standards**; **JOHNNY TARPEY, ANNE TAVIERNE, MARIA TAVIERNE, THAD THOMPSON, MARTIN TOROSIAN, RACHEL WARD, SARAH WARD, JILLIAN WASLAWSKI, JACOB WELTY and HANNAH ZIMMER**

Swimmers achieving **NEW National "BB" Time Standards**; **FRANZ ALLENDORFER, NICK BORYK, DOMINIQUE CARRAVETTA, KYLE CHAPKO, CHRIS DIETER, RYAN FALK, TAYLOR FALK, NATALIE FILIPPI, JACKIE FISHER, KYLE GANNON, BRITTA GESELL, ERIN HART, MEEGAN HART, COOPER HAWKINS, JOE HOLLMAN, HEATHER HOUSE, EMILY JANIA, NATHAN JESKO, SYDNEY JESKO, RYAN JOYCE, NICK KANUTE, ALEX KICHKA, MARISSA KURAL, NATHAN KUSZYNSKI, EMILY LAMP, MARISSA LAWRENCE, KYLE LEWARCHICK, LINDA LICARI, LISA LICARI, STEPHEN MASON, JUSTINE MCCORMACK, LAUREN MCCORMACK, EMMA MCSPADDEN, ASUTIN MUEHLSCHLEGEL, KATIE NAGLER, RACHEL NAGLER, ANNA O'MALLEY, REBECCA PALMQUIST, JACOB PAWELKIEWICZ, ROXANNE PRIGGE, GRACE QUINN, KATIE QUINN, CLAIRE SEBASTIAN, SHANE SEUSCHEK, WILL SHANEL, DELANEY SOULE, RACHEL STAUDACHER, SARAH SUMMERS, ALYCE TAUER, MICHAEL TAVIERNE, THAD THOMPSON, JILLIAN WASLAWSKI and HANNAH ZIMMER**

Swimmers achieving **NEW National "A" Time Standards**; **IZZIE BINDSEIL, TJ BINDSEIL, NICK BORYK, TAYLOR FALK, ERIN HART, MEEGAN HART, JOE HOLLMAN, SYDNEY JESKO, LUCY JOHNSON, EMMA KUSZYNSKI, NATHAN KUSZYNSKI, LISA LICARI, LAUREN MCCORMACK, ASUTIN MUEHLSCHLEGEL, KATIE NAGLER, JACOB PAWELKIEWICZ, AMY PEARSON, KATIE QUINN, WILL SHANEL and MICHAEL TAVIERNE**

Swimmers achieving **NEW National "AA" Time Standard**; **IZZIE BINDSEIL, NICK BORYK, ALEX DUFFY, KYLE GANNON, ERIN HART, MEEGAN HART, NATHAN JESKO, LUCY JOHNSON, EMMA KUSZYNSKI, NATHAN KUSZYNSKI, AMY PEARSON and WILL SHANEL**

Swimmers achieving **NEW National "AAA" Time Standards**; **TJ BINDSEIL, ERIN HART, NATHAN KUSZYNSKI and MEAGAN POPP**

Swimmers achieving New **ISI Regional Time Standard**; **IZZIE BINDSEIL, NICK BORYK, DOMINIQUE CARRAVETTA, KYLE CHAPKO, CHRIS DIETER, ALEX DUFFY, TAYLOR FALK, KYLE GANNON, STEPHANIE GARVIN, BRITTA GESELL, ERIN HART, MEEGAN HART, NATHAN JESKO, SYDNEY JESKO, LUCY JOHNSON, RYAN JOYCE, MARISSA KURAL, EMMA KUSZYNSKI, NATHAN KUSZYNSKI, KYLE LEWARCHICK, LISA LICARI, LAUREN MCCORMACK, AUSTIN MUEHLSCHLEGEL, KATIE NAGLER, ANNA O'MALLEY, JACOB PAWELKIEWICZ, AMY PEARSON, ROXANNE PRIGGE, KATIE QUINN, WILL SHANEL, DELANEY SOULE, RACHEL STAUDACHER, SARAH SUMMERS, ALYCE TAUER, MICHAEL TAVIERNE and THAD THOMPSON**

Swimmer achieving a New **ISI Age Group Time Standard**; **TJ BINDSEIL, NICK BORYK, ALEX DUFFY, KYLE GANNON, ERIN HART, MEEGAN HART, EMILY JANIA, NATHAN JESKO, LUCY JOHNSON, MARISSA KURAL, EMMA KUSZYNSKI, NATHAN KUSZYNSKI, MEAGAN POPP and WILL SHANEL**

Swimmers who won individual events at the meet were – **IZZIE BINDSEIL, NICK BORYK, KYLE CHAPKO, MEEGAN HART, NATHAN KUSZYNSKI, LAURA LICARI, LINDA LICARI, LISA LICARI, MEAGAN POPP and MEGAN VENLOS**

St. Charles Relays that won were – 8 & Under Boys 100 Free Relay – **ERIC PALMQUIST, SIBA FILIPOVIC, MATTHEW NAGLER, ANDREW BORSE**, 9-10 Girls 200 Free Relay – **MEEGAN HART, AMY PEARSON, DOMINIQUE CARRAVETTA & SYDNEY JESKO**, 9-10 Boys 200 Medley Relay – **NICK BORYK, KEEGAN HAWKINS, NATHAN KUSZYNSKI & KYLE LEWARCHICK**, 9-10 Boys 200 Free Relay – **NICK BORYK, FRANZ ALLENDORFER, KEEGAN HAWKINS & NATHAN KUSZYNSKI**, Senior Girls 200 Medley Relay – **LAURA LICARI, LISA LICARI, MEGAN VENLOS & STEPHANIE GARVIN**, Senior Girls 200 Free Relay – **MEGAN VENLOS, STEPHANIE GARVIN, LISA LICARI, LAURA LICARI**

What a good meet to start off our 2009-2010 Short Course Season! 365 improved swims over the weekend (57%), that is a lot and a standard that needs to be beat. There is much that SC Swimmers need to work on before our next meet, the TYR / SCST Fall Classic; the SCST Staff knows that our swimmers are up to the task.

GO SC SWIMMING!

4. WHAT DOES INSPIRATION LOOK LIKE? EXAMINER WRITER AND SCST PARENT GABRIELLA FILLIPI WRITES

When Angie Chokran began swimming with the St. Charles Swim Team in St. Charles, Illinois at nine years of age, she never dreamed that she'd be a part of the USA Swimming World Youth Team. Well, Angie can tell us that dreams do, in fact, come true.

In just a few short weeks, Angie will travel to Europe to represent USA Swimming. While in Europe Angie will participate in two competitions. The first competition will take place in Stockholm, Sweden on November 10 and 11, and the second competition will be in Berlin, Germany on November 14 and 15. This is the first year that USA Swimming is sending a youth team to the FINA* World Cup. Angie will compete in the 100 breast stroke, and possibly other events.

Check out the complete article at examiner.com



5. 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!

Please bring items to pass:

- Boys – Drinks (Water, Juice, Gatorade, etc)
- Girls – Fruit, Veggies, Chips, Salad or Dessert

Contact [Patti Townsend](#) by Friday October 23rd



6. MYTHICAL AGE GROUP CHAMPIONSHIPS

Check out where St. Charles Swimmers are ranked this week in the [Mythical Age Group Short Course Team Championships](#).

7. SC SWIMMING JUNIOR SWIM TEAM

If you know of a swimmer looking for a fun, athletic activity with low time commitment the Junior Swim Team might be the right program for your Swimmer! The Junior Swim Team is a 10-week program for kids age 9 to 14.



On the Junior Swim Team Swimmers receive coaching and instruction from the SCST Coaching staff. The JST Program is a unique opportunity to get top-notch instruction on all four competitive strokes as well as getting a chance to be a member of a team.

To get more information check out the [St. Charles Swim Team Website](#), email swim@stcswim.com or call 630-377-1720.

8. 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](#)

9. 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

10. TEAM USA TO TAKE ON EUROPEAN SELECT TEAM AT THE 2009 MUTUAL OF OMAHA DUEL IN THE POOL

The top swimmers from three European nations will gather to take on Team USA in the Mutual of Omaha Duel in the Pool, December 18-19 in Manchester, England. The bi-annual Duel in the Pool is a made-for-TV event, designed to showcase the sport's most exciting swimmers in non-Olympic years. This year's Duel takes on a new format with Team USA facing a team comprised of the top swimmers from Great Britain, Germany and Italy. The event will be held at the Manchester Aquatic Centre and a two-hour broadcast of the event will air on NBC on December 27 from 2 – 4 p.m. ET.

"The Mutual of Omaha Duel in the Pool is an event that we are extremely proud of," said Chuck Wielgus, executive director for USA Swimming. "With the help of our partners at Mutual of Omaha and NBC, this event allows us to bring the excitement of international swimming - which was such a runaway hit during the Olympics – back into the homes of millions of American viewers."

This is the fourth Mutual of Omaha Duel in the Pool in the history of USA Swimming. Past Duels were held in 2003, 2005 and 2007 and pit all-star teams from the U.S. and Australia against each other. The U.S. is 3-0 in the history of the Mutual of Omaha Duel in the Pool. For more information about the event, please visit www.duelinthepool.com.