



# St Charles Swim Team H2O Log

2011-2012 Short Course, Issue 6

11/01/2011

### Practice Changes and Cancellations

#### **WHITE, GOLD & SENIOR**

##### **NO PRACTICE**

Friday Afternoon, 11/04/11

#### **ORANGE TEAM**

##### **PRACTICE CHANGE**

Friday 11/04/11

Practice will be at the Norris Rec Center

#### **BLUE, WHITE & SENIOR**

##### **NO PRACTICE**

Saturday, 11/05/11

#### **GOLD & NATIONAL**

##### **NO PRACTICE**

Sunday, 11/06/11

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## 2011 SCST / TYR FALL CLASSIC

This weekend is our first hosted competition of the Short Course Season it is important that everyone remember that we need you; Swimmers, Parents and Coaches to make this a Great Meet! But most important of all is that you remember that there is **A TIME CHANGE THIS WEEKEND!** Saturday to Sunday we will fall back 1 hour.



### Meet Schedule

#### Friday (Session 1)

Age Groups - 9-10, 11-12 & Open

At **St. Charles North High School**

W-Up 4:00pm Starts 5:00pm

#### Saturday (Session 2) & Sunday (Session 5)

Age Groups - 8 Under & Open

At **Norris Rec Center**

W-Up 7:00am Starts 8:00am

#### Saturday (Session 3) & Sunday (Session 6)

Event Open Mile (Sat. Men's / Sun. Women's)

At **Norris Rec Center**

W-Up Immediately following AM Session

*Swimmers must provide their own timers and counters.*

#### Saturday (Session 4) & Sunday (Session 7)

Age Groups - 9-10 & 11-12

At **St. Charles North High School**

W-Up 7:00am Starts 8:00am

### REMEMBER

#### **TIME CHANGE THIS WEEKEND!**

The complete meet packet can be found [here](#), the meet psych sheet can be found [here](#), and for SCST Meet Entries go [here](#).

**POSITIVE CHECK IN**, This is a positive check in meet. All swimmers must check in prior to warm-ups of each session. If a swimmer fails to do so, he/she will be scratched from that session. **SWIMMERS YOU MUST CHECK IN WHEN YOU ARRIVE TO THE MEET.** Positive check in closes 30 minutes prior to the start of each session.

### TEAM APPAREL this weekend;

- **Friday** wear your favorite SCST Black Shirt. Let's Black out Friday!
- **Saturday** wear your Light Blue 2011-2012 Short Course Team Shirt.
- **Sunday** wear your Blue embroidered St. Charles Swim Team T-Shirt.

### TEAM GOALS this weekend;

- Clean Team Area after Each Session!
- Get to Warm Ups 15 minutes before they begin. Be Ready!
- Team Spirit!
- SCST sit together!
- No Missed Events!
- Less than 3% DQ's, 2010 6%.
- Have more than 900 improved times, 2010 Fall Classic SCST had 801.
- Have Fun!

This is the second meet of the season, swimmers need to be ready to be faster than the Patriot Games Invitational. If a swimmer didn't swim there then they need to be as fast as last year.

Please Read the Meet Schedule and [Meet Information](#), there is a lot going on this weekend. Make sure you know your schedule before you start off to the pool.

**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

# SCST / TYR FALL CLASSIC VOLUNTEER INFORMATION

SCST Families,

Our first home meet the 2011 SCST/ TYR Fall Classic is this week-end. Remember, we cannot run this meet without you! If you have signed up to volunteer, remember to check SuperMeets to verify your position. If you are unable to work, please find a replacement and contact us. At this time there are 8 available positions. If you didn't have a chance to sign - up, now will be a good time to do it! We need 2 Console volunteers on Friday PM (Session 1) at STC North High School, and Announcer on Saturday AM (Session 4) at STC North High School 9-10; 11-12 group. The SuperMeets sign - up for 2011 Fall Classic is closed now.

Contact Sue Watts with any SuperMeets volunteering questions at [purcellwatts@gmail.com](mailto:purcellwatts@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



[www.supermeets.com/Index.cfm?&StaffTrackerClient=64](http://www.supermeets.com/Index.cfm?&StaffTrackerClient=64)

## DR ALAN GOLDBERG

Sunday was an education on being better for every part of our program; Swimmers, Coaches and Parents.

The information Dr. Goldberg shared Sunday was worth the time spent being in a school cafeteria on a Sunday.

Speaking with Swimmers after their workshops mentioned that they not only got something out of it but also information that they can apply to their everyday life, not just with their swimming.

One parent afterwards said mentioned that this would be great to do every two or three years.

And we hope to do this, not just with individuals like Dr Goldberg but across the

board. We want to offer more to our Swimmers, Parents and Coaches here in St. Charles to make it a better experience for everyone with the St. Charles Swim Team.

This weekend find someone from the Team that heard Dr. Goldberg speak and ask

what they got from their session.

Dr. Goldberg's website—  
[http://  
www.competitivedge.  
com/](http://www.competitivedge.com/)



## 5 THINGS THAT SCARE SWIMMERS

by Mike Gustafson USA Swimming Correspondent

A Day late but still relevant

To swimmers, Halloween is the most terrifying day of the year. Not because of ghouls and goblins, but because of 400 fly repeat sets and 10,000 yard swims for time. Many coaches around the country spend 364 days of the year hidden in basements, constructing and devising the scariest, most horrifying workout of the year. They smile with glee when unveiling this workout, saying with a grin, "Happy Halloween!"

Here are 5 other things -- besides scary hard workouts -- that terrify swimmers:

**5. The Substitute Coach.** This is the equivalent to a substitute teacher. Your coach is sick, or on vacation, or somewhere else. Another coach comes and fills in for your group. Suddenly all is not well. Your typical easy warm-up turns into a lactate set. Your traditional five minute talk prior to practice disappears. The substitute coach can be scary. Some envision substitute coaches as misplaced aliens or minions of the undead. Sounds like a good B-level horror movie. Beware.

**4. The Grumpy Official.** 99% of the time, officials are wonderful, caring, kind souls. But once in a while, emerging from a dark and mysterious lair comes the Grumpy Official. There are no smiles nor good mornings from this one. There are no pardons for any deviance in technicalities. The Grumpy Official will haunt your best swim. No coach, parent, or swimmer can escape their wrath. Stay out of harm's way this Halloween, and remember to always two-hand touch... your life may depend on it.

**3. The Misplaced Speedo.** Similar to nightmares about underwear-wearing school appearances, the misplaced Speedo is very scary. Not because you must swim without a suit (now THAT would be terrifying) but because you must borrow someone else's. And they never fit. Or have unflattering fraying. Or holes. It was al-

ways one of my fears, akin to borrowing underwear. No good can come from it. Remember your suits before practice, swimmers, or else...

**2. The Candy Ban.** The best part about swimming is the piles and piles of food consumed without gaining an ounce. Halloween is the one day a year where candy binging is socially acceptable, and for swimmers, it's like a gift sent straight from the athletic gods. Unlimited candy! For free! For dinner! For breakfast! But alas, some coaches think ahead and preemptively ban swimmers from gorging themselves on vats of king-sized Butterfingers. Rebellious swimmers run the risk of being caught with chocolate-stained teeth and that infamous "candy belly" -- so don't binge, just nibble. You will fall apart in practice with a belly full of Sour Patch Kids, so watch out. Coaches are devising workouts with just that in mind.

**1. The Attack of the Mysterious Floating Blob.** Every pool has one. A floating, ambiguously-colored blob. It lurks at pool bottoms, seemingly moving on its own. Brave souls approach this blob to decipher its contents, never returning the same. Their reports are scattered and wide-eyed, and they say things like, "Hair! Goo! So much hair and goo!" The Blob is composed of many things, but no one will touch it. That is... until it touches you. In the face. While you're swimming. You feel the Blob smack you in the face. You turn around in horror, only to see the Blob heading back to the pool bottom to await another victim. It lingers until a lifeguard comes and cleans it out, but somehow, some way, the Blob always returns, usually at the end of October, usually on Halloween....

## BE ONE OF THE GOOD GUYS!

### Become a USA Swimming Official

St. Charles Swimming has a history of a strong group of USA Swimming Officials who help with the success of St. Charles Swimming. Over the past year SCST had the largest number of Officials with one program in Illinois Swimming! If you are interested in becoming an Official please visit the Illinois Swimming Website and follow the link to the [Officials Section](#).

For more information about St. Charles Swim Team Officials please contact [Jack Yetter](#) (phone #630-661-0350) & [Bill Shanel](#) (phone# 630-440-5697).

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

## DECK PASS

- **EARN DIGITAL PATCHES FOR COMPETING – AUTOMATICALLY!**
- **CHECK YOUR VERIFIED IMX SCORES, BEST TIMES, RECENT MEETS AND RANKINGS.**
- **CONNECT WITH YOUR FRIENDS.**
- **FILL OUT YOUR LOGBOOK AND EARN DIGITAL PATCHES FOR COMPETING!**
- **SET GOALS FOR THE SEASON AND KEEP TRACK OF YOUR PROGRESS.**
- **CONNECT TO FRIENDS ON FACEBOOK.**

**CHECK OUT DECK PASS AT USA SWIMMING**

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=2151&Alias=Rainbow&Lang=en>

# 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  
*Entries are now closed!*

## 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 11/2, 2011*

## 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 12/19, 2011*

## 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 1/5, 2012*

### SCST TYR Team Championship

(TEAM Competition)  
02/19, 2012  
Norris Rec Center  
St Charles, IL  
*Entry Closes 2/18, 2012*

## 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

## Fall Break Practice Schedule November 21-27

### Orange Team

Mon 515-615 @ NRC  
Wed 515-615 @ NHS  
Fri 515-615 @ NRC

### Blue Team

M & F 500-630 @ NHS  
Tu 500-700 @ NRC  
Wed 1130-100 @ NRC  
Sat 900-1100 @ NRC

### White Team

Mon 1130-100 @ NHS  
Tu 1130-130 @ NRC  
Wed 1230-200 @ NHS  
Fri 1030-1230 @ NHS  
Sat 1030-1200 @ NRC

### Gold Team

Mon 1130-200 @ NRC  
Tu 800-1000 @ NHS  
Wed 1000-1230 @ NHS  
Fri 430-700 @ NRC  
Sat 900-1100 @ NRC  
Sat 830-1100 @ NRC

### Senior Team

Mon 900-1130 @ NRC  
Tu 900-1130 @ NRC  
Wed 900-1130 @ NRC  
Fri 900-1130 @ NRC  
Sun 900-1130 @ NRC

Proud Sponsors  
of the  
St. Charles Swim Team



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