

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

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. 2010 SCST FALL CLASSIC

This Season the 2010 SCST Fall Classic will be held at St. Charles North High School, the complete weekend. We are looking forward to a great weekend of swimming!

Meet Schedule

Friday Afternoon (9 & 10, 11 & 12 and 13 & Over)
Warm-Up 5:00pm Start 6:00pm

Saturday Morning (8 & Under and 13 & Over)
Warm-Up 9:00am Start 10:00am

Saturday Afternoon (9 & 10 and 11 & 12)
Warm-Up 2:00pm Start 3:00pm

Sunday Morning (8 & Under and 13 & Over)
Warm-Up 7:00am Start 8:00am

Sunday Afternoon (9 & 10 and 11 & 12)
Warm-Up 12:00pm Start 1:00pm

There is a Time Change Saturday to Sunday!

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!**

TEAM APPAREL, on Friday SCST Swimmers wear your favorite SCST Color or T-Shirt, Saturday wear this seasons Black T-Shirt and Sunday wear your Blue embroidered St. Charles Swim Team T-Shirt.

This is the second meet of the season, swimmer need to be faster than they were at the first meet of the season!

The SCST [Entry](#) is updated Online, check out your swimmers events and the complete [SCST Fall Classic Meet](#) information.

3. SCST APPAREL

If you have not yet picked up your SCST apparel over the weekend, please contact lspopp@aol.com to arrange another time. Team suits, the black Team seasonal T-Shirt and Blue "Abercrombie" style T-Shirt and Sweatshirt are still available to order through Linda Popp. Warm-ups, Caps and Parkas can be ordered through [Kiefer Swim Shop](#) (630-579-9020).

If you have questions on suit sizing please contact Linda Popp.

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 12/1/2010)

January, 21 thru 23, 2011
[NEW TRIER TRI STATE CHALLENGE](#) (Open 10 & Under Meet / Qualifier for 11 & Over) @ New Trier High School, Winnetka, IL
(entry closes 12/18/2010)

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

OK, So.....Kuiiper'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.

5. MONDAY'S MEDLEY FRAN CRIPPEN from www.swimnetwork.com

Please read this week's [Monday's Medley](#) to learn more about what impression Fran Crippen had on USA Swimming!

- 1) Tributes to Fran Crippen
- 2) Fran's memorial services
- 3) Questions continue to be asked in the wake of Fran's death
- 4) Anyone wishing to donate money to the Crippens are encouraged to send donations to the Fran Crippen [Elevation Foundation](#)
- 5) [Swim Video of the Week](#): Here's a great tribute video to Fran Crippen, part one. It includes many photographs of Fran and gives everyone a glimpse into his life, in case you weren't fortunate enough to know him personally.

Take time to read more about Fran.

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

2010-2011

Short Course Meet Schedule
Follow Meet Link to Meet Information

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, Co-
lumbia, 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 Chica-
go, Chicago, IL

March, 11 thru 13, 2011
[ISI AGE GROUP CHAMPION-
SHIPS](#) (Qualifier) @ University of Illinois
Chicago, Chicago, IL

March, 15 thru 20, 2011
[NCSA JUNIOR NATIONALS](#)
(Qualifier) @ Orlando, FL