



# St Charles Swim Team

## H2O Log

[PRACTICE CHANGES AND CANCELLATIONS](#)

2011-2012 SHORT COURSE, ISSUE 7

Continued on page 3

### Senior 1 & 2 Teams

Practice Change, Saturday 11/12, 7-9 am @ NHS

### Blue Team

Practice Change, Saturday 11/12, 9-10:30am @ NHS

### White, Gold & Senior Teams

NO Afternoon Practice, Friday 11/18

### Blue, White & Senior Teams

NO Practice, Saturday 11/19

### Gold & Senior Teams

NO Practice, Sunday 11/20

### FALL PRACTICE SCHEDULE

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## 2011 SCST / TYR FALL CLASSIC

Congratulations SCST on a great weekend of swimming. The meet was exciting to watch all those fast swims! It would not have been possible without the help and support from the volunteers and officials. Thank you!

Here is a look at how we did at achieving our goals **TEAM GOALS** this weekend;

- Clean Team Area after Each Session! **We did a nice job cleaning up, but we can always do better!**
- Get to Warm Ups 15 minutes before they begin. Be Ready! **We did a good job getting to the pool on time; always remember to allow enough time for traffic on Fridays.**
- Team Spirit! **SCST had the spirit! The louder we are the faster we swim.**
- SCST sit together! **We sat together and showed our strength in numbers. We are stronger as a team!**
- No Missed Events! **We had 9 missed swims. We can do better next time but not bad for over 2159 total swims.**
- Less than 3% DQ's, 2010 6%. **We were at 8% DQ's. We can improve this!**
- Have more than 900 improved times, 2010 Fall Classic SCST had 801. **We**

**came close with a total of 881 improved times! Close to our goal but not quite there.**

- Have Fun! **SCST was spotted at both pools having fun! Here is a picture of some 9-10 boys having fun at the NHS pool this weekend!**



There was 3 new team records set this weekend. Linda Licari broke the team record in the 9 & 10 200 Free in a time of 2:14.21 breaking the previous record of 2:14.92 that was held by Caitlyn Dauw. Linda also broke her own record in the 100 Back she went 1:08.38 an improvement over her old time of 1:08.97. Audrey Guyett broke her own record in the 1650 improving her record to 18:08.95; an improvement from 18:13.91. Nice job girls!

Swimmers who had all LTBT's (life time best time) this weekend were: **JESSICA ALBER, SYDNI ARMSTRONG, KAITYLN ARRAMBIDE, JOSH BANKS, KATHERINE BENJAMIN, JACK BRANDT, MADISON BROWN, SCOUT CANTRELL, TOMMY**

**CUMMINS, ROSS DAVIS, ALEKSEJ FILIPOVIC, CALLI GENTRY, SARAH GIBSON, LAUREN GONSALVES, MATTHEW HINDS, HEATHER HOUSE, MEGAN KOCH, SARAH KOCH, GRACE LILLY, SARA LOCHMUELLER, AINSLIE MILO, SKLER MISCH, KENNEDI NORRIS, MICHAEL O'DONNELL, MATT ORTLAND, JENNI ORZOLEK, REBECCA PALMQUIST, HANNAH PEARSON, SOFIE PELTIER, ENZO PIGA, LESLIE POZEZINSKI, SARAH SANDECKI, SAMUEL SANDERS, ALIX SCHERER, ANNIKA SCHMIDT, JUSTIN SIMMONDS, KATE SPENCE, AUSTIN STAPELLA, LILY STAVROPOULOS & ALLISON WESSEL.**

The largest time drop in a single event was 3:30.92 by Sophie Watts in the 1650 freestyle. Congratulations Sophie that was a great swim.

Swimmers that improved or achieved [new AAAA time standards](#) are: LINDA LICARI.

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## 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 Daw](#)  
[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](#)



**Girls Swim & Dive  
 Sectional Meet  
 Saturday, Nov. 12  
 At  
 Norris Rec Center  
 Swimming Starts  
 @ 1:00pm  
 Good Luck  
 Girls!**

## THANK YOU!

## FALL CLASSIC VOLUNTEERS

**Hello SCST Families,**

**We would like to thank all of you for being part of the 2011-2012 Short course season!**

**A BIG thanks to all the Incredible Chairs and all who helped to make the 2011 TYR/SCST Fall Classic meet a good start. We were running Saturday and Sunday sessions at the same time at both East and North High Schools. It was a lot of planning but we did it!**

**What a great meet to start the 2011-2012 Short Course season and it could not have been done without your help.**

**As always, it was a pleasure working with all of you. Thank**

**you all for the great meet.**

**Any ideas for hosting better meets are always welcome.**

**From,**

**SCST Meet Directors**



## U IS FOR UNDERPERFORMING—by Dr. Aimee Kimball

I had a coach one time who told me, “Potential means you haven’t done it yet.” I’m not sure if he stole the line from someone else, but for whatever reason this always stuck in my head. I never wanted to be someone who had a lot of potential. I wanted to be a person who consistently performed at her peak.

However, it’s hard to be that type of athlete all the time and there are going to be days when you underperform. This article focuses on why athletes underperform and how to get out of a performance slump.

**It’s not always mental** First, recognize that underperforming isn’t always a mental thing. Especially with a sport like swimming, you have to take into consideration nutrition, tapering, conditioning, as well as physical de-

velopment. The key to performing to your potential is to make sure you are committed to total training in all areas, including having positive habits in and out of the pool.

**Pride vs. Ego**

I have worked with a lot of talented athletes who underperform because they get in their own way. For many, it’s an unconscious process where they “self-handicap” before the race even begins. In essence, they try to protect their ego rather than summon their pride

**Stress Less, Enjoy More**

Most of the underperformers I see have found a way to stop enjoying something they once loved. Often, the better they were the more

stress they have to get back to that level. More stress equals less fun. Less fun equals worse performance. In other sports it’s called a slump. As any slumping athlete knows, it’s a lot easier to get into a slump than out of a slump.

**Let Go**

I once took a windsurfing lesson and the only thing I remember is asking the instructor what to do if the wind picked up and I couldn’t control the sail. His response? “Let go with your back hand.” My advice to you if the stress, the anxiety, and the negative thoughts related to underperforming get to be too much for you to handle is, “Let go.”

For full article visit [here](#).

## 2011 SCST / TYR FALL CLASSIC continued

Swimmers that improved or achieved [new AAA time standards](#) are: **NATE BAXTER, HENRY BLISS, ALEC CARNELL, HANNAH GURSKY, LINDA LICARI & ANNA O'MALLEY.**

Swimmers that improved or achieved [new AA time standards](#) are: **NATE NAXTER, TJ BINDSEIL, HENRY BLISS, NICK BORYK, ALEC CARNELL, CHRIS DIETER, KYLE GANNON, KAYLA JONES, KYLE LEWARCHICK, MITCHELL MILOSCH, ANNA O'MALLEY, HANNAH POZEZINSKI, GRACE SAMUELSON, ETHAN SELLERS & BRAD WHITEHURST.**

Swimmers that improved or achieved [new A time standards](#) are: **KATIE CANTRELL, ALEC CARNELL, BRIANNA CICHON, ZACHARY ECKSTROM, SIBA FILIPOVIC, KYLE GANNON, NICOLE GUYETT, HEATHER HOUSE, SYDNEY JESKO, KAYLA JONES, NICK KOWALESKI, BRANDON LACH, MARRISA LAWRENCE, KEVIN LEAVY, KYLE LEWARCHICK, JACK MCNULTY, EMMA MCSPADDEN, MATTHEW NAGLER, DEVIN NEISES, JENNI ORZOLEK, HANNAH PEARSON, GABBI POMPILIO, HANNAH PZEZINSKI, KATIE QUINN, JOEY REITER, GRACE SAMUELSON, DELANEY SOULE, AUSTIN STAPELLA, ANNE TAVIERNE, MARIA TAVIERNE, THAD THOMPSON & BRAD WHITEHURST.**

Swimmers that improved or achieved [new BB time standards](#) are: **ALI ANDROS, COLLIN BOWOLEK, NATHAN BOWOLEK, KATHERINE BENJAMIN, ANTONY BLISS, MATT BORYK, MARGARET BRONEC, JOHN CRANFILL, MEAGAN CUMMINS, ROSS DAVIS, EMILY DE VITA, KYLE DUNLAP, ZACH ECKSTROM, BRIAN ENGLERT, RYAN FALK, SIBA FILIPOVIC, KYLE GANNON, TORI GARCIA, SARAH GIBSON, HANNAH GURSKY, NICOLE GUYETT, KEEGAN HAWKINS, KA-**

**LIE KOCH, NICK KOWALESKI, AMANDA KURAL, MARRISA KURAL, AUSTIN LAMP, KEVIN LEAVY, SARA LOCHMUELLER, SYNEY MAXWELL, JACK MCNULTY, RYAN MITCHELL, JOE MUECHLSCHLEGEL, RACHEL NAGLER, DEVIN NEISES, REBECCA PALMQUIST, HANNAH PEARSON, KALLIE PELTIER, NICK PROSE, GRACE QUINN, JOHN QUINN, JOEY REITER, GRACE SAMUELSON, CLAIRE SEBASTIAN, ALEXIA SCOTT, ALLISON STANEK, AUSTIN STAPELLA, MARIA TAVIERNE, THAD THOMPSON, NICK TRAXLER, JILLIAN WASLAWSKI, SOPHIE WATTS, MAGGIE WHITEHURST, SEAN YETTER & JULIA ZIMA.**

Swimmers that improved or achieved [new B time standards](#) are: **JESSICA ALBER, CHRIS ALGRIM, CARLY BARTON, MAGGIE BORSE, MATT BORYK, MARGARET BRONEC, JACK BRUCATO, TOMMY CUMMINS, ROSS DAVIS, NATALIE DRURY, GARRET FARMER, SEAN GALLE, TORI GARCIA, SARAH GIBSON, HANNAH GURSKY, TOM HINDS, HARRISON HOLLMAN, TREVOR JANSSEN, MEGAN KOCH, GRACE KOSDONDLINGER, KEVIN LEAVY, HARRISON LIAO, SARA LOCHMUELLER, ALLISON MASULIS, MORGAN MEADOR, NICK MILOSCH, CLAIRE MORGAN, GIA NAVARRO, MICHAEL O'DONNELL, MATT ORTLAND, JENI ORZOLEK, ERIC PALMQUIST, REBECCA PALMQUIST, NILAN PATEL, LESLIE POZEZINSKI, NICK PROSE, GRACE QUINN, SARA QUINN, KIRSTIN ROGERS, RILEY ROONEY, ADAM SAID, SARA SANDECKI, ANNIKA SCHMIDT, ALEXIA SCOTT, CLAIRE SEBASTIAN, GIANNA SHAW, DELANEY SOULE, ALLISON STANEK & ISABEL SYPOLT. Continued on page 4**

## 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 SCST / TYR FALL CLASSIC continued

Swimmers that achieved a new [ISI Regional Time Standard](#) are; **AUSTIN CABEL, KATIE CANTRELL, ALEC CARNELL, DOMINIQUE CARAVETTA, BRIANNA CICHON, MEAGAN CUMINS, RYAN CZARNECKI, ZACH ECSTROM, SIBA FILIPOVIC, MONICA GUYETT, NICOLE GUYETT, KEEGAN HAWKINS, MARY JANIA, KAYLA JONES, ALEX KICHKA, NICK KOWALESKI, AMANDA KURAL, MARISSA KURAL, BRANDON LACH, MARISSA LAWRENCE, EMMA McSPADDEN, DEVIN NEISES, ANNA O'MALLEY, JENNI ORZOLEK, REBECCA PALMQUIST, HANNAH PEARSON, GABBI POMPILIO, JOHN QUINN, KATIE QUINN, JOEY REITER, GRACE SAMUELSON, CLAIRE SEBASTIAN, ETHAN SELLERS, AUSTIN STAPELLA, THAD THOMPSON, ALLISON WESSEL and BRAD WHITEHURST.**

Swimmers that achieved a new [ISI Age Group](#)

[Championship Standard](#) are; **NATE BAXTER, HENRY BLISS, NICK BORYK, HANNAH GURSKY, ISABEL HERB, SYDNEY JESKO, KYLE LEWARCHICK, LINDA LICARI, MATT NAGLER, HANNAH POZEZINSKI, ETHAN SELLERS and BRAD WHITEHURST.**

Swimmers that achieved a new [ISI Senior Championship Standard](#) are; **TJ BINDSEIL, ALEC CARNELL, CHRIS DIETER and AUDREY GUYETT.**

Swimmers that achieved a new [Central Zone Sectional Standard](#) are; **KRISTEN CZARNECKI, CHRIS DIETER and AUDREY GUYETT.**

The next two meets SCST has West Chicago and the Western Great Lakes Open are meets SCST swims fast at, keep being fast!

## 5 STORYLINES TO WATCH at the MINNEAPOLIS GRAND PRIX

by Mike Gustafson

In two week's not only will SCST be swimming at West Chicago with 124 swimmers and at the Western Great Lakes Open with another 52 swimmers but this weekend in Minneapolis some of the fastest swimmers in the USA will be swimming. Here are 5 storylines that writer Mike Gustafson thinks will unfold at the 1st Grand Prix Meet of the Season.

I was at a party this weekend when someone asked about Michael Phelps. This question inevitably occurs whenever I mention that I work in the swim community.



Though Ryan Lochte is on the cusp of mainstream superstardom, Phelps is still (and might always be) the most recognizable name in the

non-swimming public. People want the inside scoop. After all, Phelps is the Michael Jordan of swimming. He's got 4.5 million fans on Facebook. "Phelps Phacebook Phans" would constitute the third-largest city in the United States.

"So," this person said. "Will Phelps win another eight golds next summer in Lon-

don?"

I found myself drawing a blank.

I didn't know – I don't, and no one else does – but I also said another swimmer might try. I explained the "rivalry" between Phelps and Lochte, the emergence of this other superstar swimmer who has knocked off a few of Phelps' world records, how they will converge this year, how the United States has two of the most dynamic swimmers in history swimming near their peak at the same time. This person's eyes lit up. "Wow!" he said. "Swimming must be a really exciting time right now."

I couldn't have said it better myself. Swimming IS entering what could be one of the more exciting, thrilling, nail-biting competitive seasons we've seen in a long time. And not just because of Phelps v. Lochte. Never before have there been so many questions, so many storylines, and so many veterans returning to battle for aquatic supremacy. Comebacks. Defending champions. Teenage phenoms. Rivalries.

We are entering a unique time for our sport.

And it all kicks off this weekend, at the Minnesota Grand Prix. Over 30 National Teamers are slated to attend, underscoring why this competitive swimming season is more important than any we've lately seen. It's an Olympic season. Athletes haven't attended a big meet since last summer. So let the fun begin. As always, here are your 5 Storylines To Watch this weekend:

5. Welcome to the "Phelps v. Lochte Show." If you like (somewhat manufactured) rivalries, you'll love this. Though the two have said they are more friends than rivals, expect the media to play the rivalry angle like a Lady Gaga song. (All the time.) NBC is licking its lips at the potential drama. We'll get a taste this weekend. The two are scheduled to compete in a few events, including the 200m freestyle. It will be the first event of the meet, and it could be the most interesting, too. They'll battle a slew of other Olympic players. There's Olympic bronze medalist, Peter Vanderkaay, Chinese Olympic silver medalist Zhang Lin, Tunisian Olympic gold medalist Ous Mellouli, and French teen phenom Yannick Agnel. More on that later this week.

To see what the next four are visit USA Swimming at [www.usaswimming.org](http://www.usaswimming.org) or

## 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  
Results can be found [here](#).

### 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  
Entries are now closed!

### 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



## FAST MLK INVITE PRELIM/FINAL Jan. 13-15, 2012

Entries are now open for the this meet. The meet is open to ALL SCST Athletes.

Click [here](#) to sign up!

Click [here](#) for the Meet Information.

More information to follow about Team Travel & Hotel.

Entry Closes 12/09/11

Travel Meet

Hotel Information

[Western Great](#)

[Lakes Open](#)

[Courtyard by Marriott](#)

5200 W. Brown Deer Road  
Brown Deer, WI  
414-355-7500

## Fall Break Practice Schedule November 21-27

### Orange Team

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

### Blue Team

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

### White Team

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

### Gold Team

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

### Senior Team

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

Proud Sponsors  
of the



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