

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

PRACTICE CHANGE WEDNESDAY, NOVEMBER 13th for the **11 to 14 YEAR OLD GIRLS** Dryland Practice will be 5:00 to 6:00pm

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

What a good meet this past weekend. The progress we have seen in the swimmers from the first meet of the season was extremely positive. SCST still has a long way to go before the end of the season, but SCST Swimmers are up to the challenge! We have swimmers attending the Minnesota Gran Prix this weekend and then the following weekend is a busy weekend with SCST Swimmers swimming at the West Chicago Fall Frenzy and the West Great Lakes Open, the SCST Staff is expecting our swimmers to continue their improvement.

The SCST Meet Directors Natalya Filipovic and AJ Jania would like to Thank Everyone for being a part of the 2010 SCST / TYR Fall Classic! Big Thanks to all the Incredible Volunteers; Officials, Coaches, Timers, Admissions, Awards, Bullpen, Concessions, Hospitality, Safety Marshals and all who helped make the meet a good one. It was a pleasure working with all of you; we had a wonderful group of volunteers! What a great meet to start the short course season, it could not have been done without all your help. We look forward to the rest of the season.

Check out how SCST Swimmers did this weekend.

The following swimmers achieved Life Time Best Times in every event this weekend; **KAITLYN ARRAMBIDE, CARLY BARTON, NATE BAXTER, KATHERINE BENJAMIN, SOPHIE BUSESKI, KATIE CANTRELL, DAVID CHOKRAN, JOE CHOKRAN, HALEY DAESCHLER, ERIC DUNBAR, ZACH ECKSTROM, SARAH GIBSON, IZZI HERB, STEPHEN HUTCHINSON, EMILY JANIA, NICK KANUTE, ETHAN KOS-DONDLINGER, KIRSTIN KOWALESKI, AMANDA KURAL, MARISSA KURAL, KENZIE KUZMANIC, KEVIN LEAVY, BRITTANY LYNCH, GIA NAVARRO, ANNA O'MALLEY, SYDNEY PANFIL, KYLE PASSINI, NILAN PATEL, HANNAH PEARSON, EMILY PONTE, HANNAH POZEZINSKI, JOHN QUINN, SARA QUINN, JOEY REITER, RILEY ROONEY, SARAH SANDECKI, TANNER SCHISLER, ALEXIA SCOTT, CLAIRE SEBASTIAN, GIANNA SHAW, ALLISON STANEK, ARIANNA SUMMA, JOHNNY TARPEY, ARIEL TURJANSKI, OWEN TYKAL, MATT VAN GYSEGHEM, CALVIN WINDLE, HANNAH WOJDYLA and SEAN YETTER.**

The swimmer who dropped the most time in one event goes to a swimmer who dropped 1:09.76 in their 500 Free. Congratulations **JOHN ORTLUND** who went 7:02.63 in his 500 Free this weekend.

Swimmers who achieved **NEW USA SWIMMING NATIONAL "B" TIMES**; **NATHAN BAWOLEK, KATHERINE BENJAMIN, ANDREW**

2010-2011

Short Course Meet Schedule
Follow Meet Link to Meet Information

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
(entry closed)

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 Len-
nox, IL
(entry closed)

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, Craw-
fordsville, IN
(entry closes 12/1/2010)

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

2. 2010 SCST FALL CLASSIC (continued)

BORSE, SARAH BORSE, MARGARET BRONEC, MIKE BURKE, KATIE CANTRELL, BREANA CARLINO, DOMINIQUE CARRAVETTA, DAVID CHOKRAN, JOHN CRANFILL, HALEY DAESCHLER, ZACH ECKSTROM, BRIAN ENGLERT, SAM FAITH, BRITTA GESELL, SARAH GIBSON, HANNAH GURSKY, TOM HINDS, MARY JANIA, KAYLA JONES, MAYA KIRL, KALIE KOCH, NICK KOWALESKI, AMANDA KURAL, KENZIE KUZMANIC, AUSTIN LAMP, KEVIN LEAVY, BRITTANY LYNCH, JACK MCNULTY, PAYTON MITCHELL, CLAIRE MORGAN, GIA NAVARRO, TAYLOR NUNNERY, ANNA O'MALLEY, JOHN ORTLUND, JENNIE ORZOLEK, REBECCA PALMQUIST, SYDNEY PANFIL, KYLE PASSINI, DIVYA PATEL, GABBI POMPILIO, EMILY PONTE, HANNAH POZEZINSKI, JOEY QUANN, GRACE QUINN, GAVIN REGELBRUGGE, JOEY REITER, MAISON ROSS, ERIN SASTRE, SAM SCHULTZ, CLAIRE SEBASTIAN, GIANA SHAW, ALLISON STANEK, DELANEY SOULE, ALLISON STANEK, CHRIS STANEK, ARIANNA SUMMA, JOHNNY TARPEY, THAD THOMPSON, KATIE TOROSIAN, ARIEL TURJANSKI, OWEN TYKAL, MATT VAN GYSEGHEM, NICK WOLFF and HANNAH ZIMMER.

Swimmers who achieved **NEW USA SWIMMING NATIONAL "BB" TIMES**; NATHAN BAWOLEK, NATE BAXTER, KATIE BENJAMIN, TJ BINDSEIL, CASSIE BOYLE, MARGARET BRONEC, SOPHIE BUSESKEI, KATIE CANTRELL, DOMINIQUE CARRAVETTA, DAVID CHOKRAN, HALEY DAESCHLER, NATALIE DRURY, ERIC DUNBAR, SEAN GALLE, KYLE GANNON, TORI GARCIA, ERIN HART, MEEGAN HART, IZZI HERB, HEATHER HOUSE, STEPHEN HUTCHINSON, JUSTIN JACOBSON, KAYLA JONES, NICK KANUTE, MAYA KIRL, KRISTIN KOWALESKI, NICK KOWALESKI, AMANDA KURAL, MARISSA KURAL, KENZIE KUZMANIC, BRANDON LACH, KEVIN LEAVY, EMILY LEHMAN, JAMES LICARI, LAURA LICARI, LAUREN MCCORMACK, EMMA MCSPADDEN, KATIE NAGLER, MATT NAGLER, DEVIN NEISES, ANNA O'MALLEY, KYLE PASSINI, DIVYA PATEL, AMY PEARSON, GABBI POMPILIO, EMILY PONTE, HANNAH POZEZINSKI, JOHN QUINN, GAVIN REGELBRUGGE, JOEY REITER, KIRSTEN ROGERS, GRACE SAMUELSON, DELANEY SOULE, CHRIS STANEK, JOHNNY TARPEY, ANNE TAVIERNE, MARIA TAVIERNE, JOSTIN TRINIDAD, ARIEL TURJANSKI, MATT VAN GYSEGHEM, JILLIAN WASLAWSKI, BRAD WHITEHURST, MAGGIE WHITEHURST, FRANCIS YIP and HANNAH ZIMMER.

Swimmers who achieved **NEW USA SWIMMING NATIONAL "A" TIMES**; NICK BORYK, CASSIE BOYLE, SOPHIE BUSESKEI, ALEC CARNELL, JOE CHOKRAN, RYAN FALK, ASHLEY GLADIS, SPENCE GRAY, KEEGAN HAWKINS, IZZI HERB, HEATHER HOUSE, STEPHEN HUTCHINSON, EMILY JANIA, NATHAN JESKO, KRISTIN KOWALESKI, NICK KOWALESKI, AUSTIN LAMP, KYLE LEWARCHICK, LINDA LICARI, KYLE PASSINI, EMILY PONTE, ROXANNE PRIGGE, GRACE SAMUELSON, JAD SLIM, JOHNNY TARPEY, JILLIAN WASLAWSKI, MAGGIE WHITEHURST and HANNAH ZIMMER.

Swimmers who achieved **NEW USA SWIMMING NATIONAL "AA" TIMES**; NICK BORYK, SOPHIE BUSESKEI, GABRIELLA CESARONE, JOE CHOKRAN, CHRIS DIETER, RYAN FALK, ASHLEY GLADIS, STEPHEN HUTCHINSON, EMILY JANIA, SYDNEY JESKO, EMMA KUSZYNSKI, KYLE LEWARCHICK, LINDA LICARI, MITCHELL MILOSCH, KATIE NAGLER, KYLE PASSINI and JOHNNY TARPEY.

Swimmers who achieved **NEW USA SWIMMING NATIONAL "AAA" TIMES**; STEPHEN HUTCHINSON, NATHAN JESKO, SYDNEY JESKO, EMMA KUSZYNSKI, KYLE LEWARCHICK and WILL SHANEL.

Swimmers who achieved **NEW ILLINOIS SWIMMING REGIONAL QUALIFYING TIMES**; MICHAEL BARROWCLIFT, NATHAN BAWOLEK, NATE BAXTER, TJ BINDSEIL, NICK BORYK, CASSIE BOYLE, SOPHIE BUSESKEI, JOE CHOKRAN, RYAN FALK, KYLE GANNON, ASHLEY GLADIS, SPENCE GRAY, IZZI HERB, HEATHER HOUSE, STEPHEN HUTCHINSON, EMILY JANIZ, EMILY LEHMAN, JAMES LICARI, LAURA LICARI, AMY PEARSON, JOHN QUINN, CHRIS STANEK, JOHNNY TARPEY, ANNE TAVIERNE, MARIA TAVIERNE, JOSTIN TRINIDAD,



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

2. 2010 SCST FALL CLASSIC (continued)

JILLIAN WASLAWSKI, BRAD WHITEHURST, MAGGIE WHITEHURST, FRANCIS YIP and HANNAH ZIMMER.

Swimmers who achieved **NEW ILLINOIS SWIMMING AGE GROUP CHAMP QUALIFYING TIMES**: NICK BORYK, RYAN FALK, STEPHEN HUTCHINSON, SYDNEY JESKO, KYLE LEWARCHICK, LINDA LICARI, MITCHELL MILOSCH and JOHNNY TARPEY.

Swimmers who achieved **NEW ILLINOIS SWIMMING SENIOR CHAMP QUALIFYING TIMES**: JOE CHOKRAN, CHRIS DIETER and WILL SHANEL.

If you have not signed up for meets for the rest of the season, do it soon. We want to see SCST Swimmers at the end of the Season Swimming Fast!

3. SCST & THE 2010 ST CHARLES ELECTRIC CHRISTMAS PARADE

The St. Charles Swim Team will again be participating in the St. Charles Electric Christmas Parade. The Parade will be Saturday, November 27th at 5:30pm downtown St. Charles. We want SCST Swimmers to ride the float during the parade. Next week more details about participating in this event.

If you would like help contact Stephanie Bawolek at djbsab91@sbcglobal.net.

We are in need of some additional lights for the float, if you have strands of Blue, White or Orange / Blue and White rope lighting and would like to donate them please contact Stephanie.

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

SCST 9-10 Swimmers and Parents please contact Felicity Cantrell by Thursday, November 11th if your swimmer is planning on attending the bowling party. The Bowling Alley needs a lane count for Saturday. All fees should be paid prior to Bowling.

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. MINNEAPOLIS GRAND PRIX

The new 2010-2011 USA Swimming Grand Prix series kicks off in Minneapolis, Minnesota, November 12-14th. Get ready for another year of surprises, close races, super-star swimmers, and ultimate battles for Grand Prix supremacy, where swimmers compete throughout the year to earn a grand prize of \$20,000.

Representing SCST this weekend will be; LAURA LICARI, MEAGAN POPP and CHRIS DIETER

This year, North Baltimore swimmers – including [Michael Phelps](#) and [Elizabeth Pelton](#) -- will highlight the cast slated for the Minnesota Grand Prix. This will be the first “big meet” since the break after the [Pan Pacific Championships](#) last August, and swimmers like Phelps will test themselves and where they are at in this pivotal “year-before-the-Olympics.” The Minnesota Grand Prix will serve as a gauge for most swimmers before they hit hardcore training during the holidays.

There will be a lot of great races in Minneapolis this weekend so check out how our SCST swimmers are doing along with many of the best swimmers in the USA!

HOTEL INFORMATION SCST TRAVEL MEETS

Western Great Lakes Open
(Nov. 19, 20 & 21, 2010)

[Courtyard Marriott](#)

5200 West Brown Dee 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*

