



# St Charles Swim Team H2O Log

2011-2012 Short Course, Issue 8

11/14/2011

### Practice Changes and Cancellations

#### National Team

Practice Cancelled, Friday 11/18 @ SCE

#### White Team

Practice Cancelled, Friday 11/18 @ SCE

#### Gold Team

Practice Cancelled, Friday 11/18 @ SCE

#### All Teams

Practice Cancelled, Saturday 11/19

#### All Teams

Practice Cancelled Sunday, 11/20

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## SCST SENIOR GIRLS QUALIFY FOR IHSA STATE MEET



SCST had senior girls swimmers qualify for the IHSA state meet. The State Meet is being held this Friday (prelims) & Saturday (finals) at New Trier H.S. The team would like to congratulate the girls and wish them and their teams some good luck this weekend.

Here is a look at the individual qualifiers:

### SCE H.S.

Izzie Bindseil—200 Free

Ashley Shanel—200 Free, 500 Free & 200 FR

Emma Smith—200 MR, 200 IM, 500 Free & 400 FR

Mary Snyder—200 MR, 200 FR, 100 Free & 400 FR

Kimmie Scott—200 IM

Stephanie Garvin—200 MR, 200 FR & 400 FR

Nicole Chapko—200 MR, 200 FR & 400 FR

### SCN H.S.

Meagan Popp—200 MR, 200 IM, 200 FR & 100 Breast

Lauren Zima—200 MR, 100 Fly, 500 Free & 400 FR

Lauren Reynolds—200 MR, 200 FR, 100 Back & 400 FR

Allie Smith—200 MR, 200 FR

Emily Ponte—200 FR

Chloe Tykal—400 FR

Hannah Zimmer—400 FR

### Rosary H.S.

Erin Hart—50 free

Sarah Sykstus—200 IM & 100 FLY

Congratulations to all the girls who competed at sectionals! Keep up with the fast swimming this weekend in the State Meet!

**You can check up on how they are swimming this weekend here.**

**Results:**

[Prelims](#) [Finals](#)

**PARENTS! During pick up at SCE please do not park or block the Handicapped Parking spaces. We need to allow access to the facility. Cars should not be left running un-occupied.**

**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 COMPETING AT TWO MEETS THIS WEEKEND****WEST CHICAGO FALL SPLASH**

SCST will be competing at the West Chicago Fall Splash this weekend 11/18-11/20.

This meet will have assigned warm-ups. These are the lanes and times for SCST. Please still come 15 minutes prior to the start of warm ups.

**Friday**

5:15-5:55pm Lanes 3 & 4

**Saturday/Sunday AM**

6:55-7:15am Lanes 4,5 & 6

**Saturday/Sunday PM**

12:20-12:40pm Lanes 3 & 4

12:40-1:00pm Lane 3

We will need volunteer timers for the following sessions:

FRI PM—3 Timers Needed

Sat/Sun AM—2 Timers Needed

Sat/Sun PM—3 Timers Needed

For the most up to date information on the West Chicago Fall Splash follow link provided (<http://www.wcsharks.org/EventShow.jsp?id=146932&team=ilwcs>)

**WESTERN GREAT LAKES OPEN**

This weekend SCST will be competing at the WGLO. To accommodate the large number of swimmers and provide the best possible warm-up for all participants, they will be starting warm-up 15 minutes earlier in each of the preliminary sessions.

**Friday:** First Warm-up:2:15-2:40 PM  
 Second warm-up: 2:40-3:05 PM Third warm-up: 3:05-3:30 PM General Warm-up, Sprint and Pace: 3:30-3:40 PM

Meet starts: 3:45 PM

**Saturday:** First Warm-up:7:15-7:40 AM  
 Second warm-up: 7:40-8:05 AM Third warm-up: 8:05-8:30 AM General Warm-up, Sprint and Pace: 8:30-8:40 AM

Meet Starts: 8:45 AM

**Sunday:** First Warm-up:7:15-7:40 AM  
 Second warm-up: 7:40-8:05 AM Third warm-up: 8:05-8:30 AM General Warm-up, Sprint and Pace: 8:30-8:40 AM

Meet Starts: 8:45 AM

For the most up to date information on the Western Great Lakes Open follow link provided ([http://www.lakecountryswimming.com/TabGeneric.jsp?tabid\\_=6800&team=wslcst](http://www.lakecountryswimming.com/TabGeneric.jsp?tabid_=6800&team=wslcst))

**Team Goals for Both Meets this Weekend**

- Swimmers will arrive 15 minutes prior to start of warm-up
- We will sit as a TEAM and have awesome team SPIRIT!
- We will have NO missed swims.
- We will have less than 3% total DQ's
- We will clean up our Team area after each session.
- We will look like a Team! **Friday** - Favorite SC Shirt, **Saturday** - New 2011-2012 SC Team Shirt and **Sunday** - St Charles Swim Team Blue Raised Lettering T-Shirt.

## **Fishers Aquatic Swim Team Martin Luther King Classic Info**

SCST will be attending the Martin Luther King Classic Prelim/Final Meet in Fishers Indiana January 13-15. This will be a team travel meet. 11 and over athletes are invited to take the team bus. Please note: All swimmers are invited to participate in the meet.

The coaches will be chaperoning the trip on the bus. Please take advantage of this opportunity. The cost of the bus trip, hotel and food is \$170. Here is the sign up sheet. You can view the form [here](#).



**The Christmas Parade will be November 26th at 5:30pm. All ages are invited to ride on the float. Information on the location and other details will be available later in the week.**

**We are looking for donations of clear/white or blue light ropes. Donations need to be completed by the end of next week.**

**Any questions can be directed to Stephanie Bawolek ([djbsab91@sbcglobal.net](mailto:djbsab91@sbcglobal.net)).**

## **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**



**DOWNLOAD APP FOR I-PHONE [HERE](#).**

**DOWNLOAD APP FOR ANDROID [HERE](#).**

- **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  
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.

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  
St. Charles Swim Team



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