

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

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.

THANKSGIVING PRACTICE SCHEDULE
NOVEMBER 22nd thru NOVEMBER 28th
SENIORS SWIMMERS

11/22 Monday	6:00-8:00 AM @ NHS
	2:00-4:00 PM @ NHS
11/23 Tuesday	9:00 AM-12:00 PM @ SEHS
11/24 Wednesday	9:00 AM-12:00 PM @ SEHS
11/26 Friday	12:00 PM-3:00 PM @ NHS
11/28 Sunday	10:00 AM-12:30 PM @ NHS

11 to 14 SWIMMERS

11/22 Monday	9:00-11:00 AM @ SEHS
11/23 Tuesday	11:00 AM-1:00 PM @ NHS
11/24 Wednesday	4:30-6:30 PM @ NHS
11/26 Friday	4:30-6:30 PM @ NHS
11/27 Saturday	12:30-2:00 PM @ NHS

9 to 10 SWIMMERS

11/22 Monday	4:00-5:30 PM @ NHS
11/23 Tuesday	5:00-6:30 PM @ NHS
11/24 Wednesday	3:00-4:30 PM @ NHS
11/26 Friday	3:00-4:30 PM @ NHS
11/27 Sunday	12:30-2:00 PM @ NHS

8 & UNDER SWIMMERS

11/22 Monday	11:00 AM-12:00PM @ SEHS
11/23 Tuesday	2:00-3:00 PM @ NHS
11/26 Friday	3:00-4:00 PM @ NHS
11/27 Saturday	2:00-3:00 PM @ NHS

PRE-TEAM & JUNIOR SWIM TEAM

11/27 Saturday	2:00-3:00 PM @ NHS
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NO PRACTICE SUNDAY, NOVEMBER 5th for the 9 & 10 SWIMMERS due to the 8 & Under Classic.

PRACTICE CHANGE SUNDAY, NOVEMBER 5th for the SENIOR SWIMMERS due to the 8 & Under Classic, practice will be 6:00-8:00 AM

2. MINNEAPOLIS GRAND PRIX

The first stop of the 2010-2011 USA Swimming Grand Prix Series came to a completion this weekend with **MISSY FRANKLIN** from Centennial, CO and **RYAN LOCHTE** from Daytona Beach, FL earning meet high point awards.

The experience gained by SCST Swimmers like **LAURA LICARI**, **MEAGAN POPP** and **CHRIS DIETER** is important for our athletes success at National Level of Competitions. **MEAGAN POPP** on Saturday earned the opportunity to swim in finals by qualifying 22nd with a time of 2:25.19. In finals **MEAGAN** finished 19th with a time of 2:23.59.

December 9 thru 11, the St. Charles Swim Team looks forward

2010-2011

Short Course Meet Schedule
Follow Meet Link to Meet Information

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 Lenox, 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, 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)



2. [MINNEAPOLIS GRAND PRIX](#) (continued)

to competing at the [2010 Short Course Junior National Championships](#) being held in Atlanta, GA.

3. [WEST CHICAGO SHARKS 2010 FALL FLING](#), November 19, 20 & 21, 2010



This is a Great Meet! The West Chicago Sharks always host a great meet and we always swim well at this meet! Being neighbors with West Chicago, SCST needs to make sure we do our part in helping with the success of the meet. We always help with officiating and supplying timers, let's make sure we continue being good neighbors!

The meet will be hosted at West Chicago High School ([326 Joliet Street, West Chicago, Illinois](#)).

Meet Schedule

Friday Session 1:

(10 & Under/11-12/13-14/15 & Over)

Warm-Ups 5:00pm (be at pool before 4:45pm)
Start 6:00pm
Positive Check-In Closes at 5:20pm

Saturday and Sunday, Sessions 2 & 5:

(10 & Under/11-12)

Warm-Ups 7:00am (be at pool before 6:45am)
Start 8:00am
Positive Check-In Closes at 7:20am

Saturday and Sunday, Sessions 3 & 6:

(8 & Under/13-14/15 & Over)

Warm-Ups Immediately following Session 2 & 5, not before Noon
Start Not before 1:00pm
Positive Check-In Closes at 12:20pm

Saturday and Sunday, Sessions 4 & 7:

(13-14/15 & Over)

Warm-Ups Immediately following Session 3 & 6
Start Not before 4:00pm
Positive Check-In Closes at 2:20pm

1000 Swimmers must provide their own timers and counters; this is the responsibility of the swimmer to find. If they can not first find times and counter they then need to speak to the coaches at the meet, but only after they have looked for timers and counter.

On the [St. Charles Swim Team Website](#), you will find your swimmers meet entries on [Team Stats Online](#). Follow the links provide to help you find your swimmers events.

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, Columbia, 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 Chicago,
Chicago, IL

March, 11 thru 13, 2011

[ISI AGE GROUP CHAMPIONSHIPS](#)
(Qualifier) @ University of Illinois
Chicago, Chicago, IL

March, 15 thru 20, 2011

[NCSA JUNIOR NATIONALS](#)
(Qualifier) @ Orlando, FL

4. LAKE COUNTRY PHOENIX SWIM TEAM 2010 WESTERN GREAT LAKES OPEN, November 19, 20 & 21, 2010

This is our 3rd trip up to the Western Great Lakes Open, not only does it give us the opportunity to see some competition from up North, it is also a different format for SCST.

The meet will be hosted at the Walter Schroeder Aquatic Center ([9250 North Green Bay Road, Brown Deer, Wisconsin, 53209](#)).

Meet Schedule

Friday Session 1 (Prelims)

Warm-Ups 2:30pm
Start 3:45pm

Saturday Session 2 (Prelims)

Warm-Ups 7:30am
Start 8:45am

Saturday Session 3 (Friday Finals)

Warm-Ups Not before 4:00pm
Start Not before 5:05pm

Sunday Session 4 (Saturday Finals)

Warm-Ups 9:00am
Start 10:00am



4. 2010 WESTERN GREAT LAKES OPEN, Nov. 19, 20 & 21, 2010 (continued)

Meet Format

The Western Great Lakes Open is a different format for a meet; please familiarize yourself with the format. Check out the [meet information](#) on our [Website](#).

The meet will be a combination of prelim/final and timed final events.

- Relays are pre-seeded and run to completion in prelims.
- All individual events, with the exception of the 13-14 and Senior 400 yard IM and 500 yard free events, are preseeded.
- The 13-14 and Senior 400 yard IM and 500 yard free events are positive check-in with the top heat after check-in competing in finals.
- Championship Finals (top 8) for the Senior 50 yard events will be conducted in an Australian Skins format with 5 elimination rounds to determine a champion. The elimination rounds will be run about 1 minute apart with the last two finishing swimmers eliminated from the first two rounds and the last finishing swimmer eliminated from each of the final three rounds.
- Scheduled breaks are shown in the event listing. Additional breaks may be added at the discretion of the meet director.

Finals

- Top 16 swimmers qualify for finals in all prelim/final events. In timed final check-in events the top heat after positive check-in will compete in finals.

Timed Finals

- The following individual events will be conducted as timed final events: 10-Under and 11-12 200 yard IM and 200 yard free; 13-14 and Senior 400 yard IM and 500 yard freestyle. The 13-14 and Senior 400 yard IM and the 13-14, and Senior 500 yard freestyle events require positive check-in 30 minutes prior to the start of the session in which the race will be conducted. The 13-14 and Senior 400 yard IM and 500 yard freestyle, alternating women and men, and may be limited to the top 24 competitors.

Live Results

Lake Country Swim Team has provided a link to the [Final Results](#).

5. ST. CHARLES SWIM TEAM, SENIOR GIRLS TIME TRIAL, Sunday, November 21st, 2010

Any Senior Girl Swimmers (Swimmers that are registered with SCST) that are interested in competing in the Fifth Annual Time Trial on Sunday, November 21st? Please contact [Coach Lewarchick](#) for an entry form. Entries are due by Wednesday, November 17th, 2010.

The Meet will be held at St. Charles North High School.

Meet Schedule

Warm-Up	11:00am
Start	Noon

6. SCST TOP 10, TEAM GOALS for ALL COMPETITIONS THIS WEEKEND!

Now that SCST is on our 3rd meet weekend of the Short Course Season it is time that our swimmers go to meets with competition Goals. Not only Individual but also Team Goals. Here are a the Goals that SCST (Swimmers, Coaches and Parents) need to focus on.

1. **SCST Be Early to Warm-Ups**, a good warm-up is vital to a swimmers success at a meet!
2. **SCST will have less than 1% missed swims**, Swimmers it is your job to be where you need to be. Be early and be prepared!
3. **SCST will have less than 7% disqualifications**, Swimmers do things right and you will have a better chance at being successful.
4. **SCST Swimmers will RACE EVERY EVENT, START to FINISH!**
5. **SCST Swimmers will display Team Spirit, GO SCST!**
6. **Parent Volunteering**, SCST are guest at away meets. It is difficult for SCST to host competitions; it is even harder for smaller clubs. Help time and officiate when we go away this weekend. Do not have the host club call for St. Charles Swim Team to supply timers.
8. **SCST Swimmers and Parents will have a uniform appearance**. For both competitions; **Friday** – Favorite SC Shirt, **Saturday** – New 2010-2011 Season Black T-Shirt and **Sunday** – St. Charles Swim Team Blue Raised Lettering Shirt.
9. **SCST HAVE FUN & SWIM FAST, they go together!**
10. **SCST Swimmers at the end of each session YOU will pick up your Team Area before leaving**. It is not the Volunteers of the Host Team or your Parents to pick up after you.

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*



7. CONGRATULATIONS SCST SENIOR GIRL SWIMMERS WHO WILL ARE ADVANCING TO THE IHSA STATE FINALS

Congratulations to all the St. Charles Swimmers that will be moving on to the IHSA Girls High School State Meet this weekend in Evanston, IL at Evanston High School.

St. Charles Swimmers moving on to the IHSA State Meet in individual events are; **NICOLE CHAPKO** (200 IM & 100 BREAST), **JEN CLAY** (200 Free & 500 FREE), **KENDALL FORD** (500 FREE), **STEPHANIE GARVIN** (100 FREE), **LAUREN REYNOLDS** (100 BACK), **ASHLEY SHANEL** (500 FREE), **ALLIE SMITH** (50 FREE), **EMMA SMITH** (200 IM & 500 FREE), **SARAH SYKSTUS** (200 IM & 100 FLY) and **LAUREN ZIMA** (100 FLY& 500 FREE).

St. Charles East and North both qualified all three relays; **200 Medley**, **200 Free** and **400 Free Relays** for this weekends meet.

Congratulations to Everyone who competed at the 2010 IHSA Girls Sectional Meets and Good Luck to Everyone advancing to the State Meet!

For all the details on the 2010 IHSA Girls State Swimming & Diving Championship Meet click on the IHSA logo.



8. 2010 8 & UNDER CLASSIC LOGO DESIGN CONTEST!

For the 2010 SCST / TYR 8 & Under Classic we are having a CONTEST!

This year's theme is "Hawaiian" and we want your Best "Hawaiian" design for the 8 & Under Meet!

This logo will be the cover of Meet Psych Sheet and T-Shirts.

Please submit your designs by November 25th to the Filipovic Family folder. The winner will receive a free T-Shirt with their design on it. Have fun and be creative!

9. 9 & 10 YEAR OLD SWIMMERS WENT BOWLING! AND IT WAS AWESOME!

Thank you to Felicity Cantrell for organizing such a Great Time! There was about 40 swimmers who attended.

Congratulations to Prize Winners-**EMILY LEHMAN** (Name Drawn by Coach Mary), **FRANCESCA CARRETTA** (Team Spirit), **ARIANNA SUMMA** (Lowest Score), **KEEGAN HAWKINS** (Highest Score) and **PAYTON MITCHELL** (Most Strikes).

Look for pictures in next weeks Waterlog.

10. 2010 ST. CHARLES ELECTRIC CHRISTMAS PARADE

All Age Group and Senior Swimmers you are invited to ride in the St. Charles Electric Christmas Parade on the St. Charles Swim Team Float.

The date November 27th, 2010. Please arrive at 4:45pm, parade stars promptly at 5:30pm.

Drop off Location, Illinois Street and 4th Avenue (we are float #55). Pick up Location, Main Street and 4th Avenue.

Details -

- * Sign Up for the parade will be located on the bulletin board at St. Charles North High School Pool.
- * Swimmers should meet at the float drop off location at 4:45pm
- * Swimmers will be released at the pick-up location at the end of the parade route.
- * Please wear St. Charles Swim Apparel or Colors. Dress appropriately for the weather.
- * No walkers are allowed (parade rules)



Very Important! SCST is in need of Blue Lights! Any Blue Lights, strands or rope! If you have any please contact Stephanie Bawolek at djsab91@sbcglobal.net.

11. APPAREL INFORMATION

The New Team Suits, Blue "Abercrombie" style T-Shirts and Sweatshirts are in!

The New Team Suits are in for swimmers to try on and exchange. The dates to get your apparel are Tuesday, November 16th and Wednesday, November 17th from 6:00 to 8:00pm at St. Charles North High School.

Additional T-Shirts (\$12.00) are available to purchase along with SCST Latex Caps (\$5.00)

Thank you to Everyone for your patience in this matter!