



# St Charles Swim Team H2O Log

2011-2012 Short Course, Issue 9

11/28/2011

## Practice Changes & Cancellations

**GOLD TEAM**—Practice Change, 12/04/11, Practice will be at St. Charles North High School 6:00-7:30am.

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## SCST GOALS

for

## WEST CHICAGO & WESTERN GREAT LAKES

The St. Charles Swim Team had a successful weekend at both the West Chicago Fall Fling and the Western Great Lakes Open. At both competitions SCST finished one place higher than we did in 2010. This year at West Chicago SCST finished 3rd with 6,274.50 points and at Western Great Lakes SCST finished 4th with 1,831 points. Nice job SCST!

SCST Goals over the weekend

- Swimmers will arrive 15 minutes prior to start of warm-up; the Coaching Staff at both meets said our swimmers did a good job.
- We will sit as a TEAM; we did well, even though we might have been spread out.
- We will have awesome team SPIRIT; this can always be better.
- We will have NO missed swims; SCST had a total of 24 missed swims, this is not good. This is not why we attend meets. This has to be better!
- We will have less than 3% total DQ's; for the weekend SCST had 54 DQ's out of 990 total swims which comes to 5%, this is better than last year but we wanted to be lower than 3%. Move forward and be better.
- We will clean up our Team area after each session; Good Job Swimmers.

SCST next meet is the 8 & Under Classic, it will be tough but we need to be better. Then it is Short Course Nationals, Short Course Junior Nationals and then Wheaton. All of these meets SCST needs to be better if we want to be our best at the end of the season.

## WEST CHICAGO FALL FLING

SCST came away from the meet this weekend with 337 improved swims outstanding job a big improvement from last year.

The Swimmer that came away with the biggest time drop was **AMANDA KURAL** who dropped a total of 28.90 seconds in her 200 IM, nice drop **AMANDA!**

SCST Swimmers that achieved a Lifetime Best in every event they swum were; **NICO ANDROS, KAITLYN ARRAMBI-DE, PAYTON BAXTER, CHELSEA BRANDT, DOMINIQUE CARRAVETTA, BRIANNA CICHON, MEAGAN CUMMINS, RYAN CZARNECKI, SARAH GIBSON, MATT HINDS, PAYTON**

## WESTERN GREAT LAKES OPEN

SCST had 181 improved swims out of 307 total swims an improvement from last year. Out of those 181 improved swims came 6 New Team Records along with some New Time Standards achieved.

The New SCST Records achieved over the weekend in Wisconsin were; **LINDA LICARI** set a New Team Record in the 10 & Under Girls 200 Free with a time of 2:13.55 breaking her record of 2:14.21 she set earlier this season, **LINDA** also set a New Team Record in the 10 & Under Girls 50 Back with a time of 30.47 breaking the record she set earlier this

## 2011 IHSA GIRLS STATE MEET



Congratulations SCST Senior Girls who competed at the 2011 State Championships; **IZZIE BINDSEIL, NICOLE CHAPKO, STEPHANIE GARVIN, ERIN HART, EMILY PONTE, MEAGAN POPP, LAUREN REYNOLDS, KIMMIE SCOTT, ASHLEY SHANEL, EMMA SMITH, MARY SNYDER, SARAH SYKSTUS, LAUREN ZIMA** and **HANNAH ZMMER**.

Congratulations to **EMMA SMITH** the 2011 IHSA State Champion in the 200 IM, Nice Race!

Congratulations to St. Charles East who finished 13th with 28 points and St. Charles North who finished 15th with 21 points.

SCST is looking forward to a Great Championship Season!

## 2011 SCST / TYR 8 & UNDER CLASSIC

This is the meet of all meets this Sunday, December 4th, the 2011 SCST/TYR 8 & Under Classic. The meet will be held at St. Charles North High School, 255 Red Gate Road, St Charles, IL

### Meet Schedule

Warm-Ups 8:00am

Meet Start 9:00am

### 2011 8 & Under Classic Theme, "OLYMPIC!"

There is a contest on the Best "Olympic" logo design for the 8 & Under Meet (8 & Under Swimmers Only).

Your Logo only needs 4 things

- 8 & Under Olympic Classic
- Hosted by SCST Swim Team
- December 4th, 2011
- And your Imagination!

Please submit your designs by November 30th to the Filipovic Family folder. All of the submitted designs will be used as Heat Winner Tags.

### Volunteers

Remember, we cannot run this meet without you! If you have signed up to volunteer, remember to check SuperMeets to verify your position. If you are unable to work, please find a replacement and contact us. At this time there are 2 Bullpen available positions. If you didn't have a chance to sign up now!

Contact Sue Watts with any SuperMeets volunteering questions at [purcellwatts@gmail.com](mailto:purcellwatts@gmail.com). Please only use your swimmer's last name in SuperMeets and when signing in at meets, otherwise you may not get proper credit for sessions worked.

### Important SCST 8 & Under Swimmer Information

*Wednesday, November 30th* please come to practice 15 minutes early to color Olympic theme coloring pages to put up at the pool this Sunday.

*Friday, December 2nd* please join the whole **ORANGE TEAM** for a Psych Up Dinner. We want our 8 & Unders excited about the upcoming 8 & Under Classic "Olympic" Themed meet. Pizza, chips, dessert and drinks will be served after practice. The cost is \$5.00 per swimmer. RSVP to Laura Jania at [ljjaniania@sbcglobal.net](mailto:ljjaniania@sbcglobal.net) or call/text 630-772-9827. Money needs to be placed in the Jania Family mailbox or given to Team Moms (Laura Jania, Felicity Cantrell, Stephanie Stavropoulos or Margaret Zibble at practice this week.

### Senior & Gold Teams Swimmers

SCST needs your help with the meet this Sunday, if you are interested in helping contact your coach to notify them. We need you at the meet by 7:30am.



## EMMA SMITH ATTENDING WINTER NATIONAL CHAMPIONSHIPS

SCST Senior Swimmer Emma Smith will be attending USA Swimming Winter Nationals (December 1 thru 3) in Atlanta, Ga. At the Georgia Tech Aquatic Center.



Emma will be swimming the 200 IM and 400 IM.

For more information about the meet follow the [link](#) provided.

To see how Emma does follow this [link](#) to live results.

## 2011 ELECTRIC CHRISTMAS PARADE

Thank you to Stephanie Bawolek and Gina Tarpey for all their help with this years float, it rocked!

Even with the weather there was an outstanding amount of people that included many SCST Families at the parade. Coach Joe and I saw many of you. You were the loudest!

If you want to help with the float next let us know we already have many new ideas for next year!

## ABERCROMBIE T-SHIRT AND SWEATSHIRT INFORMATION

SCST Parents and Swimmers,

We will be taking a second order for the popular "Abercrombie" T-shirts and sweatshirts. If you have already placed your order with the fall apparel order, you do not need to reorder.

We have changed vendors for this shirt due to the poor service we received last season. In saying that, the shirts and sweatshirts have a slightly different appearance. They are on a blue shirt and it still says Saint Charles Swim Team on the front. The t-shirts and sweatshirts are still very nice looking and will represent our team proudly.

The order form is on the front page of the SCST Website and the orders are due no later than Monday, December 5th

Thank-you for supporting the SCST!

## GOLD TEAM HOLIDAY PARTY

Sunday, December 4th, 3:00-5:00pm at the St. Charles Bowl (West Main Street, St. Charles, IL)

Cost is \$12.50 per person

Festivities will include 2 games of bowling and shoes, followed by pizza and sodas. Bonus of lots of fun socializing.

There will also be a grab bag gift exchange. See flyer for more information about the gift exchange. Flyer will be emailed to Gold Team Swimmers.

RSVP by Thursday, Dec. 1st

to Julee Cranfill [jkcranfill@sbcglobal.net](mailto:jkcranfill@sbcglobal.net)



## SCST SWIMMER OF THE MONTH

Back by popular demand is the SCST Swimmer of the Month the coaching staff will award a swimmer from each training group who they believe have exhibited the best qualities that we are looking for in SCST Swimmers, each month.

For the month of October here our Swimmers of the Month

**ORANGE TEAM - ISABELLE FLASCH**

**BLUE TEAM - LINDA LICARI**

**WHITE TEAM - GIANNA SHAW**

**GOLD TEAM - LUCY JOHNSON**

**SENIOR TEAM - SHAUN SEUSCHECK**

Swimmers will be receiving a T-Shirt and Cap recognizing their accomplishments. Keep an eye open for November's Swimmer of the Month.

**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

**WEST CHICAGO FALL FLING**

**MATEJKO, JACK McNULTY, NATE MILOSCH, JENNI ORZOLEK, DIVYA PATEL, MARY KATE PHILLIPS and GIANNA SHAW.**

SCST Swimmers achieving **NEW USA Swimming Time Standards**; "B" Times -

**CHRIS ALGRIM, NICO ANDROS, JOSHUA BANKS, NATHAN BAWOLEK, KIRBY BIRDSONG, CHELSEA BRANDT, ELLIE BRAULT, TOMMY CUMMINS, SARAH GIBSON, MEGAN KOCH, PAYTON MATEJKO, SAYRE MILO, NICK MILOSCH, DIVYA PATEL, NILAN PATEL, LESLIE POZEZINSKI, GRACE QUINN, GIANNA SHAW, NICK TRAXLER, OLIVIA TRAXLER and CHARLIE YOUNG.**

"BB" Times - **ALI ANDROS, DOMINIQUE CARRAVETTA, RYAN CZARNECKI, KYLE DUNLAP, SARAH GIBSON, HARRISON HOLLMAN, AMANDA KURAL, KENZIE KUZMANIC, KEVIN LEAVY, SYDNEY MAXWELL, JACK McNULTY, SAYRE MILO, NATE MILOSCH, HAILEY NORRIS, JENNI ORZOLEK, REBECCA PALMQUIST, KALLIE PELTIER and NICK TRAXLER.**

"A" Times - **ALI ANDROS, BRIANNA CICHON, RYAN CZARNECKI, EMILY DeVITA, AUSTIN LAMP, JACK McNULTY, DEVIN NEISES, GABBI POMPILIO and HANNAH POZEZINSKI.**

"AA" Times - **BRIANNA CICHON, DEVIN NEISES, AMY PEARSON and HANNAH POZEZINSKI.**

"AAA" Times - **NATE BAXTER and HANNAH POZEZINSKI.**

SCST Swimmers achieving **NEW ISI Time Standards**; **Regional Championship** Times - **ALI ANDROS, DOMINIQUE CARRAVETTA, BRIANNA CICHON, MEAGAN CUMMINS,**



**WESTERN GREAT LAKES**

Season with a time of 31.36. **LINDA** continued to set New Standards for SCST in the 10 & Under Girls 100 Back with a time of 1:07.83 breaking the record set by Linda early this season with a time of 1:08.38. **AUDREY GUYETT** broke one of the oldest SCST records, the 11-12 Girls 100 Back, with a time of 1:01.22. **AUDREY** broke the record of 1:03.17 set in 1977 by Renee Gregg.

SCST set two New 11-12 Girl Relay Records; the first was the 200 Free Relay where the relay of **AUDREY GUYETT, SYDNEY JESKO, ANNA O'MALLEY and KRISTEN CZARNECKI** swam a 1:44.80 breaking the old record of 1:46.66 set in 2003 by Kara Savegnago, Caitlin Dauw, Kelsey Zaccagnini and Angie Chokran. The 200 Medley Relay of **SYDNEY JESKO, KRISTEN CZARNECKI, ANNA O'MALLEY and AUDREY GUYETT** swam a 1:55.71 breaking the old record of 1:58.23 set in 2002 by Kara Savegnago, Elisabeth Tavierne, Caitlin Dauw and Kelsey Zaccagnini.

The Swimmer that came away with the biggest time drop was **DAVID CHOKRAN** who dropped a total of 24.30 in his 200 Breast. Nice swim **DAVID!** SCST Swimmers that achieved a Lifetime Best in every event they swum were; **DAVID CHOKRAN, KRISTEN CZARNECKI, TAYLOR FALK, AUDREY GUYETT, RYAN HAMILTON, SYDNEY JESKO, JAMES LICARI, LINDA LICARI and ANNA O'MALLEY.**

SCST Swimmers achieving **NEW USA Swimming Time Standards**; "B" Times - **JAMES LICARI and MAGGIE WHITEHURST.**

"BB" Times - **ALLISON WESSEL**

"A" Times - **AUSTIN CABEL, MARY JANIA, KAYLA JONES and KAYLEIGH LEWIS.**



## WEST CHICAGO FALL FLING continued from page 4



**RYAN CZARNECKI, KYLE DUNLAP, HARRISON HOLLMAN, AMANDA KURAL, AUSTIN LAMP, KEVIN LEAVY and JACK McNULTY.**

**Age Group Championships Times - ZACH ECKSTROM and HANNAH POZEZINSKI.**

SCST Swimmers that won events at West Chicago were; **CARLY BARTON, CHELSEA BRANDT, FRANCESCA CARRAVETTA, KYLE CHAPKO, TOMMY CUMMINS, RYAN CZARNECKI, EMILY De VITA, ZACH ECKSTROM, KEEGAN HAWKINS, MATTHEW HINDS, MEGAN KOCH, ETHAN KOS-DONDLINGER, AMANDA KURAL, BRANDON LACH, SYDNEY MAXWELL, JACK McNULTY, NILAN PATEL, HANNAH**

**POZEZINSKI, RILEY ROONEY, ADAM SAID, ANNIKA SCHMIDT, KATIE STEELE, TIM STEELE, THAD THOMPSON, KAYLA WEBER, CALVIN WINDLE and MOLLY YETTER.**

Nick Job SCST, much better than last year!

## WESTERN GREAT LAKES continued from page 4

**"AA" Times - DAVID CHOKRAN, JOE CHOKRAN, SIBA FILIPOVIC, KAYLE GANNON, MONICA GUYETT, ISABEL HERB, HEATHER HOUSE, EMILY JANIA, JOSH KANUTE, KRISTIN KOWALSKI, ANNA O'MALLEY, JOHNNY TARPEY and ANNE TAVIERNE.**

**"AAA" Times - NICK BORYK, DAVID CHOKRAN, TAYLOR FALK, KYLE GANNON, AUDREY GUYETT, SYDNEY JESKO, LUCY JOHNSON, LAURA LICARI, ANNA O'MALLEY and ANNE TAVIERNE.**

**"AAAA" Times - NICK BORYK, KRISTEN CZARNECKI, KYLE GANNON, AUDREY GUYETT and ANNA O'MALLEY.**

SCST Swimmers achieving **NEW ISI Time Standards**; **Regional Championship Times - KATIE CANTRELL, ISABEL HERB, KAYLA JONES and ALLISON WESSEL.**

**Age Group Championships Times - SIBA FILIPOVIC, AUDREY GUYETT, IZZY HERB, LUCY JOHNSON, ANNA O'MALLEY, JOHNNY TARPEY and ANNE TAVIERNE.**

**Senior Championships Times - DAVID CHOKRAN, KRISTEN CZARNECKI, TAYLOR FALK, KYLE GANNON, AUDREY GUYETT, LUCY JOHNSON, LAURA LICARI and LISA LICARI.**

**Speedo Championship Series Meet Times - DAVID CHOKRAN, KRISTEN CZARNECKI, TAYLOR FALK, KYLE GANNON, AUDREY GUYETT, LUCY JOHNSON, JOSH KANUTE, LAURA LICARI and LISA LICARI.**

SCST Swimmers that won events at West Chicago were; **NICK BORYK, KRISTEN CZARNECKI, AUDREY GUYETT, LINDA LICARI and ETHAN SELLERS.**

SCST Swimmers that finished in the Top Five of High Point were; **LINDA LICARI (10 & Under Girls, 3rd), KRISTEN CZARNECKI (11-12 Girls, 1st), AUDREY GUYETT (11-12 Girls, 4th) and NICK BORYK (11-12 Boys, 4th).**

Another nice meet by SCST!



## Fishers Aquatic Swim Team Martin Luther King Classic Info

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



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

## Western Great Lakes Open

(Qualifier)  
11/18 thru 11/20, 2011  
Schroeder YMCA  
Brown Deer, WI  
Results can be found [here](#).

## 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  
*Entries are now closed!*

## 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 12/9, 2011

## 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

**BE ONE OF  
THE GOOD  
GUYS!**

**Become a USA Swimming Official**

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!**

**PARENTS! During pick up at NRC 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.**

**DECK-  
PASS**

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

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

**PARENTS! During pick up at SCN High School please do not prop open door number 1. If you need to enter the facility please push the access button located to the left of the door. This procedure is to help with safety. If no one answers please be patient someone will be there soon.**

**USA Swimming  
Featured Story  
Trials and Tribulations:  
Jeff Commings  
Check it out [Here!](#)**

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