

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

PRACTICE CHANGE, The St. Charles Swim Team has acquired additional practice space. Once the details are worked out we will publish the new schedule. We look forward to the opportunities the new schedule provides for SCST.

NO PRACTICE SUNDAY, DECEMBER 5th for the **9 & 10 SWIMMERS** due to the 8 & Under Classic.

PRACTICE CHANGE SUNDAY, DECEMBER 5th for the **SENIOR SWIMMERS** due to the 8 & Under Classic, practice will be 6:00-8:00 AM at St. Charles North.

2. SCST TOP 10 TEAM GOALS , A GOOD JOB!

From all reports from the SCST Coaching Staff, St. Charles Swimmers did a very good job over the weekend.

Not only were St. Charles Swimmers swimming at the West Chicago Fall Fling, Western Great Lakes Open, SCST Senior Girls Time Trial and the IHSA Girls High School State Meet. SCST was also represented on the collegiate level at many meets over the weekend of November 19th thru 21st.

SCST Top 10 Team Goals over the weekend

1. SCST Be Early to Warm-Ups, this is becoming a good habit for St. Charles Swimmers. There are still swimmers who are late to warm-up. These swimmers are typical rushed in warm-ups and do not settle down till after their 1st or 2nd swim. SCST needs to be at the pool prior to Warm-Ups a minimum of 15 minutes early. Athletes need to be prepared!

2. SCST will have less than 1% missed swims, SCST had 4 missed swims out of 812 swims. That is less than 1%, but we don't want to miss any swims at our next meet.

3. SCST will have less than 7% disqualifications, SCST came in with 6% of our swims as disqualifications. Our Coaches and Swimmers will work hard to bring down this number!

4. SCST Swimmers will RACE EVERY EVENT, START to FINISH! SCST Swimmers need to learn to race every race. This is why you participate in competitions. We need to be a lot better at this. A great place to work on this skill is at practice!

5. SCST Swimmers will display Team Spirit, GO SCST! Every session we want SCST Swimmers to do a Team Cheer. SCST needs to be better at supporting other Team Members.

6. Parent Volunteering, SCST did a good job of volunteering Timers and Officials.

7. SCST Swimmers and Parents will have a uniform appearance, SCST still has swimmers not wearing Team Shirts. While at a meet we want SCST Swimmers wearing SCST Apparel.

8. SCST HAVE FUN & SWIM FAST, they go together! When SCST was going fast we were having fun.

9. SCST Swimmers will clean up after themselves! SCST has to be better at this, it is disappointing to see all the trash on the floor of our Team Area at a meet.

10. Next SCST Top 10 will include 10 items!

SCST next meet is the 8 & Under Classic, looking forward to a Great Time!



2010-2011

Short Course Meet Schedule
Follow Meet Link to Meet Information

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)

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

3. WEST CHICAGO SHARKS 2010 FALL FLING

The St. Charles Swim Team finished 4th at the 2010 West Chicago Fall Fling with a total of 5,428.50 points. Fox Valley Swim Team finished 1st, maverick Swim Club 2nd and West Chicago Sharks 3rd. SCST did a great job of racing at the Fall Fling!



The following swimmers achieved Life Time Best Times in every event this weekend; **ANTHONY BLISS, NIK EBELING, TOM HINDS, STEPHEN HUTCHINSON, NATE MILOSCH, JOHN ORTLUND, JENNI ORZOLEK, HANNAH PEARSON, SOFIE PELTIER, HANNAH POZEZINSKI, GAVIN REGELBRUGGE, KIRSTEN ROGERS, ALEXIA SCOTT and DELANEY SOULE.**

The swimmer who dropped the most time in one event goes to a swimmer who dropped almost 1 minute in her 1000 Free! Congratulations to **BRITTA GESELL** who dropped 59.28 seconds! We look forward to **BRITTA** continuing her success in all her events this season.

Swimmers who achieved **NEW USA SWIMMING NATIONAL "B" TIMES**; **ALI ANDROS, ANTHONY BLISS, HENRY BLISS, NIK EBELING, ZACHARY ECKSTROM, MARY JANIA, NICK KANUTE, MARISSA KURAL, BRITTANY LYNCH, JACK McNULTY, ZEO MEYER, NATE MILOSCH, PAYTON MITCHELL, RYAN MITCHELL, MATTHEW NAGLER, GIA NAVARRO, DEVIN NEISES, JOHN ORTLUND, JENNI ORZOLEK, HANNAH PEARSON, KALLIE PELTIER, JOEY REITER, GIANNA SHAW, KATIE STEELE, JOHNNY TARPEY and THAD THOMPSON.**

Swimmers who achieved **NEW USA SWIMMING NATIONAL "BB" TIMES**; **COLLIN BAWOLEK, NATE BAXTER, KATHERINE BENJAMIN, ANTHONY BLISS, HENRY BLISS, HALEY DAESCHLER, BRITTA GESELL, ALEX KICHKA, MAYA KIRL, KENZIE KUZMANIC, BRANDON LACH, PAYTON MITCHELL, JENNI ORZOLEK, KYLE PASSINI, HANNAH POZEZINSKI, KIRSTEN ROGERS and CHRIS STANEK.**

Swimmers who achieved **NEW USA SWIMMING NATIONAL "A" TIMES**; **NATE BAXTER, KYLE GANNON, IZZI HERB, JUSTIN JACOBSON, AUSTIN LAMP and AMY PEARSON.**

Swimmers who achieved **NEW USA SWIMMING NATIONAL "AA" TIMES**; **STEPHEN HUTCHINSON, MITCHELL MILOSCH, KYLE PASSINI and AMY PEARSON.**

Swimmers who achieved **NEW USA SWIMMING NATIONAL "AAA" TIMES**; **KYLE GANNON and MITCHELL MILOSCH.**

Swimmers who achieved **NEW ILLINOIS SWIMMING REGIONAL QUALIFYING TIMES**; **NATE BAXTER, ALEC CARNELL, KYLE GANNON, BRITTA GESELL, JUSTIN JACOBSON, AUSTIN LAMP, MITCHELL MILOSCH, PAYTON MITCHELL and JOSTIN TRINIDAD.**

Swimmers who achieved **NEW ILLINOIS SWIMMING AGE GROUP CHAMP QUALIFYING TIMES**; **SOPHIE BUSESKE and STEPHEN HUTCHINSON.**

Swimmer who achieved a **NEW ILLINOIS SWIMMING SENIOR CHAMP QUALIFYING TIME**; **KYLE PASSINI.**

Swimmer who achieved a **NEW CENTRAL ZONE SECTIONAL QUALIFYING TIME**; **KYLE PASSINI.**

SCST Swimmers that won an events were; **NATE BAXTER, KYLE CHAPKO, CHRIS DIETER, ALEX DUFFY, BRITTA GESELL, ERIN HART, MEEGAN HART, ISABEL HERB, TOM HINDS, JUSTIN JACOBSON, KAYLA JONES, EMMA KUSZYNSKI, NATHAN KUSZYNSKI, BRANDON LACH, AUSTIN LAMP, EMMA McSPADDEN, MITCHELL MILOSCH, PAYTON MITCHELL, REBECCA MURPHY, MATTHEW NAGLER, JENNI ORZOLEK, KYLE PASSINI, HANNAH PEARSON, KALLIE PELTIER, ROXANNE PRIGGE, GRACE QUINN, GAVIN REGLEBRUGGE, JAD SLIM, DELANEY SOULE, KATE SPENCE, KATIE TOROSIAN and NICK WELLMAN.**

SCST Relays that won were: Senior Boys 200 Free Relay; **AUSTIN MUEHLSCHLEGEL, ALEC CARNELL, KYLE GANNON and KYLE PASSINI.**

St. Charles Swimming did a good job at the 2010 Fall Fling, but to get where we want to be as the Best Team where ever we compete we must continue to improve ALL Levels of the program! GO SCST!

2010-2011

Short Course Meet Schedule
Follow Meet Link to Meet Information

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

HOTEL INFORMATION SCST TRAVEL MEETS

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*

4. LAKE COUNTRY PHOENIX SWIM TEAM 2010 WESTERN GREAT LAKES OPEN

The Western Great Lakes Open is a competitive Meet and SCST next year needs to come up and compete for one of the top three team spots! This year SCST finished 5th. The top 5 teams were; 1st Lake Country Swim Team (2,749.50 pts), 2nd Badger Aquatics Club (2,075.50 pts), 3rd Schroeder YMCA Swim Team (1,492 pts), 4th Peoria Area Water Wizards (1,243.50 pts) and 5th St. Charles Swim Team (1,219 pts).



The following swimmers achieved Life Time Best Times in every event this weekend; **JOE CHOKRAN, TAYLOR FALK and SPENCE GRAY.**

The swimmer who dropped the most time in one event goes to **SIBA FILIPOVIC** who dropped a 19.56 seconds in his 200 Free! Now that **SIBA** is 9 we look forward to him continuing his success in a New Age Group.

Swimmer who achieved a **NEW USA SWIMMING NATIONAL "B" TIME**; **SIBA FILIPOVIC.**

Swimmers who achieved **NEW USA SWIMMING NATIONAL "BB" TIMES**; **NATHAN BAWOLEK, AUSTIN CABEL, SIBA FILIPOVIC, JAMES LICARI, JOHN QUINN and MARIA TAVIERNE.**

Swimmers who achieved **NEW USA SWIMMING NATIONAL "A" TIMES**; **NATHAN BAWOLEK, RYAN FALK, SPENCE GRAY, HEATHER HOUSE, JOHN QUINN, ANNE TAVIERNE, BRAD WHITEHURST, MAGGIE WHITEHURST and FRANCIS YIP.**

Swimmers who achieved **NEW USA SWIMMING NATIONAL "AA" TIMES**; **NICK BORYK, JOE CHOKRAN, RYAN FALK, TAYLOR FALK, SPENCE GRAY, EMILY JANIA, RYAN JOYCE and ALLISON WESSEL.**

Swimmers who achieved **NEW USA SWIMMING NATIONAL "AAA" TIMES**; **TJ BINDSEIL, NICK BORYK, JOE CHOKRAN, RYAN FALK, TAYLOR FALK, SPENCE GRAY, NATHAN JESKO, KYLE LEWARCHICK and LINDA LICARI.**

Swimmers who achieved **NEW USA SWIMMING NATIONAL "AAAA" TIMES**; **NATHAN JESKO and KYLE LEWARCHICK.**

Swimmers who achieved **NEW ILLINOIS SWIMMING REGIONAL QUALIFYING TIMES**; **EMILY LEHMAN, JOHN QUINN, ANNE TAVIERNE, MARIA TAVIERNE and BRAD WHITEHURST.**

Swimmers who achieved **NEW ILLINOIS SWIMMING AGE GROUP CHAMP QUALIFYING TIMES**; **NICK BORYK, RYAN FALK, HEATHER HOUSE, EMILY JANIA, ALLISON WESSEL and BRAD WHITEHURST.**

Swimmers who achieved **NEW ILLINOIS SWIMMING SENIOR CHAMP QUALIFYING TIMES**; **TJ BINDSEIL, JOE CHOKRAN, TAYLOR FALK, SPENCE GRAY and JOSH KANUTE.**

Swimmers who achieved **NEW CENTRAL ZONE SECTIONAL QUALIFYING TIMES**; **TJ BINDSEIL, JOE CHOKRAN, TAYLOR FALK, SPENCE GRAY and NATHAN JESKO.**

SCST Swimmers that won an events were; **NATHAN JESKO and MEAGAN POPP.**

SCST Swimmers that finished in the Top 10 of the High Point Competition were; 10 & Under Girls; **LINDA LICARI** (9th), 10 & Under Boys; **KYLE LEWARCHICK** (3rd), 11-12 Boys; **NICK BORYK** (7th), 13-14 Girls; **MEAGAN POPP** (7th) and 13-14 Boys; **NATHAN JESKO** (7th).

The next competition for our swimmers 9 and Up will be the 2010 Lincoln Way Meet, for all our swimmers that are 9 and Up that competed at the West Chicago and Western Great Lakes Open, we are looking for improvement!

5. ST. CHARLES SWIM TEAM, SENIOR GIRLS TIME TRIAL

For our Senior Girls SCST hosted a Time Trial and for those SCST Swimmers we had some good swims.

The following swimmers achieved Life Time Best Times in every event they swam; **NICOLE CHAPKO, ASHLEY GLADIS, EMMA SMITH, RACHEL STAUDACHER and ALYCE TAUER.**

Swimmer who achieved a **NEW USA SWIMMING NATIONAL "BB" TIME**; **HANNAH SAUNDERS.**

Swimmer who achieved a **NEW USA SWIMMING NATIONAL "A" TIME**; **RACHEL STAUDACHER.**

Swimmer who achieved a **NEW USA SWIMMING NATIONAL "AA" TIME**; **RACHEL STAUDACHER.**

Swimmers who achieved **NEW USA SWIMMING NATIONAL "AAA" TIMES**; **ASHLEY GLADIS and ELLIE HUTCHINSON.**

Swimmers who achieved **NEW USA SWIMMING NATIONAL "AAAA" TIMES**; **NICOLE CHAPKO and EMMA SMITH.**

Swimmer who achieved a **NEW ILLINOIS SWIMMING REGIONAL QUALIFYING TIMES**; **HANNAH SAUNDERS.**

5. ST. CHARLES SWIM TEAM, SENIOR GIRLS TIME TRIAL (continued)

Swimmer who achieved a **NEW ILLINOIS SWIMMING SENIOR CHAMP QUALIFYING TIMES**; **ASHLEY GLADIS**.

Swimmers who achieved **NEW NCSA QUALIFYING TIMES**; **NICOLE CHAPKO** and **EMMA SMITH**.

Swimmer who achieved a **NEW SHORT COURSE JUNIOR NATIONAL QUALIFYING TIME**; **EMMA SMITH**.

There was some fast swimming on Sunday, we look forward to even more fast swimming from the Senior Girls this Short Course Season!

6. CONGRATULATIONS SCST SENIOR GIRL SWIMMERS WHO SWAM AT THE IHSA STATE FINALS

On Friday the 19th and Saturday the 20th St. Charles Swim Team Girls competed at the Illinois High School Association State Swimming and Diving Championships.



Congratulations to St. Charles East who finished 10th and St. Charles North who finished 24th in the Team Competition!

St. Charles Senior Girls who competed at the State Meet were; **NICOLE CHAPKO** (200 IM, 100 BREAST, 200 MED RELAY & 200 FR RELAY), **JEN CLAY** (200 FREE, 500 FREE, 200 FR RELAY & 400 FR RELAY), **KENDALL FORD** (500 FREE), **STEPHANIE GARVIN** (100 FREE, 200 MED RELAY, 200 FR RELAY & 400 FR RELAY), **KIRSTEN HUTCHINSON** (200 MED RELAY & 200 FR RELAY), **LAUREN REYNOLDS** (100 BACK, 200 MED RELAY, 200 FR RELAY & 400 FR RELAY), **ASHLEY SHANEL** (500 FREE, 200 FR RELAY & 400 FR RELAY), **ALLIE SMITH** (50 FREE, 200 MED RELAY, 200 FR RELAY & 400 FR RELAY), **EMMA SMITH** (200 IM, 500 FREE, 200 MED RELAY & 400 FR RELAY), **MARY SNYDER** (200 MED RELAY, 200 FR RELAY & 400 FR RELAY), **SARAH SYKSTUS** (200 IM, 100 FLY, 200 MED RELAY & 200 FR RELAY) and **LAUREN ZIMA** (100 FLY, 500 FREE, 200 MED RELAY & 400 FR RELAY).

St. Charles Swimmers who competed in Finals on Friday were; **NICOLE CHAPKO**; 4th in the 200 IM, 5th in the 100 BREAST & 10th in the 200 MED RELAY, **STEPHANIE GARVIN**; 10th in the 200 MED RELAY, **LAUREN REYNOLDS**; 8th in the 100 BACK, **EMMA SMITH**; 2nd in the 200 IM, 5th in the 500 FREE & 10th in the 200 MED RELAY, **MARY SNYDER**; 10th in the 200 MED RELAY, **SARAH SYKSTUS**; 6th in the 200 IM, 6th in the 100 FLY & 1st in the 200 FR RELAY and **LAUREN ZIMA** 8th in the 100 FLY.

It was a Great showing for SCST at this years IHSA High School Swimming and Diving Championships, Congratulations to All who competed over the weekend! SCST is excited to see a lot of these swimmers competing at the [2010 Short Course Junior National Championships](#) in Atlanta this December.

7. 2010 8 & UNDER CLASSIC, THE GREATEST MEET IN ILLINOIS!

This meet is one of the Best Times you will experience at a meet! We have had Swimmers and Parents sad when the swimmer ages up to 9 and they no longer can participate in the 8 & Under Classic. If you have time this Sunday get your Hawaiian Shirt out and come to the Luau at St. Charles North High School, Sunday, December 5th!

Meet Location - St. Charles North High School, 255 red Gate Road, St. Charles, Illinois, 60175.

Meet Schedule -

Warm-Ups 8:00 am, we are asking swimmers to be at the pool by 7:45pm

Start 9:00 am

Important Meet Information

- This is a **PRE-SEEDED MEET**, There is **NO POSITIVE CHECK-IN**.
- There will be a Bullpen for swimmers.
- This years theme is Hawaiian! Please wear your brightest Hawaiian Shirt or Dress.
- Each heat winner will receive a tropical fish, which swimmers will put in the SCST Hawaiian Bowl. The Team with the most fish will have their Coaches do a Limbo Dance on the way to Walking the Plank.



Important Pre Meet Information for SCST 8 & Under Swimmers

- Swimmers please arrive 15 minutes early to practice Thursday, December 2nd & Friday, December 3rd to color Hawaiian themed flowers to show your SCST Pride!

SCST Top 10 Team Goals over the for the 8 & Under Classic

1. SCST Be Early to Warm-Ups, this is becoming a good habit for St. Charles Swimmers keep it up. SCST needs to be at the pool prior to Warm-Ups a minimum of 15 minutes early.

2. SCST will have no missed swims, 8 & Unders love swimming they are not going to miss any races!

7. 2010 8 & UNDER CLASSIC, THE GREATEST MEET IN ILLINOIS! (continued)

3. **SCST will have less than 6% disqualifications**, we had a lot of swims on the weekend of November 19 thru 21, our 8 & Unders are going to have a Great Meet!

4. **SCST Swimmers will RACE EVERY EVENT, START to FINISH!** SCST 8 & Unders love to Race! Watch Out for Fast Swimming!

5. **SCST Swimmers will display Team Spirit, GO SCST!**

6. **Parent Volunteering**, this is our meet so we will see you there!

7. **SCST Swimmers and Parents will have a uniform appearance**, if you do not have a Hawaiian Shirt then wear the 2010-2011 Short Course Season Black T-Shirt.

8. **SCST HAVE FUN & SWIM FAST!**

9. **SCST Swimmers will clean up after themselves!**

10. **SCST Coaches will do the Limbo and Walk the Plank!** To this SCST needs to swim fast!

See you Sunday!

8. 2010 ST. CHARLES ELECTRIC CHRISTMAS PARADE

If you were not at the parade you missed a Great Float that carried the loudest group of swimmers that the St. Charles Electric Parade has ever heard! What a Great Time!

Thank you to Stephanie Bawolek and all the volunteers who help with the float, it was Awesome! Yes that is water and it was lit up.



9. ST. CHARLES SWIM TEAM & THE FAMOUS ARCADIA THEATRE



December 21st the St. Charles Swim Team will be spending time at the Arcada Theatre. From 1:00 pm to 4:00pm The St. Charles Swim Team will be watching a movie.

The cost is \$7.00 per person, this includes one popcorn and one small drink. Swimmers, their Siblings and Parents are invited to come. To make this a happen we need 75 people to participate. The Theatre holds up to 900.

Have payment and money no later than December 15th to Stephanie Bawolek either at practice or in the Bawolek Family mailbox. More information on the movie to come.

10. APPAREL INFORMATION



Please contact Linda Popp, lpopp@aol.com, for any exchanges on the new team suit. If you have not picked up your apparel please do so now.

The new black t-shirts are available for purchase for swimmers & parents. Sizes available are adult S, M, L and XL. The price is \$12.00 per shirt.



SCST
FUN

