

## MEET SIGN UP

Don't miss the deadline for the following meets

**CLOSED SCST 8 & Under Classic** – Nov. 27<sup>th</sup>  
**CLOSED 2010 Speedo Invitational** – Nov. 27<sup>th</sup>  
**Claire Stratton Memorial Invitational** – Dec. 21<sup>st</sup>  
**New Trier TYR Tri State Challenge** – Dec. 21<sup>st</sup>  
**TYR / SCST Chicagoland Championships** – Feb. 5<sup>th</sup>

Do it Now Don't wait till the last minute, you might forget completely! Questions concerning Escrow, contact our Escrow Chair [Jeanne Egizio](#)

## 2009-2010 SHORT COURSE MEET SCHEDULE

**December**  
6<sup>th</sup>  
SCST 8 & Under Classic (TEAM Competition) @ St. Charles North High School – St. Charles, IL

11<sup>th</sup>  
SCST Age Group Time Trial @ Norris Rec. Center – St. Charles, IL (Maximum Time Standard National "B")

11<sup>th</sup> thru 13<sup>th</sup>  
Waukesha Nike Challenge (Qualifier talk to swimmers Coach) @ Waukesha South High School – Waukesha, WI

11<sup>th</sup> thru 13<sup>th</sup>  
Wheaton Swim Club Holiday Invitational (Open Competition) @ Nequa Valley High School – Naperville, IL

**January**  
8<sup>th</sup> thru 10<sup>th</sup>  
Academy Bullets Invitational (Open Competition) @ Vaughan Center / Marmion Academy – Aurora, IL

23<sup>rd</sup>  
SCST Age Group Time Trial @ Norris Rec. Center @ St. Charles, IL (Maximum Time Standard National "B")

23<sup>rd</sup> thru 25<sup>th</sup>  
NTSC Tri-State Challenge (Qualifier for 11 & Over Athletes, 10 & Under talk to swimmers Coach) @ New Trier High School – Winnetka, IL

29<sup>th</sup> thru 31<sup>st</sup>  
TOPS Claire Statton Memorial Invitational (Open Competition) @ University of Illinois Chicago – Chicago, IL

31<sup>st</sup> (7:00-10:00am)  
Time Trial @ Norris Rec. Center – St. Charles, IL

**February**  
12<sup>th</sup> thru 14<sup>th</sup>  
SCST Prelim / Final Meet (TEAM Competition) @ Norris Rec. Center/St. Charles North High School – St. Charles, IL

## 1. PRACTICE CHANGES & CANCELLATIONS

**NO PRACTICE, SATURDAY, DECEMBER 5<sup>TH</sup>** for the **BLUE TEAM** due to the Fox Valley Special Rec. Meet.

**PRACTICE CHANGE, SUNDAY, DECEMBER 6<sup>TH</sup>** for the **PRE NATIONAL TEAM** practice will be at St. Charles North High School 7:00-9:00am.

**NO PRACTICE, TUESDAY, DECEMBER 8<sup>TH</sup>** for the **BLUE & PRE NATIONAL TEAM** due to St. Charles East High School Home Meet.

**NO PRACTICE, TUESDAY, DECEMBER 15<sup>TH</sup>** for the **ORANGE, BLUE, WHITE, BLACK** and **PRE NATIONAL TEAMS** due to St. Charles East and North High School Home Meets.

## 2. THE 2009 SCST 8 & UNDER CLASSIC

One of the most exciting meets of the season; The 12<sup>th</sup> Annual St. Charles Swim Team 8 & Under Classic at St. Charles North High School.



All you Pirates out there get ready to make your Coach walk the plank! Each heat winner at the meet will receive a Gold Coin, which Pirates (swimmers) will place in their Team's Pirate Chest. At the end of the meet the treasure in each chest will be counted. The Group of Pirates (Team) with the most coins in their treasure chest will have their coaches walk the plank. To get into the true spirit of the Pirates visit [The Original Talk Like A Pirate Day Website](#).

## MEET SCHEDULE

Sunday, December 6<sup>th</sup>  
Warm-Ups @ 8:00am  
Meet Starts @ 9:00am

This meet will be a pre-seeded meet, which means that there will be no positive check-in. If you know your swimmer will not be in attendance please notify Coach Kent or Laurie before Friday, December 4<sup>th</sup>.

**Volunteers**, please check Supermeets this week to verify your assignments for the 8 & Under Classic. Any volunteers that have not received an email regarding your assignments please contact Lori Falk at [mcskier1@comcast.net](mailto:mcskier1@comcast.net).

If you do not have anything to do this Sunday come and watch an exciting meet. It will be Fun and very Loud! And don't forget to watch out for Pirates!

## 3. THE ST. CHARLES ELECTRIC CHRISTMAS PARADE

What a Night for a Parade! Thank you to all the swimmers who rode on the float; **CARLY BARTON, KATHERINE BENJAMIN, MARGARET BRONEC, NICK BORYK, AUSTIN CABEL, KATIE CANTREL, NICK EBELING, ZACK ECKSTROM, TAYLOR FALK, EMILY JANIA, LAUREN McCORMACK, JOEY QUAN, JACOB WELTY, ALISON WESSEL, MADDIE WIYGUL, HANK ZIMMER, HANNAH ZIMMER**, what a great time we had riding down Main Street.

Thank you to swimmer Kaitlyn Johnsen and Johnsen Farms for the use of the trailer and straw. And thank you to Coach Joe for driving the trailer of swimmers.

If any St. Charles Family was in the crowd taking pictures please send some pictures to the office.

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For ALL Your Swimming Equipment  
Contact Kiefer  
[www.kiefer.com/630-579-9020](http://www.kiefer.com/630-579-9020)  
Mention that you swim with the  
[St. Charles Swim Team](#)

## 2000-2010 SHORT COURSE CHAMPIONSHIP MEET SCHEDULE

December  
11<sup>th</sup> thru 13<sup>th</sup>  
Short Course Junior Championships  
(Qualifier talk to Coach Lewarchick) @  
Ohio University – Columbus, OH

February  
21<sup>st</sup>  
SCST Team Championships @ Norris  
Rec. Center – St. Charles, IL

26<sup>th</sup> thru 28<sup>th</sup>  
ISI Regional Championships  
(Qualifier talk to Swimmers Coach) @  
Barrington High School – Barrington, IL

March  
4<sup>th</sup> thru 7<sup>th</sup>  
ISI Senior Championships (Qualifier  
talk to Swimmers Coach) @ University  
of Illinois Chicago – Chicago, IL

12<sup>th</sup> thru 14<sup>th</sup>  
ISI Age Group Championships  
(Qualifier talk to Swimmers Coach) @  
University of Illinois Chicago – Chicago,  
IL

16<sup>th</sup> thru 20<sup>th</sup>  
NCSA Junior Nationals (Qualifier talk  
to Swimmers Coach) – TBA

If you do not have a  
Mailbox please contact  
Linda Popp  
[lsppop@aol.com](mailto:lsppop@aol.com)

Cathy Snyder  
Volunteer Coordinator  
For assistance email  
Cathy at  
[cmcbnsnyder@comcast.net](mailto:cmcbnsnyder@comcast.net)

Birthdays  
For the Week Of  
11/30 thru 12/06

**HAPPY  
BIRTHDAY**

TJ BINDSEIL  
CASSIE BOYLE  
DAVID PETERKES  
SCOTT ROGMAN  
HANNAH SAUNDERS  
NICK WELLMAN

## TEAM MANAGER ONLINE

Within [Meet Schedule](#) you  
will find  
**SCST Entries and  
Results**  
([Team Stats Online](#))

## 4. SCST OCTOBER SWIMMER OF THE MONTH

This season the St. Charles Swim Team Coaching Staff has introduced the SCST Swimmer of the Month, we look forward to many years of St. Charles Swimmers of the Month.

The Swimmer of the Month is recognizing a swimmer from each training group that the SCST Coaching Staff believes represents the Best of St. Charles Swimming for that month.

In recognizing positive role models within the program it will raise the level of athletes that participate with the St. Charles Swim Team.

### October 2009 SCST Swimmers of the Month

**ORANGE TEAM**  
SIBA FILIPOVIC

**BLUE TEAM**  
AMY PEARSON

**WHITE TEAM**  
ISABEL HERB

**BLACK TEAM**  
JACOB PAWELKWICZ

**PRE NATIONAL TEAM**  
ERIN HART

**SENIOR TEAM**  
TJ BINDSEIL

Congratulations to this month's winners!



## 5. ORANGE AND BLACK TEAM SUITS

If you have recently purchased a TYR Orange and Black Team suit and it is showing unusual wear and tear. Please bring your suit to the SCST Team office clearly marked with your name and we will return it to Kiefer Swim Shop for an exchange. Questions please contact the Team Office at 630-377-1720 or [swim@stcswim.com](mailto:swim@stcswim.com).

## 6. A NOTE FROM THE MEET DIRECTOR

Parents be sure that the Meet Director and Volunteer Coordinator have the most current and correct e-mail address for your family. If you are new to the team, please be sure that your address is in the system. The Meet Directors and Chairperson depend on Supermeets to contact you before each meet.

If you have a problem with this, please contact [Cathy Snyder, Volunteer Coordinator](#) or [Lori Falk, Meet Director](#).

## 7. MYTHICAL AGE GROUP CHAMPIONSHIPS

Check out where St. Charles Swimmers are ranked this week in the [Mythical Age Group Short Course Team Championships](#).

**Mythical Age Group**  
Short Course Team Championships

## St. Charles Swim Team

**The Mission Statement of SCST** is the commitment to excellence and developing positive role models.

**The Vision Statement of SCST** is to be a competitive program with a purpose and commitment to developing positive role models. The experience with SCST tends to shape and develop character throughout one's lifetime. St. Charles Swimming strives to develop elite athletes' the Teams' success is measured not only by National Level Competition and College Scholarships, but also by personal development.

Head Coach	<a href="#">Jon Cabel</a>
Head Senior Coach	<a href="#">Tim Lewarchick</a>
Pre National Team	<a href="#">Jon Cabel</a>
Black Team	<a href="#">Brian Mitchell</a>
White Team	<a href="#">Denise Mitchell</a>
White Team Asst. Coach	<a href="#">Matt Munz</a>
Blue Team	<a href="#">Mary Dauw</a>
Blue Team Asst. Coach	<a href="#">Sara Quinn</a>
Blue Team Asst. Coach	<a href="#">Tim Lewarchick</a>
Orange Team	<a href="#">Laurie Chokran</a>
Orange Team	<a href="#">Kent Pearson</a>
Pre-Team (M & W)	<a href="#">Colleen Kuszynski</a>
Pre-Team (M & W)	<a href="#">Anna Hutchinson</a>
Pre-Team (T & Th)	<a href="#">Terry Anderson</a>

The SCST Office is located at the Norris Rec. Center (1050 Dunham Rd, St. Charles, IL 60174)

Office Hours:  
Monday, Tuesday, Thursday and Friday 9:30am – 3:00pm

Direct Office Phone Line: 630-377-1720  
Email: [swim@stcswim.com](mailto:swim@stcswim.com)

## St. Charles Swim Team Parents association

**The Mission Statement of SCSTPA** is to support the St. Charles Swim Team through fundraising and volunteerism.

**The Vision Statement of SCSTPA** is to support the long-term development of swimmers at every level in their individual pursuit of excellence; to help make that process enjoyable and promote swimming to the Greater St. Charles Area.

The SCSTPA Boosters are –

President	<a href="#">Bill Shanel</a>
Vice President	<a href="#">Craig Popp</a>
Secretary	<a href="#">Julie Jesko</a>
Treasurer	<a href="#">Tamara Phelan</a>
Meet Directors	<a href="#">Lori Falk &amp; AJ Jania</a>
Escrow	<a href="#">Jeanne Egizio</a>
Fundraising	<a href="#">Lisa McCormack</a>
Officials Chair	<a href="#">Al Reynolds</a>
Apparel	<a href="#">Janine Staudacher</a>
Senior Team Rep.	<a href="#">Colleen Clay</a>
Age Group Rep.	<a href="#">Carla Summers</a>
Registration	<a href="#">Ann Bindseil &amp; Mary Dieter</a>
Publicity	<a href="#">Pam Waslawski</a>
Head Coach	<a href="#">Jon Cabel</a>
Volunteer Coordinator	<a href="#">Cathy Snyder</a>

SCST H2O Log – November 30, 2009

Tsunami Swimming 2009 – check us out on the web [www.stcswim.com](http://www.stcswim.com)

## 8. THE POWER OF SWIMMING IN OUR LIVES “HEALTHCARE SOLUTION IN THE WATER”

By Bob Schaller, Ph. D. // Swimnetwork Senior Writer



Through more than a decade of writing nearly exclusively about swimming, a lot of clarity about the sport has come from interviews and observations.

As a newspaper journalist I got my start with, coincidentally, swimming, at Colorado State University. where I was covering John Mattos and the Lady Rams Swimming and Diving team. My belief was that all sports should get equal treatment, and that a winning team should get priority coverage and placement, no matter what the sport was. At Colorado State during that time, football was not challenging for conference titles, but the Colorado State women's swimming team (there's no men's team) was. They even beat Nebraska for the first time, in front of full bleachers: "Hot Ram Swimmers Slam Nebraska" was the headline above my story on the front page of the entire newspaper the next morning. That CSU swim team, like many others around the country at colleges and universities, also had one of the highest grade point averages at the school year after year.

A decade later, I covered high school swimming in Colorado Springs, and learned to truly love the sport as dual and district meets provided an intensity – and noise – that I had not experienced in other sports. Several swimmers from Cheyenne Mountain, and a few from Palmer and Air Academy (my alma mater) high schools during that time went onto swim for Big 10 and SEC colleges, as well as WAC and Mountain West universities.

I drifted toward USA Swimming eventually, and being immersed in the sport has been the most amazing experience for not just me, but my son.

Swimmers, parents and coaches nearly always tell me that one of the main reasons they enjoy the sport so much is because of the kind of people who are in it, and the kind of people the sport produces.

Swimming is the most physically demanding of all sports. There are no downhill, no coasting, and the demands in practice are as stringent as any sport out there. So it would be natural that anyone committing themselves to swimming would have to want to do it, be dedicated, and remain in shape pretty much all year around. (And the best part of this time of year is that a turkey-and-'taters meal, or two, comes off pretty quickly after a few thousand yards in the pool on back-to-back days.)

I drifted into these memories as I watched the healthcare coverage on TV, followed by – after the Obama party crashers replaced balloon boy Falcon as the latest reality nuts story – another story on childhood obesity. The two stories that matter here, healthcare and childhood obesity, are obviously tied together, and the solution can't be all reactive care to those who go through life mistreating their bodies. Another story showed that American productivity is down – this would certainly be tied to a less healthy (and perhaps less attentive) population. We can't solve the economic crisis by giving everyone a government job. Healthier workers would be more productive workers. I love new media and make my living teaching it, but I have a hard time believing "multi-tasking" involves texting while in class, or Dad or Mom texting while driving down the highway with four kids in the SUV or minivan – that's choosing to be distracted, not multi-tasking. Another reason to love swimming: Pretty impossible to text while working through that IM set after you've warmed up. Multi-tasking is actually monitoring a heart-rate while making an incision, following traffic while installing a stoplight or sign, or tracking sales while dealing on the phone with a vendor – it's not choosing to play on the cell phone while your work goes under-attended.

The commitment to be better, more productive, more disciplined, and in better shape has to start someplace. And like everything else, new life in this case needs water for it to grow and take hold. No one wants to be told what to do, or in our wonderfully free society, forced to do something. And I'm not a big supporter of the days when the Soviet Union and East Germany forced children into sports. But I do like the aspect of creating a personalized physical fitness program for children at a young age. Replace the endorphins they get from sugar drinks and candy with the rush they'll get from raising their heartrate in the pool. I know 50 pounds ago, when I first committed to get back into some semblance of shape from my hockey playing days, I had to hit the bike and the water because I could not run because of chronic problems with my knees and feet, probably brought on, or exacerbated, by putting on weight.

USA Swimming membership is at record levels right now, no doubt from the likes of Michael Phelps and Natalie Coughlin, along with Ryan Lochte, Rebecca Soni, Ariana Kukors, Aaron Peirsol, Eric Shanteau and Dara Torres, among dozens of others.

However, it is very clear to me now that swimming must somehow be seen as what it really is: A cure for a lot of what ails us. And we don't even need a filibuster-proof majority or debate to prove that.

## 9. FOX VALLEY SPECIAL RECREATION SWIM MEET

On December 5<sup>th</sup> the Norris Center is hosting the Fox Valley Special Recreation Swim Meet. This has been an enriching experience for all the volunteers for the past 15 years. At least 24 volunteers are needed for various jobs, timers, bullpen shepherds, announcers, concessionaires and life guards.

Besides working the meet, we need food donations. Food needs are as follows: Hot dogs & buns, condiments (mustard, ketchup, pickle relish, etc.), single bag of chips, treats (granola bars, brownies, etc.), fruit, paper plates, and napkins.

The meet will begin at 12:00pm with warm-ups at 11:00am.

If you have any questions, please call 630-584-7162

Start off your holiday season with a special gift to others and with this special meet, Thank you Sue and Hank Lange

