



St Charles Swim Team H2O Log

2011-2012 Short Course, Issue 10

12/05/2011

Practice Changes & Cancellations

- **NO PRACTICE, FRIDAY AFTERNOON, DEC. 9TH, 2011** for the **WHITE, GOLD** and **SENIOR TEAMS**
- **NO PRACTICE, SATURDAY, DEC. 10TH** for the **BLUE, WHITE** and **SENIOR TEAMS**.
- **NO PRACTICE, SUNDAY, DEC. 11TH** for the **GOLD TEAM**.
- **NO PRACTICE, TUESDAY, DEC. 13TH** for the **BLUE** and **GOLD TEAMS**.
- **PRACTICE CHANGE, THURS. DEC. 15TH** for the **BLUE TEAM** practice will be at **NRC 500-630**.
- **PRACTICE CHANGE, THURS. DEC. 15TH** for the **WHITE TEAM** practice will be at **NHS 730-900**.

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2011 SCST / TYR 8 & UNDER CLASSIC

What a Great Meet on Sunday! Not only was a good time for St. Charles Swimmers, it was a great time for all the swimmers in attendance. Teams have sent emails today about what a great experience everyone had!

Thank you to everyone who help out on Sunday. From our Meet Directors, Officials, Timers, Safety Marshalls, Concessions, Hospitality, Admissions, Awards and Everyone who stepped up. Many thanks to Everyone who helped in the Bullpen. Not since the late 80's when Coach Matt Munz's father ran the bullpen has it been ran so smoothly. Thank you to the Senior, Gold, White and Blue Team Swimmers who helped out you did an outstanding job! Don't forget the SCST Line Dancers, you



were Fantastic! The Visiting Teams were impressed with ALL our Volunteers. SCST takes pride not only in our swimmers performance but also how we are as a TEAM!

Now for the important part of Sunday, our SCST Swimmers performance.

The swimmer who achieved the largest time drop at the meet for SCST goes to **CADE HAWKINS** who dropped a total of 8.59 seconds in his 100 IM! Nice Swim **CADE!**

SCST Swimmers that

achieved a Lifetime Best in every event they swum were; **ALEXIS HICKS, SKYLER MISCH, ELLA SCHAMBERGER, LILY STAVROPOULOS** and **CALVIN WINDLE**. Congratulations Swimmers! Total number of improved swims for SCST was 71.

SCST Swimmers that won events were; **LINDSAY BAXTER, ALEK FILIPOVIC, ETHAN LITTLEMORE** and **CALVIN WINDLE**.

The SCST Boys 100 Medley Relay of **CALVIN WINDLE, ETHAN MARLOWE, ALEK FILIPOVIC** and **ETHAN KOS-DONDLINGER** won with a time of 1:17.83.

SCST had a swimmer who set three New Meet Records. Congratulations to **ALEK**

2011 SOST / TYR 8 & UNDER CLASSIC

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FILIPOVIC who set three new Meet Records; 7 year old Boys 25 Free with a time of 15.64, 50 Free with a time of 34.48 and 25 Fly with a time of 18.81. What a nice set of swims.

After staying up many hours last night, the judges recounted the heat winners and there was a mistake. St. Charles Swim Team won the meet by earning the most heat winners on Sunday.

What a great way to spend a Sunday Morning.

WINTER NATIONAL CHAMPIONSHIPS

Congratulations to Emma Smith who swam at the 2011 Winter National Championships in the 200 and 400 IM's. To see Emma's results along with the other swimmers at the Nationals follow the [link](#) provided.



This year's Winter Nationals saw many of the big names in swimming along with a few from Europe. Some of the big names at the meet for the US; Rebecca Soni, Dara Torres, Missy Franklin, Jessica Hardy, Ryan Lochte, Brendan Hansen and Nathan Adrian.

Top 3 in the Combined Team Championship 1st - Tucson Ford Dealers Aquatic Team, 2nd - Trojan Swim Club and 3rd - Fast Swim Team.

For more about Winter Nationals visit the [USA Swimming Website](#).

ORANGE TEAM 8 & UNDER CLASSIC PSYCH UP DINNER



2011 WHEATON SWIM CLUB SHORT COURSE TEAM CHALLENGE

The Short Course Team Challenge will help the Coaching Staff see where we are as a Team heading into December Training.

The meet will be held at Neuqua Valley High School (2360 95th Street, Naperville, IL 60564).

Meet Schedule

Friday (All Ages)

Warm-Up 5:00pm Start 6:00pm

Saturday & Sunday AM (9-10, 11-12)

Warm-Up 8:00am Start 9:00am

Saturday & Sunday PM (8 & U, 13 & O)

Warm-Up 1:00pm Start 2:00pm



Awards

This is a Team Award Meet with plaques going to the Top 3 Teams. In addition there will be Individual High Point Awards Continued on Page 3...



2011 WHEATON SWIM CLUB SHORT COURSE TEAM CHALLENGE

Continued from page 2

for Male and Female 8 & U, 9-10, 11-12, 13-14 and 15 & Over's.

SCST will be one of the Top 3 Teams in Team Competition. Be Ready to Race, some of the best Teams in the State will be there this weekend.

SCST Team Goals for the weekend

- SCST will finish in the Top 3 Overall Combined Team Competition
- SCST will have a Male and Female High Point winner
- SCST will arrive 15 minutes prior to start Warm-Up
- SCST will sit a Team
- SCST will have the Most Team Spirit of all the Team attending
- SCST will have NO Missed Swims
- SCST will have less than 3% total DQ's
- SCST will not leave a mess in Our Team Area
- SCST will look like a Team this the whole Weekend; **Friday** - Wear your Favorite SCST Shirt, **Saturday** - Wear the New 2011-2012 SC Team Shirt and **Sunday** - Wear the St Charles Swim Team Blue Raised Lettering T-Shirt.

SCST show up to race this weekend, December is SCST's month to train. Our next meet will be the Fishers Meet - January 13, 14 and 15, 2012.



[SCST Team](#)

[Entries](#)

[Live Results](#)

SC JUNIOR NATIONAL CHAMPIONSHIPS

In Austin, TX this weekend Meagan Popp and Nicole Chapko will be representing SCST at the USA Swimming Short Course Junior National Championships at the University of Texas.

For all the meet information click on the SC Junior National Logo.

To see the psych sheet follow the [link](#) provided.

For live results follow [link](#) provided.



WHITE TEAM HOLIDAY PARTY

Monday, December 19th the White Team will be getting together at Funway for some Roller Skating!

Skating will start at 2:00 and go to 4:00.

The cost is \$8.00 per swimmer, this includes skate rental, hot dog, chips and drink.



If your swimmer is planning on attending please contact Michelle Tykal at mtykal@sbcglobal.net.



GOLD TEAM HOLIDAY PARTY

On Sunday after the 8 & Under Classic the Gold Team got together for a Holiday Bowling Party and Gift Exchange. Everyone had a great time, we just can't say that there was a lot of great Bowling going on Sunday afternoon.

Thank you, Julee Cranfill for organizing the event for the Gold Team.

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](#)

APPAREL INFORMATION

SCST Parents,

The Swim Team Store has informed the SCST Apparel that the warm-ups are not ready to be shipped. When they arrive, I will get the warm-ups to your swimmers at practice. If the warm-ups are a Christmas gift, please email me, lsopp@aol.com to make special arrangements for pick-up.

The parkas are in and can be picked up along with your apparel contact Linda Popp (lsopp@aol.com) to schedule a pick up.

The swim caps are still on backorder according to TYR. Will keep you informed on these.

Linda Popp

SCST Apparel Chair

Fishers Aquatic Swim Team

Martin Luther King Classic 01-13 thru 15, 2012

SCST currently has 92 swimmers registered for this meet, we would like to see more sign up. All those swimmers planning on riding the bus down to Fishers need to get their forms in, so that we know our number for the bus trip.

This is a team travel meet. 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](#).



Mutual of Omaha Duel in the Pool

USA Swimming is hosting the fifth Mutual of Omaha Duel in the Pool in Atlanta, Ga. The event will feature the best swimmers in the USA against a strong European All-Star team in a dual meet battle for bragging rights. Competing for Team USA will be Olympic gold medalists Ryan Lochte, Natalie Coughlin, Rebecca Soni, Brendan Hansen, Dana Vollmer and Amanda Beard. The European team will be represented by athletes from Great Britain, the Netherlands, Austria, Belarus, Poland, Lithuania, Denmark and more.



Mark your calendar for Dec. 16 and 17 for this epic swimming event!

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
Results can be found [here](#).

SCST TYR 8 & Under Classic

(TEAM Competition)
12/04, 2011
St Charles North High School
St Charles, IL
Results can be found [here](#).

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!](#)**

Proud Sponsors
of the
St. Charles Swim Team



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