

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

PRACTICE CHANGE, FOR ALL GROUPS! Please follow link to [New Winter/Spring Practice Schedule](#), that begins today. This is the same practice schedule that was sent last Wednesday, December 1st.

PRACTICE CHANGE, TUESDAY, DECEMBER 7TH for the **9 & 10 SWIMMERS**, Practice will be 7:30-845pm at St. Charles North High School Pool, due to High School Duel Meet.

NO AFTERNOON PRACTICE, FRIDAY, DECEMBER 10TH for the **11 to 14** and **SENIOR SWIMMERS** due to Lincoln-Way Invitational.

NO PRACTICE, SATURDAY, DECEMBER 11TH for the **11 to 14 SWIMMERS** due to Lincoln-Way Invitational.

NO PRACTICE, SUNDAY, DECEMBER 12TH for the **9 & 10 SWIMMERS** due to Lincoln-Way Invitational.

PRACTICE CHANGE, TUESDAY, DECEMBER 14TH for the **9 & 10 SWIMMERS**, Practice will be 7:30-845pm at St. Charles North High School Pool, due to High School Duel Meet.

2. 2010 8 & UNDER CLASSIC, THE GREATEST MEET IN ILLINOIS!



Sunday's 8 & Under Classic was a Great Time! To have a meet that is completely for the future Stars of the sport is worth the time and effort it takes to run a meet. Meet's like the 8 & Under Classic are best when they are for the swimmers and our Volunteers made it a Great Experience for all those swimmers that participated Sunday.

From our Meet Directors - SCST Families, Thank To All of you for being a part of the 2010-2011 Short Course Season! Big thanks to all the Incredible Volunteers: Officials, Coaches, Timers, Admissions, Awards, Bullpen, Hospitality, Safety marshals and all who helped to make the 2010 8 & Under Hawaiian Classic a Great Meet! A special Thanks to the Senior Team for helping out with Timing and Bullpen! To all the 9-10, 11-12 and 13-14 Swimmers that helped out, Thank you, you were an asset to the meet! It was a pleasure to work with everyone. We had a good group of volunteers and We Did It! What a Great meet for our 8 & Under Swimmers, it could not have been done without everyone's help. It was a Fun Time!

St. Charles Swimming finished 2nd in the Team Competition but the success SCST had in the pool made it feel like our Swimmers finished 1st!

It was also fun to see Coaches Laurie, Kent and Sara do the limbo and get wet!

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

1. **SCST Be Early to Warm-Ups**, YES!
2. **SCST will have no missed swims**, 8 & Unders love swimming and they did not miss any events!

2010-2011

Short Course Meet Schedule
Follow Meet Link to Meet Information

[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

[January, 7 thru 9, 2011 SCSC PENGUIN PARADISE PLUNGE INVITATIONAL](#) (Open) @ Crawfordsville Aquatic Center / Crawfordsville High School, Crawfordsville, IN (entry closes 12/13/2010)

[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

2. 2010 8 & UNDER CLASSIC, THE GREATEST MEET IN ILLINOIS! (continued)

3. **SCST will have less than 6% disqualifications**, SCST Swimmers had 26 individual DQ's Sunday.

4. **SCST Swimmers will RACE EVERY EVENT, START to FINISH!** Fans and Coaches saw some great Racing!

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

6. **Parent Volunteering**, Thank You! And thank you to all the Senior, 13-14, 11-12 and 9-10 Swimmers that helped out.

7. **SCST Swimmers and Parents will have a uniform appearance**, there was a lot of Team Spirit Sunday!

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

9. **SCST Swimmers will clean up after themselves!** This is something our swimmers need to improve on.

10. **SCST Coaches will do the Limbo and Walk the Plank!** Where was Coach Cabel?

Check Out how SCST 8 & Unders did at the Meet!

The following swimmers achieved Life Time Best Times in every event this weekend; **JESSICA ALBER, KAITLYN ARRAMBIDE, ASHLEY JONES, RYANN MITCHELL** and **SARA QUINN**.

The swimmer who dropped the most time in one event goes to a swimmer who dropped 14.78 seconds in her 50 Free. Congratulations to **KAITLYN ARRAMBIDE**, Great Job!

Swimmer who achieved a **NEW USA SWIMMING NATIONAL "B" TIME**; **RYANN MITCHELL**.

SCST Swimmers that won individual events were; **ALEC FILIPOVIC, ETHAN KOS-DONDLINGER, NILAN PATEL** and **MADDIE WATTS**.

Congratulations SCST Swimmers that set **NEW MEET RECCORDS**; **MADDIE WATTS** set new record in the 6 & Under Girls **100 IM** and **ALEC FILIPOVIC** set new records in the 6 & Under Boys **50 Free, 25 Back, 25 Free** and **100 IM**.

Congratulations to ALL the SCST 8 & Unders who swam at the 2010 SCST / TYR Hawaiian 8 & Under Classic; **Alber Jessica, Kaitlyn Arrambide, Payton Baxter, Matt Boryk, Jack Brucato, Helena Ebeling, Zachary Eckstrom, Patrick Faith, Alec Filipovic, Allison Haab, McKenna Harkin, Cade Hawkins, AJ Jania, Grace Jania, Mary Jania, Trevor Janssen, Ashley Jones, Sarah Koch, Ethan Kos-Dondlinger, Hunter Kos-Dondlinger, Camille Lamkin, Sydney Maxwell, Zayna Meyer, Zeo Meyer, Brynn Mitchell, Ryann Mitchell, Eric Palmquist, Nilan Patel, Isabella Pelagio, Kallie Peltier, Leslie Pozezinski, Sara Quinn, Reese Rooney, Annika Schmidt, Caitlin Suda, Emma Tallitsch, Ally Tarpey, Evie Turjanski, Maddie Watts, Megan Wiedbusch, Calvin Windle, Hannah Wojdyla, Molly Yetter, Sean Yetter, Gracie Young and Brooke Zimny**, you swimmers are AWESOME!

3. LWSA 10TH ANNUAL HOLIDAY SPLASH, DEC 10 thru 12

After sometime we have come back to the Holiday Splash. It seems to have become a popular meet. Due to demand LWSA has changed the meet format of the meet to help all the Teams and their Swimmers.



PLEASE READ THE MEET SCHEDULE, THE MEET FORMAT HAS CHANGED!

MEET LOCATION - LINCOLN-WAY CENTRAL HIGH SCHOOL, US Route 30 & Schoolhouse Road, New Lenox, IL 60451. Parking & Entrance; please use the doors on the North side of the building, located at the back of the main building. Parking is available on the North and West side of the building.

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2010-2011

Short Course Meet Schedule
Follow Meet Link to Meet Information

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

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

3. LWSA 10TH ANNUAL HOLIDAY SPLASH, DEC 10 thru 12 (continued)

MEET SCHEDULE, **THE MEET FORMAT HAS CHANGED!**

FRIDAY PM (8 & Under, 9-10, 11-12, 13-14 and Open)

Warm-Up 5:45pm

Start 6:20 pm

SATURDAY & SUNDAY AM (9-10 Girls, 9-10 Boys and 13-14 Boys)

Warm-Up 7:00am

Start 7:45am

SATURDAY & SUNDAY MID DAY (8 & Under Girls, 8 & Under Boys, 13-14 Girls, Senior Girls and Senior Boys)

Warm-Up stated by LWSA "Warm-Up Time to Start between 10:15-11:30am pending scratches." SCST suggest swimmers being at the pool by 10:30am.

Start stated by LWSA "Start should be between 11:15am-12:00pm."

SATURDAY & SUNDAY PM (11-12 Girls and 11-12 Boys)

Warm-Up stated by LWSA "Warm-Up Time to Start between 1:30-2:45pm pending scratches." SCST suggest swimmers being at the pool by 1:30pm.

Start stated by LWSA "Start should be between 2:30pm-3:30pm."

IMPORTANT MEET INFORMATION

- **FRIDAY PM**, admission doors will not open until 5:15
- **FRIDAY PM EVENT LIMITATIONS**, due to heavy entries in the distance events LWSA has been forced to limit the free-style events for the following groups (*PDF file is posted at www.stcswim.com*):
 - 10 & Under Girls** 200 Free will be limited to the Top 30 Swimmers checked in
 - 11-12 Girls** 500 Free will be limited to the Top 24 Swimmers checked in
 - 11-12 Boys** 500 Free will be limited to the Top 24 Swimmers checked in
 - 13-14 Girls** 500 Free will be limited to the Top 24 Swimmers checked in
- **FRIDAY PM ALL INDIVIDUAL MEDLEY (IM) EVENTS WILL SWIM!**
- **EVENT NUMBERS** have been kept the same, even though some will not be sequential.
- **CHECK THE SCST WEBSITE (www.stcswim.com)** we will try to update Warm-Up Times for the Mid Day and PM Sessions. If there is not an update, use the above times for Warm-Up.
- **SATURDAY & SUNDAY MID DAY SESSIONS**, Two 13-14 Girls events each day were flip flopped (*PDF file has been posted at www.stcswim.com*).
- **THE LINCOLN WAY SWIM ASSOCIATION** has gone out of their way to accommodate many Teams, we appreciate all their efforts. 4 Teams were turned away to try and find another meet.

SCST TOP 10 TEAM GOALS

1. **SCST Swimmers will clean up after themselves!** This has been moved to the Top of the Top 10, it is important that SCST leave a Great Impression of our Team! Do Not leave a mess!
2. **SCST Be Early to Warm-Ups**, Know the Meet Schedule be there on time!
3. **SCST will not miss a race!** No room for error!
4. **SCST will have less than 6% disqualifications!**
5. **SCST Swimmers will RACE EVERY EVENT, START to FINISH!** Be your Best, Race Every Race!
6. **SCST Swimmers will display Team Spirit, GO SCST!** Let them know when we are in the pool!
7. **SCST Volunteering**, this is a hard meet to host, especially with all the changes. Help out with Timing, don't wait for LWSA to call for timers. Officials your help is important also.
8. **SCST Swimmers and Parents will have a uniform appearance**, **Friday**-favorite SCST Team Shirt, **Saturday**-2010-2011 Short Course Season Black Shirt and **Sunday**-Blue St. Charles Swim Team T-Shirt. Swimmers wear SCST Caps and Suits when racing.
9. **SCST will finish in the Top 3 of the Team Competition!**
10. **SCST HAVE FUN & SWIM FAST, they go together!** When SCST was going fast we were having fun.

SCST has limited number of meets left on the schedule, make every race count!



4. 2010 SHORT COURSE JUNIOR NATIONALS, SCST SENDING 6 SWIMMERS

Beginning this weekend in Atlanta will be the 2010 Short Course Junior National Championships and SCST is sending 6 swimmers; **NICOLE CHAPKO, MEAGAN POPP, LAUREN REYNOLDS, EMMA SMITH, SARAH SYKSTUS** and **LAUREN ZIMA**. Check out how SCST does this weekend by following the link to all the [meet information](#), [webcast](#) and [live results](#).



5. SUGAR CREEK SWIM CLUB PENGUIN PARADISE PLUNGE INVITATIONAL, JANUARY 7 thru 9, 2011

Sign up for this meet has been extended to December 13th with no late fee!

This meet is open to ALL Level of Swimmers! The Crawfordsville Aquatic Center is a great facility!

This is a Team Travel Trip for the 13 and Over Swimmers. There is limited space on the bus for first 52 to return their form and money to the Popp Family Mailbox by December 13th.

Contact Coach Lewarchick or Coach Cabel for a Travel Reservation Form.

All SCST Swimmers who would like to attend this meet need to register online at www.stcswim.com and All SCST Swimmers 13 & Over who would like to travel and stay with the team also need to return your form and money to the Popp Family Mailbox by December 13th.



6. ST. CHARLES SWIM TEAM & THE FAMOUS ARCADA 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.

7. APPAREL INFORMATION



Please contact Linda Popp, lsppop@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.