



# St Charles Swim Team H2O Log

2011-2012 Short Course, Issue 11

12/12/2011

## Practice Changes & Cancellations

- **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**.
- **HOLIDAY PRACTICE SCHEDULE** see page 4

## Inside this issue:

SC Jr National Championships	2
Important Practice Information at St Charles North	2
SCST Swimmer of the Month November	2
Apparel Information	2
Blue Team Holiday Get Together	3
White Team Holiday Party	3
Mutual of Omaha Duel in the Pool	3
Holiday Practice Schedule	4
Wheaton Team Challenge	5
Become an Official	5
USA Swimming 20 Questions	6
Energy Drinks, HELP!	6

## 2011 WHEATON SWIM CLUB SHORT COURSE TEAM CHALLENGE

### SCST Team Goals for the weekend

- **SCST will finish in the Top 3 Overall Combined Team Competition;** SCST finished 1st in the Women's Division, 1st in the Men's Division and 1st in the Combined Division - Nice Job SCST!
- **SCST will have a Male and Female High Point winner;** SCST had both **CALVIN WINDLE** - 8 & Under Boys High Point Winner with 113 points, **LINDA LICARI** - 9 & 10 Girls High Point Winner with 180 points and **ERIN HART** - 13 & 14 Girls High Point Winner with 149 points.
- **SCST will arrive 15 minutes prior to start Warm-Up;** Good Job getting there early, this is one of the most important elements to a swimmers success.
- **SCST will sit a Team;** Nice Job!
- **SCST will have the Most Team Spirit of all the Team attending;** we started the weekend of good but did not finish well.
- **SCST will have NO Missed Swims;** missed 5 over the weekend.
- **SCST will have less than 3% total DQ's;** 37 disqualifications out of 1001 swims.
- **SCST will not leave a mess in Our Team Area;** it was not a mess but there was still a lot to pick up after the meet.
- **SCST will look like a Team this the whole Weekend;** SCST did look like a Team.



There is still a lot of work to do before our next meet, make December count.

**SCST swam well this weekend,** the St. Charles Swim Team came away from the meet with 510 improved times which is close to 51% Life Time Best Swims!

The Swimmer that came away with the biggest time drop was **ANTHONY BLISS** who dropped a total of 34.98 seconds in his 1650 Free. Nice Swim **ANTHONY!**

SCST Swimmers that achieved a Life Time Best in every event they swam were; **KAITLY ARRAMBIDE, ANTHONY BLISS, HENRY BLISS, MATT BORYK, JOHN CRANFILL, MEAGAN CUMMINS, SARAH GIBSON, HALEY HANEBERG, KATHRYN HUTH, MARY JANIA, ETHAN KOS-DONDLINGER, HARRISON LIAO, GRACE LILLY, GRACE QUINN, GIANNA SHAW, KATE SPENCE, LILLY STAVROPOULOS, HANNAH WOJDYLA** and **NICK WOLFF**.

SCST Swimmers achieving **NEW USA Swimming Time Standards:**

**NEW "B" Times** - **NICO ANDROS, KAITLYN ARRAMBIDE, MATT BORYK, ELLIE BRAULT, KYLE CHAPKO, NATALIE DRURY, SEAN GALLE, SARAH GIBSON, HARRISON HOLLMAN, TREVOR JANSSEN, ELISE KICHKA, GRACE KOS-DONDLINGER, HARRISON LIAO, JAMES, LICARI, EMILY MATTHEWS, MORGAN MEADOR, GIA NAVARRO, HAILEY NORRIS, JOHN ORTLUND, MARY KATE PHILLIPS, LESLIE POZEZINSKI, GRACE QUINN, SARA QUINN, RILEY ROONEY, GIANNA SHAW, MEGAN WINEINGER, HANNAH WOJDYLA, NICK WOLFF, SEAN YETTER** and **CHARLIE YOUNG III**.

**NEW "BB" Times** - **ALI ANDROS, NICO ANDROS, NATHAN BAWOLEK, PAYTON BAXTER, ANTHONY BLISS, JACK BRANDT, FRANCESCA CARRAVETTA, JOHN CRANFILL, TOMMY CUMMINS, EMILY DeVITA, KYLE DUNLAP, HARRISON HOLLMAN, HEATHER HOUSE, STEPHEN HUTCHINSON, ETHAN DONDLINGER, GRACE LILLY, SYDNEY MAXWELL, SAYRE MILO, HAILEY NORRIS, JENNI ORZOLEK, REBECCA PALMQUIST, ANNIKA SCHMIDT, DELANEY SOULE,**

## SC JUNIOR NATIONAL CHAMPIONSHIPS

Congratulations to SCST Swimmer's **NICOLE CHAPKO** and **MEAGAN POPP** on competing at this years SC Jr. National Championships. Nice Job Ladies!

At Short Course Jr. National Championships in all there were 15 New Meet Records Set and 2 New National Age Group Records set. Ryan Murphy broke Michel Phelps 15-16 boys 200 IM record and broke his own 100 back record.

This meet continues to be a highlight for swimming each year. It is one meet that continues to be faster each year and this year did not disappoint.

Not only is this meet exciting from the performance stand point but it proves to be a competitive team competition.

Winning the Women's Division was St. Andrew's Swimming with 288 points, in the Men's Division it was Bolles School Sharks with 554 points and the top three in the Combined Team scores 3rd SwimMAC Carolina - 515 pts, 2nd Dynamo Swim Club - 562 pts and 1st Bolles School Sharks - 675 pts.

For more on this years meet follow [link](#) provided.



## SCST SWIMMER OF THE MONTH

For the month of November here are SCST's Swimmers of the Month!

**ORANGE TEAM - NOLAN ZIBBLE**

**BLUE TEAM - MIKAYLA WEBER**

**WHITE TEAM - DOMINIQUE CARRAVETTA**

**GOLD TEAM - KRISTEN CZARNECKI**

**SENIOR TEAM - TAYLOR FALK**

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

## St. Charles North High School

SCST it is important that we remember that we are guest at St. Charles North High School.

Parents while attending practice at North make sure that you are watching your children that are not in the water. Siblings have been caught in areas that they are not suppose to be in. No one is allowed in any other areas besides the pool stands or the viewing area outside the main gym. No one is to be anywhere else in the school.

Between December 17th thru January 3rd both the main and small gym floors are being refinished. NO ONE is allowed in either gym. During this time it is being asked that anyone visiting practice observe from the stands. Please do not view practice from the glass area outside the main gym.

SCST is lucky to be using the facilities that we have in our community, help keep that way by respecting each facility.

## ABERCROMBIE T-SHIRT AND SWEATSHIRT INFORMATION

SCST Parents and Swimmers,

You can pick up your apparel orders this Saturday and Sunday at the McCormack household. Lisa McCormack will have Warm-Ups, T-Shirts and other apparel orders at her house; 1901 King Edward Avenue, St Charles, IL 60174, 630-670-1230, [tjmlam@sbcglobal.net](mailto:tjmlam@sbcglobal.net).

You can pick up your orders up Saturday Noon to 3:00pm or Sunday 9:30 to Noon.

Caps are still on back order, we will let you know when we get more information.

Thank you  
SCST Apparel

**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

**BLUE TEAM HOLIDAY GET-TOGETHER**

**BLUE Team Swimmers you and your family are invited to share some Holiday Spirit  
Come and watch**

**"The MUPPETS"**

**When:** Sunday, December 18<sup>th</sup>

**Time:** 12:00

**Where:** Charlestowne Classic Cinemas

**Cost:** \$5.50 per person



Please RSVP to Tonya Zimny at [tonyazimny@yahoo.com](mailto:tonyazimny@yahoo.com) or 847-682-3435 by **THIS THURSDAY**, December 15<sup>th</sup>. If you do not RSVP by this date, you can still attend, however seating will be first-come, first served. Also, discounted kids' packs will be available that day for \$4 each.

Hope to see you there!

Happy Holidays!

**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](mailto:mtykal@sbcglobal.net).



**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!

# HOLIDAY PRACTICE SCHEDULE

Team	Monday Dec. 19 <sup>th</sup>	Tuesday Dec. 20 <sup>th</sup>	Wednesday Dec. 21 <sup>st</sup>	Thursday Dec. 22 <sup>nd</sup>	Friday Dec. 23 <sup>rd</sup>	Saturday Dec. 24 <sup>th</sup>	Sunday Dec. 25 <sup>th</sup>
<b>ORANGE</b>	5:00-6:00pm At NRC		5:00-6:00pm At NRC		5:00-6:00pm At NRC	<b>No Practice</b>	<b>No Practice</b>
<b>BLUE</b>	11:30-1:00pm At NRC	10:30-12:30pm At SCN	11:30-1:00pm At NRC	10:30-12:30pm At SCN	11:30-1:00pm At NRC	<b>No Practice</b>	<b>No Practice</b>
<b>WHITE</b>	10:30-12:30pm At SCN	11:30-1:00pm At NRC	10:30-12:30pm At SCN	11:30-1:00pm At NRC	10:30-12:30pm At SCN	<b>No Practice</b>	<b>No Practice</b>
<b>GOLD</b>	7:00-9:00am swim 5:00-6:30pm swim At NRC	415-500pm dryland 500-700pm swim At NRC	7:00-9:00am swim 5:00-6:30pm swim At NRC	415-500pm dryland 500-700pm swim At NRC	7:00-9:00am swim 5:00-6:30pm swim At NRC	<b>No Practice</b>	<b>No Practice</b>
<b>SENIOR</b>	9:00-11:30am At NRC	9:00-11:30am At NRC	9:00-11:30am At NRC	9:00-11:30am At NRC	9:00-11:30am At NRC	<b>No Practice</b>	<b>No Practice</b>

Team	Monday Dec. 26 <sup>th</sup>	Tuesday Dec. 27 <sup>th</sup>	Wednesday Dec. 28 <sup>th</sup>	Thursday Dec. 29 <sup>th</sup>	Friday Dec. 30 <sup>th</sup>	Saturday Dec. 31 <sup>st</sup>	Sunday Jan. 1 <sup>st</sup>
<b>ORANGE</b>	5:00-6:00pm At NRC		5:00-6:00pm At NRC		5:00-6:00pm At NRC	<b>No Practice</b>	<b>No Practice</b>
<b>BLUE</b>	11:30-1:00pm At NRC	10:30-12:30pm At SCN	11:30-1:00pm At NRC	10:30-12:30pm At SCN	11:30-1:00pm At NRC	<b>No Practice</b>	<b>No Practice</b>
<b>WHITE</b>	10:30-12:30pm At SCN	11:30-1:00pm At NRC	10:30-12:30pm At SCN	11:30-1:00pm At NRC	10:30-12:30pm At SCN	<b>No Practice</b>	<b>No Practice</b>
<b>GOLD</b>	5:00-7:30pm swim At NRC	415-500pm dryland 500-700pm swim At NRC	7:00-9:00am swim 5:00-6:30pm swim At NRC	415-500pm dryland 500-700pm swim At NRC	7:00-9:00am swim 5:00-6:30pm swim At NRC	9:00-12:00pm At NRC	<b>No Practice</b>
<b>SENIOR</b>	9:00-11:30am At NRC	9:00-11:30am At NRC	9:00-11:30am At NRC	9:00-11:30am At NRC	9:00-11:30am At NRC	9:00-12:00pm At NRC	<b>No Practice</b>

Team	Monday Jan. 2 <sup>nd</sup>
<b>ORANGE</b>	5:00-6:00pm At NRC
<b>BLUE</b>	11:30-1:00pm At NRC
<b>WHITE</b>	10:30-12:30pm At SCN
<b>GOLD</b>	7:00-9:00am swim 5:00-6:30pm swim At NRC
<b>SENIOR</b>	9:00-11:30am At NRC

## 2011 WHEATON SWIM CLUB SHORT COURSE TEAM CHALLENGE continued from page 1

JOHNNY TARPEY, THAD THOMPSON, ALLSION WESSEL, CALVIN WINDLE and SEAN YETTER.

**NEW** "A" Times - ALI ANDROS, KATIE CANTRELL, MEAGAN CUMMINS, EMILY JANIA, MARY JANIA, NATHAN JESKO, KAYLEIGH LEWIS, EMMA McSPADDEN, HAILEY NORRIS, GRACE SAMULESON and JOHNNY TARPEY.

**NEW** "AA" Times - ALI ANDROS, HENRY BLISS, NICK BORYK, KATIE CANTRELL, BRIANNA CICHON, MEAGAN CUMMINS, SIBA FILIPOVIC, IZZY HERB, MARY JANIA, EMMA KUSZYNSKI, NATHAN KUSZYNSKI, KYLE LEWARCHICK, MATT NAGLER, GABBI POMPILIO, HANNAH POZEZINSKI, JOEY REITER and GRACE SAMUELSON.

**NEW** "AAA" Times - NATE BAXTER, ALEX DUFFY, RYAN FALK, TAYLOR FALK, ERIN HART, SYDNEY JESKO, GABBI POMPILIO, ANNIE TAVIERNE and BRAD WHITEHURST.

**NEW** "AAAA" Times - KRISTEN CZARNECKI and AUDREY GUYETT.

SCST Swimmers achieving **NEW** [ISI Time Standards](#):

**NEW** ISI Regional Championship Time Standards - ALI ANDROS, NATHAN BAWOLKE, ANTHONY BLISS, MATT BORYK, JACK BRANDT, KATIE CANTRELL, KYLE CHAPKO, MEAGAN CUMMINS, EMILY DeVITA, KYLE DUNLAP, RYAN FALK, HEATHER HOUSE, STEPHEN HUTCHINSON, EMILY JANIA, KRISTIN KOWALESKI, EMMA KUSZYNSKI, KENZIE KUZMANIC, KAYLEIGH LEWIS, GRACE LILLY, EMMA McSPADDEN, RACHEL NAGLER, GABBI POMPILIO, JOHN QUINN, GRACE SAMUELSON, THAD THOMPSON, BRAD WHITEHURST, NICK WOLFF and SEAN YETTER.

**NEW** ISI Age Group Championship Time Standards - NATE BAXTER, NICK BORYK, AUSTIN CABEL, AUDREY GUYETT, MONICA GUYETT, ERIN HART, MARY JANIA, NATHAN KUSZYNSKI, MATT NAGLER and GABBI POMPILIO.

**NEW** ISI Senior Championship Time Standards - AUDREY GUYETT, MONICA GUYETT and ERIN HART.

SCST Swimmers achieving **NEW** Speedo Championship Series [Time Standards](#) - RYAN FALK, TAYLOR FALK, AUDREY GUYETT and ERIN HART.

SCST Swimmers that set New Meet Records; **ALEX DUFFY** in the Open Boy's 100 Fly 54.81, 100 Back 56.40, 200 IM 1:59.56 and 200 Back 1:59.95, **RYAN FALK** 13-14 Girl's 500 Free 5:23.40, **AUDREY GUYETT** 11-12 Girls 500 Free 5:09.69 and 200 Free 1:59.29, **ERIN HART** 13-14 Girl's 100 Free 54.65 and 50 Free 24.94, **LINDA LICARI** 9-10 Girl's 50 Back 31.20 and 100 Back 1:07.83. Way to leave your mark!



SCST Swimmers set one **NEW** Team Record over the weekend. **AUDREY GUYETT** set a New Team standard in the 11-12 Girls 500 Free with a time of 5:09.69 surpassing the old Team Record of 5:12.20 set by Meagan Popp in 2009. Congratulations **AUDREY** on a Great Swim!

Swimmers that won events over the weekend; **ALEX DUFFY, RYAN FALK, ALEX FILIPOVIC, AUDREY GUYETT, ERIN HART, LUCY JOHNSON, ETHAN KOSDONDLINGER, LINDA LICARI** and **JOHNNY TARPEY**.

Nice Meet, now spend December getting ready for the Fishers Meet!

### BECOME ONE OF THE GOOD GUYS!

Since it is the beginning of December SCST wanted to take this brief moment before everybody's lives turn upside down during the Holidays to remind you that our club is hosting a clinic to teach new officials at the Norris Center on **January 8, 2012**.

Registration for the clinic is through Illinois Swimming and the deadline is **December 30, 2011**. Attached to this email is an ISI form on the how-to of signing up for the clinic. Please feel free to call (630-661-0350) or email ([john@brucaryetter.com](mailto:john@brucaryetter.com)) Jack Yetter with help registering.

Officiating is an incredibly rewarding way to meet your family's volunteering obligation to the club. There is no better way to see a meet or express to your children that you appreciate their commitment to the sport. Despite what you may think, other than the clinic, it requires no more time commitment than any other volunteer position you could do in fulfilling your commitment to the club.

No prior knowledge of swimming is needed to do the job!

We've decided to host the clinic at home this year as we face a shortage in officials as the children of current officials finish their high school years. Please consider this a good time to get on board and help us to continue to run high level competitions.

**Become a USA Swimming Official!**

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

## FAST MLK Prelim/Final Classic

(TEAM Competition)  
1/13 thru 1/15, 2012  
Fishers High School  
Fishers, IN  
*Entries are now closed!*

## 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

## ENERGY DRINKS

# HELP!

Does Any of this Make Sense?

So, does any of this make any sense? Actually it does. First let's look at the high points of the series so far...

## Check this out!

So, does consuming a compound that interferes with your ability to concentrate, focus your energy or sleep make any sense either in training or prior to performance? Absolutely not!

## Check this out!

**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 20 Questions

with

## Christine Magnuson

Magnuson hit the scene with a big splash, winning silver in the 100 fly at the 2008 Olympics, and following that, she picked up a silver in the 4 x 100 medley, making her Beijing experience quite memorable. After graduating from the University of Tennessee, she is pursuing her swimming career, and a Master in Public Administration (MPA) degree at the University of Arizona, as she explains in this week's [20 Question Tuesday](#).

**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.**

Proud Sponsors of the St. Charles Swim Team



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