

Proud Sponsors
Of the
St. Charles Swim Team



1. PRACTICE CHANGES & CANCELLATIONS

PRACTICE CORRECTION, FOR 8 & UNDER SWIMMERS, There is an error on the practice schedule. **8 & UNDER** Friday practices will be 7:00-8:00pm at St. Charles North High School, please check the [Practice Calendar](#) at www.stcswim.com.

PRACTICE CHANGE, TUESDAY, DECEMBER 14TH for the **9 & 10 SWIMMERS**, Practice will be 7:30-8:45pm at St. Charles North High School Pool, due to High School Duel Meet.

HOLIDAY PRACTICE SCHEDULE please check www.stcswim.com for a copy of the 2010-2011 Holiday Practice Schedule in the News column on the right hand side of the homepage.

Senior Swimmers

NO PRACTICE Dec. 24th, 25th and Jan. 1st
 Saturday, Dec. 18th 10:00am-1:00pm @ SCN
 Sun, Dec. 19th, 26th, Jan. 2nd 6:00-8:00am @ SCN
 Monday, Dec. 20th, 27th 10:00am-12:30pm @ SCN
 Tuesday, Dec. 21st, 28th 9:00am-12:00pm @ SEHS
 Wednesday, Dec. 22nd, 29th 10:00am-12:30pm @ SCN
 Thursday, Dec. 23rd, 30th 9:00am-12:00pm @ SEHS
 Friday, Dec. 31st 12:00-3:00pm @ SCN

11 to 14 Swimmers

NO PRACTICE Dec. 24th, 25th and Jan. 1st
 Saturday, Dec. 18th 1:00-2:30pm @ SCN (Everyone)
 Sunday, Dec. 26th, Jan. 2nd 9:30-11:30am @ SCN (Everyone)
 Monday, Dec. 20th, 27th 9:00-10:30am @ SEHS (Girls Only)
 10:30am-12:00pm @ SEHS (Boys Only)
 7:00-8:30pm @ SCN (Everyone)
 Tuesday, Dec. 21st, 28th 10:00am-12:00pm @ SCN (Everyone)
 Wednesday, Dec. 22nd, 29th 9:00-10:30am @ SEHS (Girls Only)
 10:30am-12:00pm @ SEHS (Boys Only)
 7:00-8:30pm @ SCN (Everyone)
 Thursday, Dec. 23rd, 30th 10:00am-12:00pm @ SCN (Everyone)
 Friday, Dec. 31st 3:00pm-5:00pm @ SCN (Everyone)

9 to 10 Swimmers

NO PRACTICE Dec. 24th, 25th and Jan. 1st
 Saturday, Dec. 18th 11:30am-1:30pm @ SEHS
 Sunday, Dec. 26th, Jan. 2nd 11:30am-1:00pm @ SCN
 Monday, Dec. 20th, 27th 6:00-7:30pm @ SCN
 Tuesday, Dec. 21st 1:00-2:30pm @ SCN
 Tuesday, Dec. 28th 6:00-7:30pm @ SCN
 Wednesday, Dec. 22nd, 29th 6:00-7:30pm @ SCN
 Thursday, Dec. 23rd, 30th 6:00-7:30pm @ SCN

8 & Under Swimmers

NO PRACTICE Dec. 24th, 25th and Jan. 1st
 Monday, Dec. 20th, 27th 12:00-1:00pm @ SCN
 Tuesday, Dec. 21st, 28th 12:00-1:00pm @ SCN
 Wednesday, Dec. 22nd, 29th 12:00-1:00pm @ SCN
 Thursday, Dec. 23rd, 30th 12:00-1:00pm @ SCN

PRACTICE CHANGE, TUESDAY, JANUARY 4TH for the **9 & 10 SWIMMERS**, Practice will be 7:30-8:45pm at St. Charles North High School Pool, due to High School Duel Meet.

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

The St. Charles Swim Team did a good job at the LWSA Holiday Splash. In the Team competition SCST finished 2nd behind host Lincoln Way Swim Association. The Top 5 Team Scores were 5th Maverick Swim Club 119, 4th Champaign County YMCA 157, 3rd Hornet Swim Club 207, 2nd St. Charles Swim Team 314.50 and 1st Lincoln-Way Swim Association 493. Since the host team dominated the entries we were awarded the Championship Trophy. Nice swimming SCST! If you are wondering why the Team Scores were so low, only the top 6 swimmers were award points.



2010-2011
Short Course Meet Schedule
Follow Meet Link to Meet Information

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

For all the News that is
Swimming
visit



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

SCST TOP 10 TEAM GOALS for the LWSA Holiday Splash

1. **SCST Swimmers will clean up after themselves!** It was a little bit better but still not the impression we want to leave at a meet.
2. **SCST Be Early to Warm-Ups**, SCST did a good job even with the weather difficulties.
3. **SCST will not miss a race!** SCST had five missed races, almost 1% of our swims.
4. **SCST will have less than 6% disqualifications!** SCST had 15 DQ's over the weekend which is just over 2%. Great New Standard for SCST!
5. **SCST Swimmers will RACE EVERY EVENT, START to FINISH!** This needs to improve, it is difficult to improve if not every race is treated equally important.
6. **SCST Swimmers will display Team Spirit, GO SCST!** It is getting better. Nice Team cheer on Sunday; with the 8 & Under Swimmers leading the Senior & 13-14 Girls in a Team Cheer.
7. **SCST Volunteering**, Thank You SCST Parent's who helped with officiating at the meet, three sessions is a lot of volunteer spots to fill.
8. **SCST Swimmers and Parents will have a uniform appearance**, This is getting better, especially with the Parents.
9. **SCST will finish in the Top 3 of the Team Competition!** 2nd overall, but came home the Trophy!
10. **SCST HAVE FUN & SWIM FAST**, It is fun to ask the swimmers if they are having fun, it is even better when they say yes. Even those swimmers who may not have had the best day or days of racing.

The following swimmers achieved Life Time Best Times in every event this weekend; **ALEXIS ANDROS, FRANCESCA CARRAVETTA, SYDNEY JOHNSON, KELLY KONICEK, MITCHELL MILOSCH, AMY PEARSON, LESLIE POZEZINSKI, SARA QUINN** and **LUCY TYKAL**.

The swimmer who dropped the most time in one event goes to a swimmer who won this recognition by beating another swimmer by .72 seconds. Congratulations **MATT BORYK** who dropped 26.97 seconds in his 100 Free! Congratulations to **MOLLY YETTER** who dropped 26.25 seconds in her 100 Free! Great racing by the both of you.

Swimmers who achieved **NEW USA SWIMMING NATIONAL "B" TIMES**; **ALEXIS ANDROS, DOMINIQUE CARRAVETTA, JAMIE CRANFILL, JOHN CRANFILL, SIBA FILIPOVIC, SEAN GALLE, SYDNEY JOHNSON, KELLY KONICEK, SYDNEY MAXWELL, JAKE MILOSCH, NATE MILOSCH, CLAIRE MORGAN, DEVIN NEISES, REBECCA PALMQUIST, GRACE QUINN, JOEY REITER, DELANEY SOULE, THAD THOMPSON, OWEN TYKAL** and **MAGGIE WHITEHURST**.

Swimmers who achieved **NEW USA SWIMMING NATIONAL "BB" TIMES**; **NATHAN BAWOLEK, KATIE CANTRELL, KYLE CHAPKO, SEAN GALLE, STEPHANIE GARVIN, BRITTA GESELL, HANNAH GURSKY, COOPER HAWKINS, KENZIE KUZMANIC, BRANDON LACH, AUSTIN LAMP, JAMES LICARI, NATE MILOSCH, DEVIN NEISES, REBECCA PALMQUIST, ROXANNE PRIGGE, JOEY REITER, CLAIRE SEBASTIAN, JILLIAN WASLAWSKI** and **BRAD WHITEHURST**.

Swimmers who achieved **NEW USA SWIMMING NATIONAL "A" TIMES**; **SOPHIE BUSESKI, STEPHANIE GARVIN, BRITTA GESELL, ASHLEY GLADIS, MITCHELL MILOSCH, AMY PEARSON, JOHN QUINN, JILLIAN WASLAWSKI, ALLISON WESSEL** and **FRANCIS YIP**.

Swimmers who achieved **NEW USA SWIMMING NATIONAL "AA" TIMES**; **RYAN FALK, STEPHANIE GARVIN, ASHLEY GLADIS, HEATHER HOUSE, EMILY JANIA, LUCY JOHNSON, KYLE LEWARCHICK, LINDA LICARI, MITCHELL MILOSCH, KATIE NAGLER** and **MARY SNYDER**.

Swimmers who achieved **NEW USA SWIMMING NATIONAL "AAA" TIMES**; **GABBY CESARONE, ALEX DUFFY, RYAN FALK, ERIN HART** and **KYLE LEWARCHICK**.

Swimmers who achieved **NEW ILLINOIS SWIMMING REGIONAL QUALIFYING TIMES**; **NICK BORYK, SOPHIE BUSESKI, KYLE CHAPKO, SEAN GALLE, STEPHANIE GARVIN, BRITTA GESELL, ASHLEY GLADIS, ERIN HART, HEATHER HOUSE, SYDNEY JESKO, LUCY JOHNSON, BRANDON LACH, JAMES LICARI, MATTHEW NAGLER, HANNAH POZEZINSKI, GRACE SAMUELSON** and **FRANCIS YIP**.

Swimmers who achieved **NEW ILLINOIS SWIMMING AGE GROUP CHAMP QUALIFYING**

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

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

TIMES; NICK BORYK, GABBY CESARONE, STEPHANIE GARVIN, ERIN HART, EMILY JANIA, KYLE LEWARCHICK, LINDALICARI and MITCHELL MILOSCH.

SCST Swimmers finishing in the Top 3 of their Age Group High Point and receiving trophies were; **KYLE LEWARCHICK** finished 1st in the 9-10 Boys High Point with 68 points, **MITCHELL MILOSCH** finished 3rd in the 11-12 Boys High Point with 22 points, **STEPHANIE GARVIN** finished 1st in the 13-14 Girls High Point with 46 points and **ALEX DUFFY** finished 1st in the 13-14 Boys High Point with 54 points.

SCST Swimmers that won individual events were; **NATHAN BAWOLEK, MATT BORYK, NICK BORYK, GABBY CESARONE, JAMIE CRANFILL, ALEX DUFFY, RYAN FALK, SEAN GALLE, STEPHANIE GARVIN, ASHLEY GLADIS, ERIN HART, KEEGAN HAWKINS, ISABEL HERB, HEATHER HOUSE, AUSTIN LAMP, KYLE LEWARCHICK, LINDA LICARI, LAUREN McCORMACK, JAKE MILOSCH, REBECCA MURPHY, REBECCA PALMQUIST, CLAIRE SEBASTIAN, JILLIAN WASLAWSKI, ALLISON WESSEL, BRAD WHITEHURST, MOLLY YETTER and SEAN YETTER.**

Next up some solid training over Holiday Break then the Sugar Creek Swim Club Penguin Paradise Plunge. We still have a long way to go to get where we need to be as a Team.

3. 2010 SHORT COURSE JUNIOR NATIONALS

NICOLE CHAPKO, MEAGAN POPP, LAUREN REYNOLDS, EMMA SMITH, SARAH SYKSTUS and LAUREN ZIMA, had a great experience in Atlanta racing some of the best 18 & Under athletes in the United States.



Two **NEW TEAM RECORDS** were set at the meet. **EMMA SMITH** swam to a New Open Girls 400 IM Record with a time of 4:24.67 beating her old record of 4:27.98 that she set in 2009. The other New Record was set by **MEAGAN POPP** in the 200 Breast with a time of 2:20.96 beating the old 13-14 Girls Record of 2:21.08 set by Ashley Seymour in 2000. Congratulations ladies.



EMMA SMITH achieved a second swim in the 400 IM with a 29th place finish. Her prelim swim of 4:24.67 established a New Team Record.

SCST looks forward to having more swimmers participate at the 2011 Short Course Junior National Championships.

4. 24 YEARS OF FRIENDSHIP AND FITNESS

This is an article that my "other" brother forwarded to the family and I would like to share it with everyone.

It's Wednesday morning, and Robbie Robbins and Louis Cruz are getting ready for their usual midweek workout: a timed, mile-long swim at the indoor pool at Joint Expeditionary Base Little Creek.

Both toned and muscular, both in spandex, they climb into the water. This is the pool where Navy SEALs train, and while Robbins and Cruz are both out of the service now, they have no problem holding their own.

Whether they're here, lifting weights at the gym or out for a run, strangers' reactions are usually the same.

"First they stare," Robbins says. "And then they want to know what our secret is."

Robbins is 86. Cruz is 89.

"I tell them, 'This is our secret,' " Cruz says. " 'Exer-cise.' "

Certainly so. But at least in part, it's something else, too: each other.

For nearly a quarter-century, Robbins and Cruz have been working out together. They met at the gym in 1986 and quickly discovered how much they had in common. They're both Navy veterans, both former boatswain's mates. They joined as teenagers in 1942, within a couple weeks of each other.

To read more of the article follow [link](#) provided and [watch](#) Robbie and Louis swim their 700th mile.



5. 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.

6. APPAREL INFORMATION

Please contact Linda Popp, lspopp@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.



7. 2010 FINA SHORT COURSE WORLD CHAMPIONSHIPS

To close out the 2010 calendar year, the world turns its eyes to Dubai for FINA's Short Course World Championships. The competition will be held from December 15th thru 19th.



Members of the U.S. Short Course World Championship Team will hit the water Wednesday for the start of the 10th FINA Short Course World Championships (25m) in Dubai, UAE.

Look for strong races from Olympic gold medalists Ryan Lochte (above, left) and Natalie Coughlin (left) in the 200m free and 100m back, respectively. Lochte will face top seed Filippo Magnini of Italy in the event as well as U.S. teammate Peter Vanderkaay. Coughlin will be competing in her first World Championship event since the 2007 long course World Championships in Melbourne. American Missy Franklin will join Coughlin in the 100m back.

Mary DeScenza Mohler and Kim Vandenberg will swim in the women's 200m fly. Mohler is the defending short course world champion in the event. In the women's 400m IM, Ariana Kukors and Dagny Knutson will also square off against a strong field of international competitors in the 400m IM.

The men's 100m back will include a deep field of swimmers, including U.S. swimmers Nick Thoman and David Plummer. Thoman is the reigning world record-holder in the event.

For results and more information check out our [results](#) page. You can also find out behind-the-scenes information and photos from Dubai on the USA Swimming Facebook page or Twitter page.

8. CLEMSON UNIVERSITY SWIMMING LOOKING FOR ANOTHER PETITION PUSH

This weekend, SaveClemsonSwimming.org sent out another request for the swimming community to show support for the team by way of an online petition.

Earlier this year, Clemson announced that it would phase out men's and women's swimming and men's diving at the school by the end of 2012.

Here is the request circulated by SaveClemsonSwimming.org:

On April 30th, 2010, Clemson University announced a plan to phase out the men's and women's swimming and men's diving teams. As of right now, the teams will end in 2012.

SaveClemsonSwimming.org has created a petition for supporters of the reinstatement of the Clemson swimming and diving programs beyond 2012. We ask that you sign this petition in support of this effort.

Visit our website <http://www.saveclemsonswimming.org/> to sign the petition.

Please send this link along to your friends. We greatly appreciate your continued support of Clemson swimming and diving.

Thank you,
SaveClemsonSwimming.org

