

**MEET SIGN UP**

Don't miss the deadline for the following meets

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

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



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](#)

**Update!**

**2010 Age Group Championship Meet**

The **2010 Age Group Championships** is coming **March 12th-14th!** It's not too soon to start planning.

Supermeets will open **Tuesday, January 12th.**

Look for updated information each week in the H2O log.

**1. PRACTICE INFORMATION, CHANGES & CANCELLATIONS**

**SCST BAD WEATHER POLICY** as long as the Norris Center is **OPEN** St. Charles Swimming will continue all practices at the Norris Rec. Center. If School District 303 **CLOSES** school activities St. Charles Swimming will not have practice at St. Charles North High School.

If SCST cancels practice we will notify our General Membership as soon as we get information; first by posting on the St. Charles Swim Team Website ([www.stcswim.com](http://www.stcswim.com)), next by email and then callingpost. Please make sure SCST has your up to date email and contact phone number.

**NO PRACTICE, SATURDAY, DECEMBER 19<sup>TH</sup>** for the **BLUE, WHITE** and **BLACK TEAMS** due to St. Charles Swim Team Age Group Time Trial.

**HOLIDAY PRACTICE SCHEDULE**

|                     | Dec 21                         | Dec 22                         | Dec 23                         | Dec 24         | Dec 25      | Dec 26          | Dec 27         |
|---------------------|--------------------------------|--------------------------------|--------------------------------|----------------|-------------|-----------------|----------------|
| <b>Orange</b>       | 500-600 @ NRC                  | No Practice                    | 500-600 @ NRC                  | No Practice    | No Practice | No Practice     | No Practice    |
| <b>Blue</b>         | 9-1030 @ NRC                   | 9-1030 @ NRC                   | 9-1030 @ NRC                   | No Practice    | No Practice | No Practice     | No Practice    |
| <b>White</b>        | 1030-1230 @ NHS                | 900-1100 @ NRC                 | 1030-1230 @ NHS                | No Practice    | No Practice | 1030-1230 @ NHS | No Practice    |
| <b>Black</b>        | 9-1200 @ NRC                   | 1000-1000 @ NHS                | 9-1200 @ NRC                   | 900-1100 @ NRC | No Practice | No Practice     | 800-1100 @ NRC |
| <b>Pre National</b> | 730-930 @ NRC<br>500-700 @ NHS | 730-930 @ NRC<br>500-700 @ NHS | 730-930 @ NRC<br>500-700 @ NHS | 900-1100 @ NHS | No Practice | No Practice     | 700-930 @ NHS  |
| <b>Senior</b>       | 9-1200 @ NRC                   | 1000-1000 @ NHS                | 9-1200 @ NRC                   | 900-1100 @ NRC | No Practice | No Practice     | 800-1100 @ NRC |

|                     | Dec 28                         | Dec 29                          | Dec 30          | Dec 31          | Jan 1       | Jan 2           | Jan 3          |
|---------------------|--------------------------------|---------------------------------|-----------------|-----------------|-------------|-----------------|----------------|
| <b>Orange</b>       | 500-600 @ NRC                  | No Practice                     | 500-600 @ NRC   | No Practice     | No Practice | No Practice     | No Practice    |
| <b>Blue</b>         | 9-1030 @ NRC                   | 5-630 @ NRC                     | 9-1030 @ NRC    | No Practice     | No Practice | 9-1030 @ NRC    | No Practice    |
| <b>White</b>        | 1030-1230 @ NHS                | 900-1100 @ NRC                  | 1030-1230 @ NHS | No Practice     | No Practice | 1030-1230 @ NHS | No Practice    |
| <b>Black</b>        | 9-1200 @ NRC                   | 1000-1000 @ NHS                 | 500-700 @ NHS   | 1030-1200 @ NHS | No Practice | 900-1200 @ NRC  | 800-1100 @ NRC |
| <b>Pre National</b> | 630-800 @ NRC<br>500-700 @ NHS | 930-1030 @ NRC<br>500-700 @ NHS | 9-1200 @ NRC    | 900-1200 @ NHS  | No Practice | No Practice     | 700-930 @ NHS  |
| <b>Senior</b>       | 9-1200 @ NRC                   | 1000-1000 @ NHS                 | 9-1200 @ NRC    | 900-1200 @ NRC  | No Practice | 900-1200 @ NRC  | No Practice    |

**2. ST. CHARLES AGE GROUP TIME TRIAL – SATURDAY, DEC 19**

This Saturday the St. Charles Swim Team will be hosting an Age Group Time Trial at the Norris Rec. Center for the **ORANGE, BLUE, WHITE** and **BLACK TEAMS**. Please check with your Coach to see if you swimmer is eligible, sign up for this meet on **Supermeets**. Sign up will close at Noon on Friday.

Warm-Ups @ 8:30am

Meet Begins @ 9:00 am

Proud Sponsors of St. Charles Swimming



Click on each logo to visit our Sponsor's Website

## 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

**Birthdays  
For the Week Of  
12/14 thru 12/20**

**HAPPY  
BIRTHDAY**

Jen Clay  
Ben Kanute  
Sarah Summers

## TEAM MANAGER ONLINE

SCST Entries and  
Results  
([Team Stats Online](#))

The 2010 Age Group  
Championships is  
coming March 12th-14th!  
It's not too soon to start  
planning. Supermeets  
will open Tuesday,  
January 12th.  
Look for updated  
information each week in  
the H2O log.



## 3. TEAM GOALS AT WHEATON, WAUKESHA and SHORT COURSE NATIONALS

St. Charles Swimming had a very good weekend but we still need to be better if we want to be the best Swim Club at the end of the season

○ **BE EARLY TO WARM-UPS**, we are much better in this area than we were last season. Warm-up is the most important part of a meet. **DO NOT BE LATE!**

○ **SCST WILL HAVE LESS THAN 1% MISSED SWIMS.** We are close 1.04%, not yet less than 1%. We swam 858 swims over the weekend and only missed 9 swims. We need a perfect meet to reach this goal!

✓ **SCST WILL HAVE LESS THAN 7% DISQUALIFICATIONS.** SCST Swimmers set a new standard over the weekend, SCST had 3.49% of their swims were DQ's. Next it will be less than 3% of our swims will be Disqualifications!

○ **PARENT VOLUNTEERING**, nice job everyone but we will be asked to do more at the Academy Invite, from timing to officiating. Let's make sure we do our part, we host two big meets at the end of the season and we will need volunteers from every club in the state to make the meets run smoothly.

○ **SCST SWIMMERS AND PARENTS WILL HAVE A UNIFORM APPEARANCE**, we need to be better at this, a team uniform appearance helps the staff identify swimmers, parents and volunteers quickly if we need to see them swim or speak with them. Make sure everyone knows you're from St. Charles.

○ **SCST SWIMMERS & PARENTS WILL DISPLAY TEAM SPIRIT**, there can never be enough spirit, keep on cheering!

○ **EVERYONE CONTINUE TO HAVE FUN & SWIM FAST**, we are getting better at having fun and swimming fast. Over the weekend SCST had over 53% of their swims at the 3 Meets be improved swims. This needs to be higher if SCST is to be the Best Team in the State at the end of the season!

Please remember that with out knowing where you are going you can never get there. Not only when swimmers go to a meet do they represent themselves they represent SCST. It is important at the meets we attend that swimmers have individual goals for each day and event but they must also work on the Team Goals established for the whole weekend. Go SCST!

## 3. 2009 WHEATON SWIM CLUB SHORT COURSE TEAM CHALLENGE

St. Charles Swimming had a good meet with over 300 of the swims improved times. SCST finished 6<sup>th</sup> with 1,270 points, at the 2008 Short Course Team Challenge SCST finished 6<sup>th</sup> with only 830 points, our swimmers were much more competitive this year. Nice Racing everyone!

SCST had five swimmers that dropped over 30 seconds in one event. The first dropped 38.08 seconds in his 100 Fly which is an average of 9.52 seconds per 25, nice drop **NICK WELLMAN!** The next four swimmers all dropped time in the same event the 1650 on Friday Night; **WILL SHANEL** dropped 39.69 seconds, **ALYCE TAUER** dropped 80.56 seconds, **KATIE QUINN** dropped 93.24 seconds and the most time dropped in one event goes to **RACHEL STAUDACHER** who drop 109.74 seconds in her 1650. Congratulations to all the swimmers who achieved a Lifetime Best this weekend!



Swimmers who achieved Life Time Best in Every Event were; **JONATHAN BRENNAN, KAITLYN JOHNSON**

## 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</a> & <a href="#">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</a> & <a href="#">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 – December 16, 2009

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

### 3. 2009 WHEATON SWIM CLUB SHORT COURSE TEAM CHALLENGE (continued)

Swimmers who achieved Life Time Best in Every Event were; **KENZIE KUZMANIC, KATE LILLIE, KATE SPENCE, ANNE TAVIERNE** and **FRANCIS YIP**.

Swimmers achieving **NEW National "B" Time Standards**; **FRANZ ALLENDORFER, JONATHAN BRENNAN, JOHN CRANFILL, JACKIE FISHER, KAITLYN JOHNSEN, KATE LILLIE, EMMA McSPADDEN, KATIE NAGLER, JACOB PAWELKIEWICZ, JOEY QUANN, ELIZABETH REITHER, RILEY ROONEY, CHRIS STANEK, MATT STAUDACHER, MARIA TAVIERNE, JOSTIN TRINIDAD, NICK WELLMAN** and **CHARLIE YOUNG**

Swimmers achieving **NEW National "BB" Time Standards**; **SYDNEY ANDERSEN, ASHLEY ASUNCION, DOMINIQUE CARRAVETTA, GABBY CESARNE, SYDNEY JESKO, KAITLYN JOHNSEN, MAX KERN, KYLE LEWARCHICK, NICK MILOSCH, KATIE NAGLER, RACHEL NAGLER, COURTNEY PHELAN, JOEY QUANN, KATIE QUINN, JOEY REITER, GRACE SAMULESON, ALEXIA SCOTT, MATT STAUDACHER, SARAH SUMMERS, ANNE TAVIERNE, MARIA TAVIERNE, THAD THOMPSON, ALLISON WESSEL** and **FRANCIS YIP**

Swimmers achieving **NEW National "A" Time Standards**; **DOMINIQUE CARRAVETTA, JACKIE FISHER, SYDNEY JESKO, MARISSA KURAL, MITCHELL MILOSCH, CHRIS STANEK, RACHEL STAUDACHER** and **ALYCE TAUER**

Swimmers achieving **NEW National "AA" Time Standards**; **SYDNEY JESKO, MITCHELL MILOSCH** and **AMY PEARSON**

Swimmer achieving a **NEW National "AAA" Time Standard**; **WILL SHANEL**

Swimmers achieving **NEW ISI Regional Time Standards**; **FRANZ ALLENDORFER, SERENA ALLENDORFER, ASHLEY ASUNCION, DOMINIQUE CARRAVETTA, KAITLYN JOHNSEN, MARISSA KURAL, KYLE LEWARCHICK, KATIE QUINN, WILL SHANEL, JAD SLIM, RACHEL STAUDACHER, SARA SUMMERS ALYCE TAUER, MARIA TAVIERNE, THAD THOMPSON** and **FRANCIS YIP**

Swimmer achieving a **NEW ISI Age Group Time Standards**; **AMY PEARSON**

Swimmers achieving **NEW ISI Senior Championship Time Standards**; **NATHAN JESKO** and **WILL SHANEL**

Swimmer who won an event at the meet was **NATHAN JESKO**, the 13-14 Men's 100 Back.

SCST Swimmers that set new Meet Records were **MITCHELL MILOSCH** who set a New Meet Record in the 10 & Under Boys 50 Fly with a time of 30.96. The other SCST Swimmer to set a new Meet Record was **WILL SHANEL** who set a New Meet Record in the 13-14 Boys 1650 with a time of 17:30.04. Congratulations to both you on outstanding racing!

The Wheaton Meet is a great meet to head into the Holiday Practice Schedule with; swimmers now understand to reach their goals this is the time to push themselves if they want to reach their goals! Keep up the Hard Work!

### 4. WAUKESHA EXPRESS NIKE CHALLENGE



The meet up in Waukesha is one of the more competitive meets we will travel to. The top eight in the 11-12 girls racing in finals each night are as fast if not faster than the top 8 that will compete at the Illinois Swimming Age Group Championships Meet. St. Charles Swimming finished 5<sup>th</sup> in the overall team standings with 1,145 points, last year with more swimmers in attendance at the meet SCST finished 3<sup>rd</sup> with 2,030 points. We want to win this meet in the future!

The St. Charles Swimmer who dropped the most time in one event did so in the 11-12 Boys 200 IM, Congratulations to **STEPHEN HUTCHINSON** who dropped a total of 35.79 seconds! Rockin' Swim!

Swimmers who achieved Life Time Best in Every Event were; **KYLE CHAPKO, ALEX DUFFY, RYAN FALK, ANNA O'MALLEY** and **MARY SNYDER**.

Swimmers achieving **NEW National "BB" Time Standards**; **COOPER HAWKINS, KEEGAN HAWKINS, HEATHER HOUSE, STEPHEN HUTCHINSON, TIM STEELE** and **JILLIAN WASLAWSKI**

Swimmers achieving **NEW National "A" Time Standards**; **NICK BORYK, KYLE CHAPKO, RYAN FALK, MEEGAN HART, ELLIE HUTCHINSON, ANNA O'MALLEY, MARY SNYDER** and **TIM STEELE**

Swimmers achieving **NEW National "AA" Time Standards**; **TAYLOR FALK, MEEGAN HART, EMMA KUSZYNSKI, NATHAN KUSZYNSKI, LISA LICARI, KIMMIE SCOTT** and **MARY SNYDER**

Swimmer achieving a **NEW National "AAA" Time Standard**; **NICK BORYK, ALEX DUFFY, EMMA KUSZYNSKI** and **MARY SNYDER**

Swimmer achieving a **NEW National "AAAA" Time Standard**; **NICOLE CHAPKO** and **MEAGAN POPP**

Swimmers achieving **NEW ISI Regional Time Standards**; **RYAN FALK, KEEGAN HAWKINS, JOE HOLLMAN, HEATHER HOUSE, ELLIE HUTCHINSON, STEPHEN HUTCHINSON, ANNA O'MALLEY, KATIE STEELE** and **TIM STEELE**

Swimmers achieving a **NEW ISI Age Group Time Standards**; **IZZIE BINDSEIL, NICK BORYK, ALEX DUFFY, MEEGAN HART, EMMA KUSZYNSKI, HANNAH SAUNDERS, KIMMIE SCOTT** and **MARY SNYDER**

Swimmers achieving **NEW ISI Senior Championship Time Standards**; **IZZIE BINDSEIL, LISA LICARI** and **MEAGAN POPP**

Swimmers achieving **NEW Central Zone Section 1 Championship Time Standards**; **NICOLE CHAPKO, JOE HOLLMAN** and **MEAGAN POPP**

SCST H2O Log - December 16, 2009

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

#### 4. WAUKESHA EXPRESS NIKE CHALLENGE (continued)

Swimmers who won an event(s) at the meet were; **NICK BORYK, NICOLE CHAPKO, ALEX DUFFY, JOE HOLLMAN, NATHAN KUSZYNSKI** and **MEAGAN POPP**.

**MEAGAN POPP** set three NEW Team Records over the weekend at Waukesha. On Friday Night **MEAGAN** swam a 5:12.20 in the 11-12 Girls 500 Free breaking the old record set in 2000 by Catherine Nosal with a time of 5:17.62. On Saturday **MEAGAN** set two more records; in the 11-12 Girls 200 Free she swam a 1:57.35 breaking her old record of 1:58.18 established at the Western Great Lakes Open. The other record was the 11-12 Girls 50 Breast where she swam a 31.63 breaking her old record of 31.85 set also at the Western Great Lakes Open. So far this season **MEAGAN** has set 7 New Team Records, Nice Swimming **MEAGAN!**

St. Charles Swimming had three Swimmers WIN High Point at the Waukesha Express Nike Challenge; **NICK BORYK** tied for 1<sup>st</sup> in the 10 & Under Boys division with 116 points, **MEAGAN POPP** won the 11-12 Girls division with 123 points and **NICOLE CHAPKO** won the 13-14 Girls division with 127 points.

Another good meet for St. Charles Swimming, next year we want to win this meet!

#### 5. SHORT COURSE JUNIOR NATIONALS



This is becoming an incredibly fast meet, not only fast but also huge! With over 1500 swimmers in attendance there was not much room on deck for all the swimmers, but there was plenty of water to run all those swims.

St. Charles Swimmers had a good meet Thursday, Friday and Saturday with St. Charles Swimmer **ANGIE CHOKRAN** making finals in the 100 Breast finishing 8<sup>th</sup> and in the 200 Breast finishing 12<sup>th</sup>.

**LAURA LICARI, LAUREN REYNOLDS, KAYLA SCOTT** and **EMMA SMITH** also swam at the meet. **KAYLA** achieved a Life Time Best in her 200 Breast and **EMMA** swam Life Time Best in the 400 IM and the 200 Breast. **EMMA's** 400 IM was not only a Best Time of 4:27.98 but also a NEW Team Record breaking the old record of 4:28.23 set by Amy Prestinario in 2007.

On Sunday Morning the Girls came back to compete in a Long Course Time Trial with them achieving 6 new Life Time Best in 9 events! **ANGIE CHOKRAN** achieved a Life Time Best in her 100 Back, **LAURA LICARI** achieved a Life Time Best in her 100 Back, **KAYLA SCOTT** achieved Life Time Best in her 100 Fly and 100 Free and **EMMA SMITH** achieved Life Time Best in her 100 Back and 100 Free.

This is a Great Meet to compete and learn at, the lessons the girls learned at the meet over the weekend are important to their future success.

#### 6. SCST NOVEMBER 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.

# PRIDE

November 2009  
SCST Swimmers of the Month

ORANGE TEAM

MADDIE WATTS

BLUE TEAM

FRANCIS YIP

WHITE TEAM

RYAN FALK

BLACK TEAM

JACKIE FISHER

PRE NATIONAL TEAM

MEAGAN POPP

SENIOR TEAM

LAURA LICARI

Congratulations to this month's winners!



In recognizing positive role models within the program it will raise the level of athletes that participate with the St. Charles Swim Team. For their efforts swimmers will receive a T-Shirt, Cap and a \$10 gift certificate from Kiefer Swim Shop. Keep up the Good Work!

## 7. ILLINOIS SWIMMING MOURNING THE LOSS OF TWO WONDERFUL COACHES

With in the span of one week Illinois Swimming loss two Great Head Coaches; Bryan "Beanie" Bateman of the Hornet Swim Club and Andy Rose of the Palatine Park District. Both were exceptional coaches and individuals that made the lives of everyone around them better. Palatine Park District Swim Team and the Hornet Swim Club are setting up memorial funds in their name.

At the Academy Speedo Invitational there will be a fundraiser to help both of these programs Memorial Funds. Caps will be sold with the name "Andy" in PPD colors on one side and "Beanie" (Bryan's nickname) in Hornet colors on the other side. All profits from these caps will be split among Bryan and Andy's memorial funds. Caps will be sold for \$7.50 a cap at the meet. The goal is to raise \$5,000.00 total for both funds.

Both Bryan and Andy will be missed.



Bryan "Beanie" Bateman

## 8. FOX VALLEY SPECIAL REC. THANK YOU

Dear Coaches and senior girls swim team members:



Thank you does not say enough for the gratitude we feel for your help at the FVSRA swim meet. This the 15<sup>th</sup> year you have made the FVSRA swim meet a huge success. You are all true champions and heroes.

The swimmers kept repeating how much fun they were having at our meet. They were so pleased when one you "high fived" them for their efforts.

May this start of the Holiday Season be the beginning of peace and happiness for all of you.

Thank you coaches for supporting the Special Olympics swim meet and instilling special values in your swimmers. Thank you swimmers for seeing a need to help give a memorable day to some very special swimmers.

If you need to have a recommendation for any award, college application, NHS, etc. please give us a call at 630-584-7162.

Thank you again.  
Sue and Hank Lange

This is a great start to a wonderful season.



Andy Rose

## 9. THE 2009 MUTUAL of OMAHA DUEL IN THE POOL, BEGINS FRIDAY



The 2009 Mutual of Omaha Duel in the Pool will be held Friday and Saturday in Manchester, England. For more information about the meet, in which the US will take on all-stars from Germany, Great Britain and Italy, go to [www.duelinthepool.com](http://www.duelinthepool.com). The meet will be broadcast December 27<sup>th</sup> on NBC.

Click on the Duel in the Pool logo for more information

## 10. INTERNATIONAL SWIMMING HALL OF FAME ANNOUNCE INDUCTION CLASS OF 2010

Located on Fort Lauderdale's magnificent beachfront since 1965, the International Swimming Hall of Fame (ISHOF) today announced the Honoree Induction Class of 2010. The 2010 Enshrinement will mark the organization's 46th year of honoring the greatest names in the history of the sports of swimming, diving, synchronized swimming and water polo.

"With honorees from the USA, Australia, Germany, Russia, Hungary, the Philippines and Romania, the Class of 2010 is as impressive and as internationally diverse as any in the history of ISHOF," said Bob Duenkel, ISHOF's staff liaison to the selection committee consisting of over 150 international aquatic experts.

Members of the Class of 2010 who will be inducted and enshrined in Fort Lauderdale, include Honor Swimmers Brooke Bennett (USA), Petria Thomas (Australia) and Franziska Van Almsick (Germany); Honor Synchronized Swimmer, Maria Kisseleva (Russia); Honor Open Water Swimmer, Paul Asmuth (USA); Honor Swimming Coaches, Murray Stephens (USA) and Tamas Szechy (Hungary); Honor Pioneer Diver, Larry Griswold (USA); Honor Pioneer Swimmer, Teofilo Yldefonso (Philippines); and, Honor Contributor, Cornel Marculescu (Romania).

Check out more at the [International Swimming Hall of Fame website](http://InternationalSwimmingHallOfFame.com).

## 11. 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).

## 12. MYTHICAL AGE GROUP CHAMPIONSHIPS

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