



ST CHARLES SWIM TEAM H2O LOG

2012-2013 LC, ISSUE #8

06/10/2013

PRACTICE CHANGE for **GOLD TEAM** Thursday Practice at the NRC is now 815-1100am. Friday Practice at the NRC is now 900-1100am. This is in effect for the rest of the season.

PRACTICE CHANGE for **BLUE TEAM** Thursday Practice for Mary and Julia Groups at Swanson Pool is now 700-830am. This is in effect for the rest of the season.

PRACTICE CORRECTION for **Coach Joe and Rob's SENIOR 2 TEAMS** Tuesday & Thursday Afternoon Practices at St Charles North will be 400-530pm

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SCST / Arena Summer Classic

It was a Long Weekend, but SCST Swimmers and Parents thank you for everything you did this weekend! Hosting a meet like the SCST / Arena Summer Classic is something that a lot of Teams wouldn't even attempt. Not only did we make all the timelines, have plenty of volunteers and some outstanding swims. Our Senior Swimmers raised \$733.01 with their Alex's Lemonade Stand.

Thank you everyone who donated in an attempt to help fight childhood cancer. Everyone did a Great Job!

The Swimmer who dropped the most time in one event goes to Matt Ortlund. Matt dropped an amazing -112.47 seconds in the 400 Free to better his time to 5:30.28. Nice swim Matt!

Swimmers who dropped in every event they swum over the weekend were;

Kelly Baughman, Alexa Baumann, Brooke Beyer, Kate Bihun, Ethan Braham, Rachael Cannici, Breana Carlino, Krista Domaracki, Kayla Filipek, Audrey Fitzekam, Grant Fritz, Nicole Guyett, Cooper Hawkins, Grace Jania, Kelly Kellett, Morgan Kelly, Kayleigh Lewis, Grace Lilly, Sam Lilly, Enya Linson, Emily Matthews, Ainslie Milo, Kendall Milo, Colin Murphy, Matthew Nagler, Andrew O'Hara, Matt Ortlund, Harsh Patel, Grace Peters, Kirsten Rogers, Reese Rooney, Riley Rooney, Salvatore Sandeck, Sienna Savas, Dana Schmid, Gabby Schmidt, Garrett Silvestri, Alena Spaniol, Lauryn Stevens, Allie Stornello, Brianna Sypolt, Michael Toriyama, Sean Toriyama, Chloe Trentham, Alexis Vasilikos, Megan Wineinger, Mandolyn Winters, Kate Wolff & Julia Zima.

St Charles Swim Team Swimmers achieving **NEW** [USA Swimming Time Standards](#)

NEW "B" Times - Carly Barton, Ellie Bawolek, Lindsay Baxter, Anthony Bliss, Andrew Borse, Maggie Borse, Patrick Borse, Callie Brady, Jack Brandt, Scout Cantrell, Kaitlin Cramer, Ross Davis, Julia Fifer, Logan Flesch, Tabitha Franzetti, Sarah Gibson, Mackenzie Hudmon, Trevor Janssen, Ashley Jones, Sydney Kelly, Megan Koch, Sarah Koch, Kayleigh Lewis, Harrison Liao, Sam Lilly, Emily Matthews, Morgan Kelly, Nicolas Migo, Kendall Milo, Nick Milosch, Joe Muehlschlegel, Colin Murphy, Matt Ortlund, Eric Palmquist, Mary Kate Phillips, John Quinn, Joey Reiter, Kirsten Rogers, Reese Rooney, Naomi Ruff, Tanner Schisler, Gabby Schmidt, Sarah Schoening, Gianna Shaw, Garret Silvestri, Alivia St.Clair, Brianna Sypolt, Isabel Sypolt, Sean Toriyama, Nick Traxler, Olivia Traxler, Chloe Trentham, Tess Walsh, Maddie Watts, Brad Whitehurst, Megan Wineinger, Mandolyn Winters, Tyler Wojdla, Sean Yetter & Julia Zima.

NEW "BB" Times - Kelly Baughman, Alexa Baumann, Nathan Bawolek, Matt Boryk, Callie Brady, Jack Brucato, Austin Cabel, Campbel Cairns, Scout Cantrell, Niall Cease, Haley Cisewski, Kaitlin Cramer, Tommy Cummins, Krista Domaracki, Dylan Duffy, Zachary Eckstrom,



Continued on page 2

SCST COACHING STAFF**CO-HEAD COACHES**[Jon Cabel](#)[Tim Lewarchick](#)**SENIOR COACHES**[Tim Lewarchick](#)[Joe Cabel](#)[Rob Rooney](#)**ORANGE TEAM COACHES**[Laurie Chokran](#) - Lead Coach[Nicole Kucera](#)[Lark Cowart](#)**BLUE TEAM COACHES**[Mary Dauw](#) - Lead Coach[Julia Shallcross](#)**WHITE TEAM COACHES**[Brian Mitchell](#) - Lead Coach[Kent Pearson](#)[Brian McMeans](#)**GOLD TEAM COACHES**[Jon Cabel](#) - Lead Coach[Matt Munz](#)**PRE TEAM COACHES**

Monday & Wednesday @ Norris

[Anna Hutchinson](#) - Lead Coach[Laurie Chokran](#)**JUNIOR TEAM COACHES**

Tuesday-Thursday @ Norris

[Dean Koch](#) - Lead Coach[Nicole Kucera](#)

Julianna Engesser, Audrey Fitzekam, Tabitha Franzetti, Sarah Gibson, Nicole Guyett, Mackenzie Hudmon, Grace Jania, Trevor Janssen, Ashley Jones, Hunter Kos-Dondlinger, Nathan Kuszynski, Kenzie Kuzmanic, Brandon Lach, Kayleigh Lewis, Harrison Liao, Grace Lilly, Emily Matthews, Sydney Maxwell, Ainslie Milo, Sayre Milo, Nick Milosch, Joe Muehlschlegel, Katherine Nagler, Rachel Nagler, Devin Neises, John Ortlund, Matt Ortlund, Kallie Peltier, Gabbi Pompilio, Emily Ponte, Rachel Ponte, John Quinn,

Jack Redden, Kirsten Rogers, Reese Rooney, Riley Rooney, Gianna Shaw, Camden Silvestri, Alivia St. Clair, Lily Stavropoulos, Tim Steele, Caitlin Suda, Brianna Sypolt, Isabel Sypolt, Ally Tarpey, Thad Thompson, Michael Toriyama, Nick Traxler, Jillian Waslawski, Maddie Watts, Jillian Wilson, Megan Wineinger, Katie Wisler, Nick Wolff, Sean Yetter & Julia Zima.

NEW "A" Times - Payton Baxter, Anthony Bliss, Ellie Brault, Jack Brucato, Austin Cabel, Rachael Cannici, Katie Cantrell, Brianna Cichon, Jamie Cranfill, John Cranfill, Tommy Cummins, Ryan Czarnecki, Ryan Falk, Aleksej Filipovic, Siba Filipovic, Grant Fritz, Nicole Guyett, Cooper Hawkins, Ellie Hutchinson, Grace Jania, Mary Jania, Lucy Johnson, Morgan Kelly, Ethan Kos-Dondlinger, Dan Kowaleski, Kenzie Kuzmanic, Brandon Lach, Kyle Lewarchick, Kayleigh Lewis, Payton Matejko, Emily Matthews, Sydney Maxwell, Ainslie Milo, Sayre Milo, Mitchell Milosch, Matthew Nagler, Meghan Niziolek, Rebecca Palmquist, Kallie Peltier, Gabbi Pompilio, Hannah Pozezinski, Grace Samuelson, Annika Schmidt, Claire Sebastian, Ben Sherman, Lily Stavropoulos, Thad Thompson, Colton Tisdall, Chloe Tykal, Nick Vance, Jillian Waslawski, Sophie Watts, Brad Whitehurst, Molly Yetter,

NEW "AA" Times - Payton Baxter, Nick Boryk, Austin Cabel, Rachael Cannici, Katie Cantrell, John Cranfill, Ryan Falk, Aleksej Filipovic, Siba Filipovic, Spence Gray, Audrey Guyett, Keegan Hawkins, Isabel Herb, Heather House, Kristin Kowaleski, Kyle Lewarchick, Kayleigh Lewis, Linda Licari, Samantha Marlowe, Katherine Nagler, Matthew Nagler, Devin Neises, Gabbi Pompilio, Emily Ponte, Rachel Ponte, Anita Prybell, Grace Samuelson, Samantha Sauer, Will Shanel, Johnny Tarpey, Anne Margaret Tavierne, Nick Traxler & Jillian Waslawski.

NEW "AAA" Times - Nick Boryk, Ryan Falk, Aleksej Filipovic, Audrey Guyett, Harrison Hollman, Linda Licari, Katherine Nagler, Matthew Nagler, Anita Prybell, Anne Margaret Tavierne & Nick Vance.

NEW "AAAA" Times - Aleksej Filipovic, Linda Licari, Anita Prybell, Anne Margaret Tavierne & Nick Vance.

St Charles Swim Team Swimmers achieving **NEW** [Illinois Swimming Time Standards](#)

NEW ISI Regional Championship Time Standards - Payton Baxter, Matt Boryk, Jack Brucato, Austin Cabel, Rachael Cannici, Katie Cantrell, Dominique Carravetta, Henry Cisewski, Tommy Cummins, Zachary Eckstrom, Grant Fritz, Nicole Guyett, Cooper Hawkins, Mackenzie Hudmon, Grace Jania, Trevor Janssen, Morgan Kelly, Harrison Liao, Grace Lilly, Payton Matejko, Emily Matthews, Sydney Maxwell, Ainslie Milo, Sayre Milo, Joe Muehlschlegel, Katherine Nagler, Rachel Nagler, Matt Ortlund, Rebecca Palmquist, Kallie Peltier, Gabbi Pompilio, Emily Ponte, Rachel Ponte, Leslie Pozezinski, John Quinn, Kirsten Rogers, Claire Sebastian, Gabby Seberger, Ben Sherman, Camden Silvestri, Tim Steele, Madison Supple, Brianna Sypolt, Ally Tarpey, Thad Thompson, Michael Toriyama, Nick Traxler, Jillian Waslawski, Maddie Watts, Sophie Watts, Jillian Wilson, Nick Wolff, Molly Yetter & Sean Yetter.

NEW ISI Age Group Championship Time Standards - Nate Baxter, Payton Baxter, Anthony Bliss, Henry Bliss, Nick Boryk, Jack Brucato, Rachael Cannici, Katie Cantrell, John Cranfill,





Tommy Cummins, Aleksej Filipovic, Keegan Hawkins, Isabel Herb, Kristin Kowaleski, Kyle Lewarchick, Kayleigh Lewis, Samantha Marlowe, Matthew Nagler, Gabbi Pompilio, Rachel Ponte, Anita Prybell, Anne Margaret Tavierne, Nick Vance,

NEW ISI Senior Championship Time Standards - Jamie Cranfill, Ryan Falk, Grant Fritz, Audrey Guyett, Monica Guyett, Cooper Hawkins, Brandon Lach, Katherine Nagler, Devin Neises, Grace Samuelson & Nick Traxler,.

St Charles Swim Team Swimmers who won event over the weekend; Alexa Baumann, Lindsey Baxter,

Payton Baxter, Anthony Bliss, Andrew Borse, Nick Boryk, Bridger Brady, Chelsea Brandt, Ellie Brault, Austin Cabel, Rachel Cannici, Breana Carlino, Kyle Chapko, Kristen Czarnecki, Alex DelBello, Alyssa Domaracki, Zachary Eckstrom, Julianna Engesser, Ryan Falk, Garret Farmer, Aleksej Filipovic, Logan Flesch, Tabitha Franzetti, Spence Gray, Audrey Guyett, Monica Guyett, Keegan Hawkins, Isabel Herb, Natalie Hermann, Harrison Hollman, Heather House, Shea Hoyt, Lucy Jania, Sydney Jesko, Ashley Jones, Kayla Jones, Hunter Kos-Dondlinger, Kristin Kowaleski, Nathan Kuszynski, Harrison Liao, James Licari, Linda Licari, Ethan Marlowe, Payton Matejko, Sydney Maxwell, Emma McSpadden, Morgan Meador, Kendall Milo, Jillian Moses, Joe Muehlschlegel, William Murray, Meghan Niziolek, Eric Palmquist, Rebecca Palmquist, Kallie Peltier, Gabbi Pompilio, Hannah Pozezinski, Anita Prybell, Joey Reiter, Tanner Schisler, Annika Schmidt, Alena Spaniol, Johnny Tarpey, Anne Margaret Tavierne, Thad Thompson, Nick Vance, Sophie Watts, Calvin Windle, Tyler Wojdyla, Nick Wolff,

Thank you Everyone who made this such a successful Weekend!



SCST / Arena Summer Classic

Team Goals

- ♦ **SCST will be 15 minutes early for warm-ups.** Good Job! Next to racing this is the most important part of a Meet!
- ♦ **SCST will sit as a team.** SCST Swimmers sat together it just happened to be everywhere. When we travel this is a must for our Team.
- ♦ **SCST will dress as a team.** SCST looked like a Team keep doing this! We are intimidating when everyone looks like they are part of the SCST. Strength in Numbers!
- ♦ **SCST will have a team cheer every session.** I know SCST did a good job with the 8 & Under, 9-10 and 11-12 age groups. Our 13-14 & Seniors to have more fun with this.
- ♦ **SCST will have a event champion in every age group.** SCST won an event in every age group, look to expand on this at the next meet.
- ♦ **SCST will have less than 3% DQ's in our total races.** 84 total DQ's over the weekend not bad since SCST had over 2060 splashes over the weekend but this comes out to about 4%. Do better in Kentucky!
- ♦ **SCST will have 80% LTBT's.** (Life Time Best Time). 49% of SCST swims were Improved Times. SCST had a big goal going into this meet, SCST Coaches will evaluate this for the next meet.
- ♦ **SCST will win the meet.** Yes SCST did!

SCST FAMILIES

SCST Families,

The meet directors would like to thank ALL the incredible volunteers who helped to make the 2013 SCST/Arena Summer Classic such a great meet!

It is the biggest meet we will host this long course season! SCST is known for running outstanding meets and we did it again! Thank -you for being a part of the team and helping us run a quality meet.

A BIG thank-you to the Officials, Coaches, Admissions, Announcers, Awards, Bullpen, Console, Concessions, Hospitality, Timers, Safety Marshals and Set up/Takedown.

We had a few volunteers step up and fill empty spots in hospitality, console, grilling and announcers. **THANK-YOU ALL!** It could not be done without your help. We greatly appreciate the time and energy of ALL our volunteers who made this meet such a success.

SCST MEET DIRECTORS

Natalya Filipovic & AJ Jania



Northern Kentucky Clipper Swimming, Inc 14th Annual David Webb Invitational

St. Charles Swim Team Travel Meet Information Sheet For 11 and over swimmers

**ALL 10 and under swimmers MUST
travel with their parents.**

MEET: 2013 14th Annual David Webb Invitational

DATES: Friday, June 21st—Sunday, June 23rd

LOCATION: Silverlake 301 Kenton Lands Rd, Erlanger, Kentucky 41018

HOTEL: Courtyard by Marriott, 46 Cavalier Blvd. Florence, Kentucky 41042

TRAVEL: We will be traveling to and from in a motor coach. We will be departing the Norris Rec Center Thursday, June 20th at 11am and returning Sunday, June 23rd after the meet. Please bring food and drink for the bus trip

COST: (Including HOTEL,BUS and MEALS) \$300.00

MEALS: All meals will be provided for the swimmers. Please pack a lunch for the Thursday bus trip. Swimmers may bring unrefrigerated snacks with them on the trip.

MONEY: BRING YOUR OWN SPENDING MONEY

PAYMENT: \$100.00 non re-fundable is due **FRIDAY,MAY 17th**

\$200.00 due **FRIDAY, June 7th**

PLEASE MAKE CHECK PAYABLE to SCSTPA AND DROP IN THE COACHES OFFICE.

CONTACT: Tim Lewarchick: tklewarchick@aol.com

FORM: Click on Northern Kentucky Clippers logo

2013 Meet Schedule

SCST PENTATHLON

(Team)
05/04 thru 05/05
Norris Rec Center
Saint Charles, IL
Entries CLOSED!

BOILERMAKER INVITE

(Qualifier—SENIOR ONLY)
05/17 thru 05/19
Purdue University
West Lafayette, IN
Entries CLOSED!

SWAC SPRING SPLASH INVITE

(OPEN TO ALL SCST SWIMMERS)
05/17 thru 05/19
Helen Brown Natatorium
Fort Wayne, IN
Entries CLOSED!

SCST SUMMER CLASSIC

(TEAM)
06/06 thru 06/09
Norris Rec Center
Saint Charles, IL
Entries CLOSED!

NORTHERN KENTUCKY CLIP- PERS DAVID WEBB INVITE

(Open to SCST swimmers 11 & OVER)
06/21 thru 06/23
Silverlake the Family Place
Erlanger, KY
Entries CLOSED!

2013 ZONE OPEN WATER CHAMPIONSHIPS

(Qualifier)
06/29 thru 06/30
Lake Andrea
Pleasant Prairie, WI
Entries Open Soon

SCST ENDLESS SUMMER MEET

(Open)
06/06 thru 06/07
Swanson Pool
St. Charles IL
Entries Open Soon

Palatine Park District Summer Splash

(Open)
07/12 thru 07/14
Birchwood Pool
Palatine, IL
Entries open soon

2013 ISI REGIONAL CHAMPION- SHIPS

(Qualifier)
07/19 thru 07/21
Location TBA
Entries open soon

SCST TEAM CHAMPIONSHIPS

(Open to swimmers that do not have an ISI
Regional Time Standard)
07/23
TBA
Saint Charles, IL
Entries open soon

2013 ISI AGE GROUP CHAMPIONSHIPS

(Qualifier)
07/25 thru 07/28
Stevenson High School
Lincolnshire, IL
Entries open soon

2013 ISI SENIOR CHAMPIONSHIPS

(Qualifier)
07/30 thru 08/03
Munster High School
Munster, IN
Entries open soon

2013 NCSA LC JUNIOR NATIONALS

(Qualifier)
07/30 thru 08/03
IUPUI Natatorium
Indianapolis, IN
Entries open soon

2013 USA NATIONALS

(Qualifier)
07/30 thru 08/03
William Woollett Jr Aquatics Center
Irvine, CA
Entry open soon

2013 USA SWIMMING JUNIOR NATIONALS

(Qualifier)
08/05 thru 08/09
William Woollett Jr Aquatics Center
Irvine, CA
Entry open soon

2013 Worlds Trials Preview

Morgan Priestley
www.swimswam.com

Although the general public might not think so, certain facets of the swimming world are significantly more interesting now that **Michael Phelps** has retired. Instead of virtually writing in his name on the Team USA roster before a selection meet even occurred, the vacancy left by Phelps has made the IMs a far more attractive event choice for those in contention for roster spots. Even though Lochte looks to have one of them on lockdown, the [likely] battle for second will be one of the more intriguing story lines of the meet. Top-ten finishers **Tyler Harris, Peter Vanderkaay, and Austen Thompson** look like they're done for now. Can **Conor**

Dwyer continue to make the leap forward in the IM events? Will upstart youngster **Chase Kalisz** use his patented late charge to steal a Worlds birth? Will **David Nolan** transfer things into the long course tank? What can **Tyler Clary** drop in the 200 distance? Stay tuned, [let's dive in.](#)



Proud Sponsors

of the

St. Charles Swim Team



SCST is on Facebook
and Twitter.



St. Charles Swim Team
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St. Charles IL, 60174
PH# 630-377-1720

LESSONS FROM THE MASTERS

MISSY FRANKLIN, 100 AND 200 BACK

Missy Franklin is the typical high school senior: she's going to prom, gearing up for her first year in college, and excited about the future. Except, in Missy's case, she's got five Olympic medals, been to the Golden Globes and the VMAs, and has a huge swimming career still ahead of her.

In this issue of [Splash](#), we ask Missy a couple questions to help you get to know her better, and she also gives us five tips for swimming the 100 and 200 back.

20 QUESTION TUESDAY: KATE ZIEGLER

Two-time Olympian Kate Ziegler just completed her degree at Chapman College. Ziegler owned the distance events for a decade in the most competitive era in the history of swimming. She paved the path towards distance dominance for the United States. But Ziegler has only recently grown comfortable with her rollercoaster career. The growth and perspective she's gained is the real gold medal she'll hold for the rest of her life, as she explains in this week's 20 Question Tuesday. [20 Questions Tuesday.](#)