

Volume 35, Issue 35

April 2010



PINE CREST SWIMMING

# Pine Crest Lane Lines

## April Lane Lines Newsletter

Great results from our swim meets in the month of April:

Sizzler in Davie: 13 Swimmer's Attended from Pine Crest Swimming  
30 Personal Best Times

Jupiter Invitational: 32 Swimmer's Attended from Pine Crest Swimming  
116 Personal Best Times  
38 New Long Course Junior Olympic Times  
10 Finishes in 1st place (individual events)

### Pine Crest is ready to host it's 3rd Annual Mini Meet

On behalf of Pine Crest Swimming at Boca Raton, we are pleased to announce our third "Annual Mini-Meet" for all swimmers in the In-School Lessons, After-School Lessons and Novice Groups. This Mini-Meet is designed to introduce the swimmers to a real swim meet, with heat sheets, start-timing system, snack shop, and ribbons for all participants. Even our youngest lesson swimmer's (3-4 years old) can participate with fun events like teddy bear kicking with a kickboard.

Parents are welcome and encouraged to come and watch how far your child has progressed through the year. Don't forget the camera!

When: Thursday, May 20, 2010

Warm-Up: 3:30pm

Meet Starts: 4:00pm

RSVP now at [boca.swim@pinecrest.edu](mailto:boca.swim@pinecrest.edu)

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#### April Birthday Month

Brian Anderson, Blair Baker, Tristan Bloom, Cameron Cave, William Horky, Owen Medrano, Marin Mullen, Kaden Shover, Brandon Stein, Max Tabin, Valeria Tezak, Charlotte Vrod, Mikaela Weisstein, Sammy Weisstein, Alexis Yribarren

## Novice I and Novice II

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### **Broward Sizzler at Davie, April 9**

We had 12 swimmers from our campus go to our April Sizzler. It was our 1st time at this location. We had over 30 Best times.

Amaia had a great meet getting all best times with her biggest drop being the 25 Fly dropping over 2 seconds.

Seth Berke also had all best times with the 25 Breast and 25 Free being his largest drops of second and a half.

Lauren Dawson-Scully swam in her 1st sizzler ever. Way to go Lauren you did AWESOME!

Add Ethan Flores to the list who got all best times dropping almost 4 seconds in his 25 Breast.

Jimmy Hart also had all best times with his largest drop in his favorite event the 25 Breast of almost 6 seconds. Jimmy also placed 2nd in that event.

Michael LaBarbera just missed best times in the 25 Fly, 25 Breast and 25 Free by less than a half second and was also on the Relay Team at the end of the meet, keep it up Mike!

Dylan Mathosian was another swimmer who had all best times, his largest drop was the 25 Breast taking off 12 seconds. WOW!

Samantha Moroz got there in the "nick of time" to swim best times in the 25 Back and 25 Free, just missing a best time in the 25 Breast.

Lejla Najarro had great meet getting all best times but her drops of over 7 seconds in the

25 Breast and over 13 seconds in the 25 Free were HUGE!

Nadai Sadati was another swimmer with all best times dropping over 3 seconds in the 25 Fly, 25 Breast, and 25 Free.

Ella Talerico got best times in the 25 Back and 25 Breast and just missing a 3rd best time in the 25 Free. In Valeria Tezak's last sizzler before turning 9 she went out in style. She got all best times dropping almost 2 seconds in every race. Awesome Job Swimmers and see you at the next Sizzler May 7th at Tamarac.

### **FGC Invitational at Jupiter, April 23-25**

This was our 1st Long Course meet of the year and season. It's always my favorite meet because the kids drop so much time and everyone is feeling good about a little change. It's great to see the improvements of a year and the kids looked and swam like a million bucks.

Jimmy Hart swam in his first Long Course meet ever swimming the 50 Free, 50 Back, 100 Breast, and 100 Free.

Emily Theall who is new to Pine Crest Swimming swam not only in her first Long Course Meet but also in her first meet as a Pine Crest swimmer and did AWESOME, swimming the 50 Free, 50 Back, and 100 Free.

See you all at the next meet at Plantation 14-16. It is a high point meet and is encouraged to swim all days and every event

possible to get as many points as possible.

## White, Green I and Green II Groups

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### FGC Invitational at Jupiter, April 23-25

The first long course meter meet of the summer season was held at the Jupiter Aquatic Complex and the it's a favorite since most of the times are from a year ago.

Brian Anderson swam the 200 Free Friday night for the first time, while dropping over 4 seconds in the 50 Free and just missing the JO time in that event. He also had an awesome swim in the 50 Back.

Christine Baker dropped time in the 50 Free and 50 Back of over 6 seconds and swam the 100 Breast and 100 Free for the first time.

Stephanie Grau swam the 50 Fly for the first time while dropping over 7 seconds in her 100 Back 200 Free, and 50 Breast.

Bobby Hart got all best times dropping over 6 seconds in the 50 Free, 50 Back, 100 Breast, and 100 Free.

Sophia Kabbej also swam in her first ever Long Course meet swimming the 50 Free, 50 Back, 100 Breast, and 100 Free.

Alan Kozedub had quite a meet dropping over 52 seconds in his 200 IM and 22 seconds in his 400 Free while winning the 50 Free.

Christopher McCauley had all best times with his largest in the 100 Free and placing 8th in the 100 Fly.

Corrina Mullen was another swimmer will all best times dropping over 20 seconds in the 100 Breast and 50 Fly and dropping over 10 seconds in the 50 Free, 100 Free, and 50 Breast, way to go!

Kaden Shover got to swim his last meet as a 10 year old as he turned 11 on Saturday of the meet. Kaden went out in fashion dropping over 20 seconds in the 200 Free while swimming the 200 IM and 400 Free for the first time and getting all best times.

Jacob Silberman was another one of our first time Long Course swimmers swimming the 50 Back, 50 Free and 100 Breast.

Add Sydney Stein to the list of first timers who did great swimming the 50 Free, 100 Free, 50 Back.

Jamie Flores showed up ready to race in her new age group the 11 and 12 year old girls and swam to 100% best times and JO qualifying times in all events. She continues to excel in the backstroke events and improving tremendously in the fly and breast.

JB Baker swam to best times in all his events, capturing first place finishes in the 100 and 200 back and top 7 in all his other swims.

Sean McCauley swam fantastic and has been training like a mad man with top 8 finishes in all his events. He dropped over 12 seconds in his 100 breast to take 4th place.

Marin Mullen had 100% best times with awesome swims in her 50 free, 100 fly and 100 breast. She had great swims trying new events in the 200 breast and 400 free.

Petrana Radulovich, competing again, swam great with 3 great swims in the 100 fly, 200 breast and 100 free.

Tatiana Radulovich swam out of her mind making JO's for the first

time and she did it in three events; 50 and 100 free and the 100 breast. Congrats to "BIG TOE" on a great weekend of fast swimming.

Brandon Stein, in his first long course meet of his short swimming career swam very fast. His times in the 100 back and 50 free placed him in the top 8 of the meet. Great job!!

Bailey Warren continues to dominate the 10 and under age group by placing first in three events and second in another event. First place finishes came in from her 200IM, 200 free, and 100 free. Her times at this meet were fast enough to qualify for JO's in the 11 and 12 year olds age group!!

Alexis Yribarren had another great meet qualifying for JO's in three events; the 50, 100, and 200 free with 100% best times. Great meet Lexi!!

See you all at the next meet at Plantation 14-16. It is a high point meet and is encouraged to swim all days and every event possible to get as many points as possible.

### White Group

We would like to welcome Jon Shashoua who has moved up from our Novice II Group.

## Ice Cream Party & Boomer's Trip

### Ice Cream Party, April 15

What a way to end Thursday, than to get your ticket and pick out your favorite ice cream treat from the Gloria's Goodies ice cream truck.

### Hot Diggity Dog and Boomer's, April 17

While our Lesson and Novice swimmer's enjoyed their ice cream, our White and Green Groups were ready to practice hard on Saturday and enjoy an afternoon of fun and eating. Over 32 swimmer's from our Boca and Ft. Lauderdale campus came together and ate their fare share of hotdogs, with a healthy option of fruit and vegetables before they rode the bus to Boomer's for an action pack afternoon of rock climbing, go kart racing, putt putt golf and games. Did the coaches have more fun or the kids? Who knows, but it is a definite favorite event and sure to happen again.

Thanks, Coach Michael for driving the bus.

## Open Water Results

### Swim Miami 2010 Junior Olympic Open Water Championships at Key Biscayne, April 17

Congratulations goes out to our two swimmer's from Pine Crest who represented the team very well.

Brittany Hammond finished in second place for the 13-14 Girls in the 5K swim with a time of 1hour, 13 min, 19 sec.

Lindsey Swartz finished in 4th place for the 13-14 Girls in the 1 Mile swim with a time of 25 min, 35 sec.

*All proceeds of Swim Miami benefit the H2Os (Helping Others To Swim) Foundation.*

#### *Facts:*

*Drowning in the leading cause of unintentional injury-related death for children between the age of one and 14 (CDC, 2003).*

*Nine people drown in the USA every day. (CDC)*

## "FGC All Star Team"

Even though the FGC All Star Team lost against the Florida Swimming All Star Team on April 10-11, we made a statement by dominating the relays. FGC ended with 32 first place individual finishes and 7 first place relay finishes. Congratulations to Brittany Hammond, Descartes Holland and Lindsey Swartz for scoring points in their individual events for the All Star Team, and again to Brittany and Descartes for being part of the winning relay teams.

*The PC swimmer's represented were: Jamie Flores, Brittany Hammond, Descartes Holland, Hailey Kelly, Alan Kozedub, Charlotte Spencer, Lindsey Swartz, Bailey Warren, Hannah Veale, Alexis Yribarren, Shawn Zylberberg*

The team is made up of the best of the best swimmer's from different swim teams in the Florida Gold Coast.

## Pine Crest Swimming News

### Swim Shop Supplies:

Latex Team Cap	\$6.00
Silicon Team Cap	\$15.00
Nike Goggles	\$17.00
Male Jammers	\$36.00
Female PC Suit	\$54.00

### **SPECIAL SALE FOR T-SHIRTS**

<b>Team T-Shirt</b>	<b>\$10.00</b>
Mesh Bag	\$12.00
PC Mesh Bag	\$30.00
Fins	\$25.00
PC Swim Towel	\$30.00

## SWIMMING FACT

### **DID YOU KNOW.....**

Congratulations to Michael Averett (2001) and Lee Skidmore Wenthe (1959) who were inducted into the Pine Crest Hall of Fame for swimming on April 16.

Michael was the state champion for the 100 butterfly in 2000 and was the Boys' Team Captain. He continued his swimming at the Florida State University.

Lee was the state champion for the 200 freestyle in 1958 and 1959, 100 backstroke in 1957, and 500 freestyle in 1959.

The Hall of Fame happens every two years and those inducted have successfully graduated Pine Crest with great achievements in their sport.

## Summer 2010 Swim Camp—Boca Raton Campus

**June 7—July 30**

**5—12 Years Old (Entering Grades K—6 Only)**

**\$350 per week/child**

### ♦ **Rising Star Competitive Swim Camp**

Pine Crest's Rising Star Competitive Swim Camp is dedicated to developing the necessary physical and mental techniques needed to become a successful and competitive swimmer. Swimmers who attend are instructed in proper stroke technique as well as starts and turns. This program is open to all swimmers who are able to swim at least 25 yards freestyle and have an understanding of the other three strokes. Each session runs Monday through Friday from 9:30am to 3:00pm. The camp day includes two swim sessions, instructional classroom sessions, games and activities, snacks and lunch while having fun and meeting new friends.

*(Perfect for those current swimmer's in our Novice I, Novice II, and White Group).*

### ♦ **Rising Star Lessons Swim Camp**

Pine Crest's Rising Star Lessons Swim Camp is dedicated to teaching campers the basics of all four strokes, survival techniques and water safety. This program is open to all swimmers five years or older who can swim at least 25 yards. Each session runs Monday through Friday from 9:30am to 3:00pm. The camp day includes two swim sessions, games and activities, snacks and lunch while having fun and meeting new friends.

*(Perfect for those current swimmer's in our Lessons Program).*

Go directly to [www.pinecrest.edu/bocasummer](http://www.pinecrest.edu/bocasummer) for registration and to view the 2010 Summer Brochure in full.





## Summer 2010 Swim Camp—Ft. Lauderdale Campus

# PINE CREST SWIM CAMP



## WE MAKE THE DIFFERENCE!

*In 2008, swimmers from 36 different nations attended Pine Crest Swim Camp.*

### CAMP DATES: JUNE 13 - JULY 31, 2010

- Full 7 days a Week • New Elite Training Group • Olympic Coaches
- Olympic Athletes • Beach Night, Disney Trips, and Special Events

**APPLY EARLY TO GUARANTEE YOUR SPOT.**



ARUBA  
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CHINA  
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HONG KONG  
INDIA  
IRELAND  
ITALY  
KENYA  
KUWAIT  
MACEDONIA  
MEXICO  
NETHERLANDS  
PARAGUAY  
POLAND  
PUERTO RICO  
SCOTLAND  
SPAIN  
ST. LUCIA  
SWEDEN  
SWITZERLAND  
THAILAND  
UNITED KINGDOM  
UNITED STATES  
VENEZUELA



### PINE CREST SWIM CAMP

1501 NE 62nd St • Ft. Lauderdale, FL 33334-5116  
Aquatics Director: Jay Fitzgerald



### Claim your free Nike swim cap!

when you request a camp brochure and application form from our website. Please reference "Pine Crest Camp Ad" in the comments section.

### Apply online at: [www.pinecrestswimming.com](http://www.pinecrestswimming.com)

To request additional information please call (954) 492-4173

Michael Averett: [Michael.Averett@pinecrest.edu](mailto:Michael.Averett@pinecrest.edu)

# PINE CREST SWIMMING

## FAMILY BBQ

**Appreciation BBQ for all swimmer's  
and their family in the  
Pine Crest Swimming Program**

### PINE CREST SWIMMING

2700 St. Andrews Boulevard  
Boca Raton, FL 33434

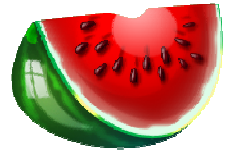
Phone: 561-852-2825

E-mail: [boca.swim@pinecrest.edu](mailto:boca.swim@pinecrest.edu)



**Saturday  
May 22, 2010**

**11:00am – 2:00pm**



We're on the web:  
[www.pinecrestswimming.com](http://www.pinecrestswimming.com)

**Pine Crest Boca Campus**

**RSVP to [boca.swim@pinecrest.edu](mailto:boca.swim@pinecrest.edu)**

## May

### May 7

Broward North Sizzler, Sunrise

### May 14-16

IM Xtreme Challenge, Plantation

### May 20

Mini Meet at 4pm, Boca Raton

### May 22

Family BBQ / Fun Day, 11am to 2pm

## June

### June 4-6

NPB Summer Kickoff, Pompano Beach

### June 7

Summer Swim Camp begins

Summer Swim Team practice begins (look  
for practice times)

### June 12

Broward Sizzler, Davie

### June 24-27

FGC Invitational, Coral Springs

**Coach David—**

**After-School Lessons, White  
Group, and Privates**

**Coach Eddie—**

**In-School Lessons, Novice II,  
Green I Group, and Privates**

**Coach Kim—**

**After-School Lessons**

**Coach Tom—**

**Swim Study Hall, and Green II  
Group**

**Coach Tonya—**

**In-School and After-School  
Lessons, Novice I, White Group,  
Privates and Masters**