

Volume 33, Issue 33

February 2010



PINE CREST SWIMMING

Pine Crest Lane Lines

February Lane Lines Newsletter

Great results from our recent swim meets:

January Invitational: 41 Swimmer's Attended from Pine Crest, Boca Raton
109 Personal Best Times
14 New Junior Olympic Times

February Sizzler: 8 Swimmer's Attended from Pine Crest
10 Personal Best Times

February Invitational: 20 Swimmer's Attended from Pine Crest, Boca Raton
58 Personal Best Times
9 New Junior Olympic Times

High School Varsity Swimming & Diving

Congratulations to all the swimmer's on their accomplishments. These Varsity swimmer's received special awards at the High School Swimming Awards Evening, February 24. High School Season Report inside.

Middle School Swimmer of the Year: Hannah Veale, Alex Evenson

Rookie of the Year: Brittany Hammond, Michal Rokita

Most Spirited: Stephanie Moeller, Gotti Eisenberger

Most Improved Swimmer: Alina Schulhofer, Austin Evenson

Most Valuable Swimmer: Siena DeVenuto, Thomas Veale

Outstanding Performance: Siena DeVenuto, Thomas Veale

Coaches Award: Siena DeVenuto, Megan Smith (Co-Captains)

Coaches Award: Erik Erton, Jose Arrillaga-Tamez (Co-Captains)

Most Valuable Diver: Jennifer Aguirre, Blake Anderson

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February Month

Christine Baker, Maxwell Dudak, Emmanuelle Greenberg, Isaac Greenberg, Jacob Honig, Bruce Kolettis, Jake Lieberfarb, Josh Perper, Tatiana Radulovic, Brenna Ruth, Avyah Sharma, Francesca Smith, Christina Varela,

Novice I and Novice II Groups

Scotty Invitational at St. Andrews, January 29-31

For our first meet of the new year we had a huge turnout. Lucky for us this meet was located around the corner at St. Andrews. I was very proud of all the families and swimmers taking advantage of the meet being so close and attending.

Seth Berke fighting a cold had a great meet swimming the 100 Back for the first time and dropping over 13 seconds in the 50 Breast.

Martina Cavard swam in her first meet ever. She did a great job swimming the 50 Breast, 50 Free, 100 IM, 50 Back, 100 Free and 50 Fly. Great job Martina all the Coaches are proud of you.

Austin Dear swam the 100 Back for the first time and dropped over 2 seconds in the 50 Breast.

Cecily Fine was another first timer swimming the 50 Breast, 50 Free and 100 IM.

Little sister Isabella also swam the 50 Breast and Free as well as the 100 IM. Way to go FINE GIRLS!!!

Maddie "Mad-Dog" Fowler had a great meet, and had "Mini Mad-Dog" Hannah cheering for her. She swam the 100 Breast for the 1st time while getting 100% best times in the 50 Breast, 50 Free, 100 Back, 50 Back and 100 Free.

Natali Markowitz swam the 100 IM for the first time while dropping over 2 seconds in the 50 Free.

Annabelle Musa swam in her first meet that wasn't a Sizzler. She swam the 50 Breast and 50 Free.

Nadia Sadati swam in her first meet post Sizzler swimming the 50 Breast and 50 Free.

Big Sis Sarah Sadati also swam the 50 Breast as well as the 50 Free. She might have had the swim of the meet in the 50 Free breaking 40 seconds.

Jon Shashoua swam the 100 Back for the first time while also swimming in the 50 Breast, 50 Free, and 100 IM.

Jacob Silberman swam the 100 IM for the first time while swimming the 50 Free dropping over 19 seconds and 50 Breast dropping over 9 seconds.

Rosalie Wessel swam in her first meet ever swimming the 50 Breast, 50 Free, 100 IM, 50 Back, 100 Free, and 50 Fly.

Congratulations to all the swimmers who qualified for Junior Olympics and ALL swimmers who improved on their times. What a way to start the year!!!

Sizzler at Coral Springs, February 19

For our February Sizzler it was held at Coral Springs Aquatic Complex. We had 7 swimmers from our campus attend. Three of them swam in their first meet ever; Kiani Horky, little brother William Horky and Dylan Mathosian.

Delaney Dardet had 100% best times dropping over a second in every event with her largest drop in the 25 Free of almost 7 seconds, Wow!

Ethan Flores also had 100% best times dropping over a second in each event.

Michael LaBarbera had a solid meet placing top 10 in every event placing 6th in the 25 Fly.

Ella Talerico also got 100% best

time dropping over 5 seconds in the 25 Back and 25 Free.

Novice II Group

We would like to welcome sister's, Isabella & Cecily Fine, Jimmy Hart, and Tyee Pomerantz who have moved up from our Novice I Group.

White, Green I and Green II Groups

Scotty Invitational at St. Andrews, January 29-31

For our first meet of the new year we had a huge turnout. Lucky for us this meet was located around the corner at St. Andrews. I was very proud of all the families and swimmers taking advantage of the meet being so close and attending.

Christine Baker had an amazing meet swimming the 50 Breast, 100 Back, 100 IM, and 50 Fly all for the 1st time. She also had 100% best times with her 100 Free being the biggest drop over over 21 seconds, WOW!

Rachel "Meatball" Blieden had quite a first. She swam the 500 Free for the first time and as it turned out she liked it so much can't wait to swim it again. She also dropped time in the 50 Back and over 10 seconds in the 200 Free.

Erica Briggs swam the 200 Free and the 100 IM for the first time while dropping time in the 50 Free.

Stephanie Grau swam Sunday and got 12th in the 50 Back going a best time dropping over a second.

Alan Kozeidub had 100% best times swimming 2 relays, 500 Free, 200 Free, 100 Fly, 100 Breast, 50 Back, 50 Fly and 200 IM. Alan went best times leading off both relays as well.

Jake Lieberfarb made his long awaited return and did it in style. He dropped over 5 seconds in both 50 Breast and 50 Free.

Peter Lin earned himself his first Junior Olympic time in the 50 Free and broke 30 seconds as well Joining the 15/30 Club. Way to Go Peter and Congratulations. He also swam the 200 IM and 100 Fly for the first time while dropping 28 seconds in his 200 Free and 48 seconds in his 500 Free as well as a best time in the 50 Back, WOW

Chris McCauley swam the 500 Free, 200 Free, 100 Fly, 100 Back, and 200 IM all for the first time. Chris also earned himself another Junior Olympic time in the 50 Fly, Congrats Chris!

Jordan Moldow swam Saturday only swimming the 200 Free for the first time while just missing a best time in the 50

Free and 100 IM.

Barbara Monteiro had a great meet as well swimming the 100 IM for the first time. Barbara dropped 11 seconds in the 50 Breast, dropped 2 seconds in the 50 Free, dropped 12 seconds in the 100 Back, and dropped a whopping 17 seconds in the 100 Breast, way to go Barbara!!!

Big sis Victoria Monteiro also had a great meet swimming the 50 Fly for the first time, she also got best times in the 50 Free, 100 Back, 100 IM, 100 Breast, and 50 Back.

Gaby Moroz channeled her distance skills and dropped over 2 seconds in her 500 Free and dropped over 32 seconds in her 200 Free, Wow!

Corrina Mullen got best times in the 50 Breast, 50 Free, 100 Breast, and 50 Fly, way to go.

Crystal Navellier had quite the meet swimming the 200 Free for the first time and getting 100% best times. Her biggest drop was the 100 Back dropping over 34 seconds!

Tatiana Radlovich has been on a roll dropping time in every swim. Her biggest drops were 21 seconds in the 500 Free and just missing the 200 Breast JO cut. Keep it up "BIG TOE

Kaden Shover had a great meet earning 2 more Junior Olympic times in the 200 Free and 200 IM. He also had best times in the 50 Breast, 100 Free, and 50 fly, Congrats Kaden keep it up.

Brandon Stein swam 1000, 200 IM, and 200 Back for the first time way to go.

Little sister Sydney Stein had a great meet going all best times on Saturday dropping 12 seconds in the 50 Breast and swimming the 100 IM, 100 Breast, 50 Back, 100 Free, and 50 Fly all for the 1st time.

Alexis Yribarren had a great meet getting her Junior Olympic Time 500 Free, 100 Fly, and 50 Back. Alexis got best times in the 100 Fly, 100 Back, 100 IM, 50 Back, and 50 Fly.

Congratulations to all the swimmers who qualified for Junior Olympics and ALL swimmers who improved on their

times. What a way to start the year!!!

Ten of the Green II swimmers were in attendance at the first meet of 2010 at the St. Andrews pool.

Caroline Alfano improved her time 3 out of 8 events with a 12 second drop in her 200IM and a brand new time in the 200 back. Caroline is knocking on the JO door in many events.

JB Baker swam to 2 best times and swam the 1000 yard free for the first time and qualified for the JO meet in that event, nice going!!

Jamie Flores swam to 7 out of 8 events with best times and showed everyone she can swim every event offered. She had a break thru swim in the 100 back with over a 5 second drop.

Sean McCauley had a great meet with 6 out of 8 best times and huge drops in the 200 free and 50 back. Sean swam a perfect 500 free and dropped 31 seconds in the event to qualify for the JO's. Great meet Shawna!!

Marin Mullen has been on fire lately and this meet was no different with over a 45 second drop in the 500 free to qualify for JO's- great swimming Marlin. She also bettered her times in the 50 free, 100IM and 100 breast.

Brenna Ruth had a great meet swimming the 1000 free for the first time and qualifying for JO's with a 3rd place finishing time of 11:21 great swim.

Jessica Smigielski swam in four events and had a great 50 free dropping over a second and getting under that 29 second mark.

Bailey Warren continues on her hot streak with best times in 5 out of 8 events and qualifying for JO's in every event offered. She had huge drops in the 100 free and 200 free and we are so looking forward to JO's.

Noah Zylberberg (little "z") is totally out of control with huge drops in the 500 free, 200 free and 100IM. He also swam the 200 breast for the first time and swam a JO qualifying time of 2:58, edging his way towards his older brothers Boca record for the boys 11 and 12's.

White, Green I and Green II Groups

Shawn Zylberberg (big Z) swam a JO qualifying time in the 1000 free- his first time swimming the event and dropped over 36 seconds in the 200IM to finally beat his little brother in that event- nice going "Z".

Green II swimmers had a fantastic meet leading up to the Sunrise meet and ever so much closer to the JO meet in mid March.

Sunrise Invitational at Plantation, February 19-21

As our Short Course Season wines down every meet is important to work on technique and improving how to race for our Championship season meets which is Division II and Junior Olympics.

Stephanie Grau was just off her best times while battling her illness. Stephanie managed to drop time in her 100 Free.

Alan Kozeidub fresh off a great meet at St. Andrews dropped time in the 100 Back and 200 IM while barely missing best time in the 50 and 100 Free as well as the 50 Fly. Looking forward to a great meet at Junior Olympics from Alan.

Peter Lin earned his second Junior Olympic time ever in the 100 Free (2nd cut in 2 meets). Peter also swam the 50 Fly and 200 Free. Keep it up Peter!

Barbara Monteiro had a great meet getting 100% best times. She dropped time in the 50, 100 Free, 50 Breast, 50 Back, and swam the 200 Free for the first time, Good Job Barbara.

Big Sister Victoria Monteiro also had a strong showing dropping time in the 50 Breast, 100 Free, and 100 Breast. Just like her sister, Victoria also swam the 200 Free for the first time. Keep it up Vicky!

Corrina Mullen had a great Saturday going all best times in the 100 IM, 100 Free, and 50 Fly, Corrina dropped over 6 seconds in her 100 Free, Good Stuff!

Tatiana Radulovich continued to inch closer to achieving a JO Time. She once again had all best times with her

largest drop in the 200 IM dropping 7 seconds.

Alejandro Ramirez swam Saturday only swimming the 100 Free for the first time while dropping 14 seconds in the 200 Free and over 25 seconds in the 100 Back.

Kaden Shover swam great Saturday dropping over 2 seconds in the 100 Back and dropped over a second and half in the 50 Fly. Keep it up Kaden.

Brandon Stein got to work on his Breaststroke swimming the 50 and 100 Breaststroke for the 1st time. He also dropped time in the 50 Free and 50 Back.

Little sister Sydney Stein also had a good meet dropping time in the 50 Back, 50 Free and 100 Free which was also her largest drop of the meet of over 4 seconds.

Alexis Yribarren kept chipping away at her times dropping a second in each of her races. Alexis is sitting pretty with great chances to score at the Junior Olympics. I can't wait to see what happens in the next month in our Championship season!!!

Green II had 8 swimmers in attendance at the Sunrise meet and they all had best times from a very successful meet.

Caroline Alfano had 3 out of 6 best times with a huge drop and great swim in the 100 breast.

Jamie Flores swam to 2 out of 6 events with over a 3 second drop in her 200IM. Jamie swam to three 1st place finishes and three 2nd place finishes great meet Jamie.

Hailey Kelly swam the 1000 free for the first time and just missed the JO cut with a great swim and also a best time in the 200 free.

Marin Mullen swam another great meet with 100% best times and 3 additional JO cuts. She dropped over 3 seconds in her 100 fly and over 2 seconds in her 100 breast. Great meet!!!!

Jessica Smigielski swam a best time in her 200 breast and her 50 breast was most memorable!!

Bailey Warren swam another fast meet with 4 best times and 2 more JO qualifying events- the 50 and 100 back.

Noah Zylberberg swam 3 out of 6 best times with over a 2 second drop in the 100 back. Great meet Noah!!

Shawn Zylberberg had another fast meet (hard work does pay off) with 6 out of 6 best times and swimming the 400 IM for the first time and qualifying for JO's in that event. He also qualified for JO's in the 100 and 500 free- great season "Z" man.

The Green II swimmers are really focused now on details and fast swimming in prep for the Short Course JO's in mid March.

White Group

We would like to welcome Maddie Fowler and Bobby Hart who have moved up from our Novice II Group.

12 & Under (15/30 Club)

To join the 15/30 Club you have to be 12 years old or younger and have gone a time faster than 15 seconds (14.99) in the 25 freestyle and 30 seconds (29.99) in the 50 freestyle.

A poster will be hung in the swim office with the list of swimmer's that have achieved both goals!

When our swimmers achieve these goals a "special" t-shirt will be made. The coaches will occasionally do time trials during practice and of course swim meets will always count.

Congratulations to our "15/30" Swimmers as of January 2010.

Jamie Flores

Peter Lin

Sean McCauley

Marin Mullen

Alexis Yribarren

Noah Zylberberg

Silver Medal Club

2010 National Club Excellence Program, USA Swimming

Pine Crest Swimming again has achieved the award of "Silver Medal Club" for 2010.

The focus of this voluntary program is to identify and reward up to 200 USA Swimming Clubs that have attained a high level of athlete performance as well as organizational success.



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
Team T-Shirt	\$12.00
Mesh Bag	\$12.00
PC Mesh Bag	\$30.00
Fins	\$25.00
PC Swim Towel	\$30.00

SWIMMING FACT

DID YOU KNOW.....

Actually it has nothing to do with swimming but it is a **Did You Know** fact that.....

Our very own Coach Eddie Wolling has joined the St. Baldrick's Foundation. This very worthy cause is a great way to raise money for childhood cancer research.

March 17 will be the day that Coach Eddie goes from wild

hair to baldy in support of the children who lose their hair during their cancer treatments.

Check out the web site for further information and support.

www.stbaldricks.org/participants/eddiewolling

We are proud of you Coach Eddie!

High School Swimming & Diving Season Report

Dear Pine Crest Community,

Pine Crest Swimming and Diving had another successful high school season. The girl's team led by Co-Captains Siena DeVenuto and Megam Smith posted a 10-1 dual meet record along with winning the District and Region Championship team titles, and were State Runner Up. The boy's team led by Co-Captains Jose Arrillaga and Erik Erton, posted an 11-1 dual meet record, won the District and Region Championship team titles, and were 3rd at the State meet.

Pine Crest once again dominated the District Championship meet. Congratulations to our District Champions, Rebecca Aiello, Nathalie Bijlsma, Siena DeVenuto, Brittany Hammond, Stephanie Moeller, Alina Schulhofer, Jose Arrillaga, Marcel Betschart, Gotti Eisenberger, Descartes Holland, Michal Rokita, and Thomas Veale.

The Panthers also had a strong showing at the Region Championship. Congratulations to our Region Champions, Siena DeVenuto, Marcel Betschart, Gotti Eisenberger, Descartes Holland, Julian Jimenez, Michal Rokita, and Thomas Veale.

Pine Crest raced strong at the State meet taking the State Runner Up team title in the girls and 3rd in the boys meet. Siena DeVenuto was 2nd in the 200 and 500 free; and Thomas Veale set a school record in the 200 free, while placing 2nd in the State in that race and the 500 free. Thomas Veale was named the Sun-Sentinel Male Swimmer of the Year, marking the 7th year in a row that Pine Crest has won the Swimmer of the Year Award. Coach Fitzgerald was named the Female Coach of the Year by the Sun-Sentinel.

The following athletes were submitted for High School All American honors, Jennifer Aguirre, Rebecca Aiello, Siena DeVenuto, Brittany Hammond, Mallory McKeon, Stephanie Moeller, Alina Schulhofer, Marcel Betschart, Gotti Eisenberger, Julian Jimenez, Michal Rokita, and Thomas Veale.

Qualifying for USA Swimming Junior Nationals were Rebecca Aiello, Siena DeVenuto, Marcel Betschart, Gotti Eisenberger, Michal Rokita and Thomas Veale.

The Panthers enjoyed strong support throughout the year from the school Administration, Faculty, Staff, student body and community. We appreciate your interest and support and we look forward to seeing you all at the meets again next year. Thank you!

It is Great to be a Pine Crest Panther!

Jay Fitzgerald
Aquatic Director
Pine Crest School

2010 Junior Olympic Team (as of 2/25/10)

JB Baker

Jamie Flores

Hailey Kelly

Alan Kozeđub

Peter Lin

Chris McCauley

Sean McCauley

Marin Mullen

Brenna Ruth

Kaden Shover

Bailey Warren

Alexis Yribarren

Noah Zylberberg

Shawn Zylberberg

Relay's are yet to be determined!

PINE CREST SWIMMING

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March

March 5-7

Division II North Championships,
Lake Lytal

March 11 (New Date)

Spaghetti Dinner (White/Green)

March 10-14

FGC Short Course Junior Olympics,
Coral Springs (14 & Under's)

March 27— April 4

Spring Break—Pool Closed

April

April 9

Broward Sizzler, Davie

April 10-11

FGC All Stars, Ft. Pierce

April 15

Ice Cream Day (Novice/Lessons)

April 17

Combined Practice (White/Green)
Boomers Trip/ Hot Diggity Dog Day

April 23-25

FGC Invitational, Jupiter

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