

Volume 39, Issue 39

August-September 2010



PINE CREST SWIMMING

# Pine Crest Lane Lines

## August and September Lane Lines Newsletter

A great start to the short course season with lots of Personal Best Times at the Martin County Invitational, September 25-26 and the Sizzler at Lauderhill, September 10.

**Sizzler:** 11 Swimmer's attended from Pine Crest  
18 Personal Best Times

**Martin County Invite:** 36 Swimmer's Attended from Pine Crest  
149 Personal Best Times  
9 Swimmer's (14 Events) Achieved a Junior Olympic Time

Over 40 people enjoyed a great team dinner at Duffy's in Stuart to meet all those at the meet from both campuses and get to know the Pine Crest swim families.

### Pine Crest High School Swimming!

Pine Crest High School Swimming started with a double WIN on September 3 with a win for both Boys and Girls.

Sept. 3—Dual Meet against Westminster Academy. Girls **WON**, PC 122—WA 64, Boys **WON** PC 114—WA 67.

Sept. 11—Splash Invitational at St. Andrews School. Girls, SAS 300, PC 278, Park Vista 112, Spanish River 76, NBP 61, W. Boca 49. Boys **WON**, PC 282.5, SAS 206.5, Spanish River 112.5, Benjamin 76, Atlantic 66, Park Vista 61

Sept. 15—Dual Meet against Boca High School. Girls **WON** PC 124—BHS 62, Boys **WON** PC 119—BHS 67. The boys won every event.

Sept. 18—Lake Brantley Invitational in Orlando. Girls—Bolles 370, Spruce Creek 310, PC 218, Riverview 205, Olympia 196. Boys—Bolles 332, PC 250, Winter Park 203, Riverview 180, Hagerty 179.

Sept. 25—SunShark Invitational at University School. Girls **WON**, PC 600, American Heritage Plantation 568, University 490, S. Florida Heat 266, Chaminade Madonna 118, Boys **WON**, PC 704, American Heritage Plantation 516, University 450, Chaminade Madonna 262, Coral Springs Charter 150

#### August Birthday Month

Ainsley Anderton, Brenna Dunn, Gianna Guzzetta, Alyssa Higgins, Rak Hovart, Sydney Kaufman, Emily Kus, Ella Levine, Remy Morris, Nicholas Reeser, Jaimee Rissman, Drew Sananes, Alexandra Slusarenko, Ella Talerico, Emily Visconti, Melody Yates, Coach Tonya, Coach Tom

#### September Birthday Month

Seth Berke, Danielle Cornick, Hadley Edwards, Sophia Lieuw-Kie-Song, Alex Genck, Kyle Mathosian, Barbara Monteiro, Crystal Navellier, Camilla Osorio, Ariela Pollay, Alejandro Ramirez, Taylor Ripps, Felipe Sauce, Andrew Wallace, Devin Weinberg, Ashlee Wenzel

# Novice I and Novice II Groups

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## Welcome to Novice

We would like to welcome to the Novice I Group in Boca the following swimmer's who came through our Lessons Program: Christina Browder, Miranda Cutler, Jacqueline Fogel, Hannah Fowler, Scarlett Goldberg, Riley Haligman, Abby Hart, Kyle Mathosian, Owen Medrano and Lily Rivere. Also to our new swimmer's Gianna Guzzetta, Genevieve Krieger and Nicole Nudelman.

Congratulations to Alec Kain and Arjun Padmanabhan who have moved into the Novice II Group from our Novice I Group in Boca.

## Broward North Sizzler at Lauderhill, September 10

In our first Sizzler of the school year we had 11 kids from the Boca campus attend. Six of them are new to the Novice groups. All six came right from our lessons program and did a terrific job.

Riley Haligman, Abby Hart, Owen Medrano, Maxwell Periu, Tesla Radulovic, and Lily Rivere.

Seth Berke went out on top, winning all of his events. This is Seth's last Sizzler because he turns 9 before the next Sizzler, way to go Seth!!

Ethan "Iron- Head" Flores dropped a ton of time. Ethan dropped over 8 seconds in the 25 Fly, dropped 3 seconds in the 25 Back, and over 1 second in both the Breast and Free.

Riley Haligman in her first Sizzler ever placed in the top 10 in all of her races.

Abby Hart was another newbie and placed in the top 6 in every race.

Big Brother Jimmy Hart had some nice drops in the 25 Fly, 25 Back, and 25 Free while placing 3rd in the

25 Breast.

Dylan Mathosian had all best times, dropping 9 seconds in the 25 Fly, dropping over 7 seconds in the 25 Back, dropping over 5 seconds in the 25 Breast, and still having enough energy to drop over 2 second in the 25 Free, WOW!

Owen Medrano did a great job in his first Sizzler, can't wait to see Owen in his next one.

Lejla Najarro had some nice drops taking over 2 seconds off her 25 Fly, 25 Back, and 25 Free.

Maxwell Periu swam in his first Sizzler but has been swimming for us since he first arrived at Pine Crest. He has swam in our In-School lessons, After-School lessons, Novice, and now in the Novice II group. Maxwell had great swims with his 25 Free being the best placing 3rd overall, keep it up!

Tesla Radulovic, little brother of Pedrana and Tatiana made his Pine Crest debut! Tesla in his first meet for Pine Crest did awesome especially in the families specialty stroke the Breaststroke.

Lily Rivere like 5 other of her teammates swam in her first Sizzler. Lily with the biggest smile on her face swam great having a great time in the process.

I want to thank the swimmers and their families for a great turnout and hoping we have even more 8 and Under swimmers at the next Sizzler. The next Sizzler is October 15th again in Lauderhill see you there!!

## MCA FGC Invitational at Martin County Aquatics, September 25-26

Our first short course meet of the season was a travel meet to Martin

County. We had a huge turnout of more than 25 swimmers from our campus.

Seth Berke in his last meet as an 8 year old went out on top. Seth won the 100IM and it was his 1st time swimming it. Seth also placed 2nd in the 50 Back and 50 Breast, and to round out his day was placing 3rd overall in the 50 Free. Great Job Seth!

Ethan "Iron Head" Flores swam in his 1st short course meet outside of a sizzler and did great. Iron Head swam the 50 Free, 50 Back, and 50 Breast as well as the 100IM, 100 Free, and 100 Back all for the 1st time

Jimmy Hart swam the 50 Back, 100IM, 100 Free, and 100 Back. Jimmy also dropped over 4 seconds in the 50 Free and 50 Breast.

Francesca Smith swam in her 1st meet outside of a sizzler and swam great swimming the 50 Free, 50 Back, 100IM and 50 Breast she's also only 8 as well.

Great swims by everyone and see you in Plantation for the Developmental Meet October 9th and 10th.

## White, Green I and Green II Groups

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We would like to welcome to the White Group in Ft. Lauderdale the following swimmers: Jorge Canedo, Jack Goldberg and Paige Skimming and in Boca, Brian Nudelman.

Also a welcome to our new swimmer's in the Green I Group: Elias Borges, David and Ronni Isenberg in Boca.

Green II in Ft. Lauderdale also welcomes Rak Hovart to the team.

### **MCA FGC Invitational at Martin County Aquatics, September 25-26**

Our first short course meet of the season was a travel meet to Martin County. We had a huge turnout of more than 25 swimmers from our campus.

Brian Anderson swam Sunday swimming the 200IM for the 1st time and dropping over 4 seconds in the 100 Free and 100 Back, getting 3rd place in the 100 Back.

Rachel "Meatball" Blieden had all best times with her largest drop of over 22 seconds in the 200IM and over 11 seconds in the 200 Free. Meatball also got 2nd in the 100 Fly and 3rd in the 100 Back.

Yamile Godoy swam Saturday only and got all best times with her largest drop of the day in the 100 Fly of over 17 seconds. Way to go "YO DOG".

Stephanie Grau had a great day Saturday dropping 9 seconds in the 200 Free and improving in the 50 Back and 50 Free as well as swimming the 100IM for the 1st time. Steph also broke 30 seconds in the 50 free joining the 15/30 club, congratulations!

Bobby Hart had all best times with his largest drop of 15 seconds coming in the 100IM. Bobby got 2nd in the 50 Breast and 3rd in the 50 Back. Bobby also swam and got best times in the 50 Free, 100 Free and 100 Back.

Sophia Kabbej swam out of her mind on Saturday dropping over 23 seconds in the 100IM and over 5 seconds in the 50 Free and 50 Back.

David Isenberg in his first meet representing Pine Crest swam great. He swam in the 50 Free, 50 Back, 50 Fly, and 200 Free.

His twin sister Ronni Isenberg also swam the 50 Free, 50 Back, 50 Fly, and 200 Free. Welcome to Pine Crest Isenberg Family =)

Jake Lieberfarb swam the 100 Back and 200IM for the 1st time while dropping time in the 50 Breast and dropping over 12 seconds in the 100 Free.

Corrina Mullen had all best times dropping over 3 seconds in the 50 Free, 50 Back, 50 Fly, 100 Free, 100 Back, and 100 Breast.

Brian Nudelman in his 1st meet as a Pine Crest swimmer swam awesome. Brian swam the 50 Free, 50 Back, 100 IM, 100IM, 200 Free, 100 Free, 100 Back, and 50 Breast. Welcome Brian to the Pine Crest Family!

Jon Shashoua dropped over 4 seconds in his 50 Free, swam the 200 Free for the 1st time, dropped another 6 seconds in the 100 Free, but his largest drop was the 100 Back almost dropping 15 seconds, wow.

Kaden Shover swam well inching closer to that 30 second barrier in the 50 Free as well as dropping over 3 seconds in the 100IM, 100 Free, and 100 Fly, while also swimming 200 Free, 200IM, and 50 Breast.

Great swims by everyone and see you in Plantation for the Developmental Meet October 9th and 10th.

The short course season started with a huge bang as eight Green II swimmers traveled North to Martin County for the first meet of the season. All eight swimmers swam fantastic with all new best times.

Jamie Flores continues to improve at

alarming rates with huge swims in all eight events allowed to swim. She started with a 3rd place in the 50 free and a 1st place in the 50 back. She had all top 8 swims including a great swim in the 50 breast. It's always a big deal when a young swimmer breaks the 1 minute barrier in the 100 free and she did just that with a 59.99 time. She also dropped nearly 10 seconds in the 200IM great meet Jamie.

Marin Mullen swam outstanding again with 7 out of 8 best times with huge drops in the 100 breast which she took the GOLD medal and the 200 free and 50 breast. Marin has established herself as the one to beat in the breaststroke events at Winter Champs. Her 200IM drop of over 6 seconds was a thing of beauty and placed her second overall. She placed in the top 6 in all her events. Great job Marin.

Petrana Radulovich swam awesome in all her events with best times in the 50, 100, 200 free and 200IM. She had a huge drop in her 200 free with a 5 second drop which placed her 8th. She also placed 5th in her 200 breast which shows what a hard worker she is everyday. Great swimming Bing Bing.

Sister Tatiana also had a great meet with 100% best times in her eight events. She had huge drops in all her events while placing in the top 10 in three events. Her best finish was a 4th place in the 100 breast with an amazing time of 1:23. She qualified for Winter Champs with a blazing 30.7 in the 50 free. Congrats to our Big Toe.

## White, Green I and Green II Groups

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### **MCA FGC Invitational at Martin County Aquatics, September 25-26**

Bailey Warren showed up on Saturday to swim 4 events and as always cranked it up with 4 best times and two 3rd place finishes in the 100 and 200 breast. Her breaststroke has improved so much but we knew it would because she trains so hard everyday. Her time of 2:46 in the 200 breast already qualifies her in the 13 and 14 age group. WOW. Both breaststroke times are fast enough to swim and score at Winter Champs. Way to go Bailey- rescue would be proud.

Lexi Yribarren showed up ready to race and that was quite apparent in the first event- the 50 free. She took off like she was shot out of a cannon and finished 7th with a great time of 28.61. She swam to 100% best times with huge drops in her 200IM, 200 free, 100 breast and 100 back. She dropped over a second in the 50 breast which enabled her to place 5th. Great meet Lexi.

Noah Zylberberg swam to best times in 6 out of 8 events with 2 events being incredible. First, his 100 free was so fast that he broke that 1 minute barrier with a 59.94. Anytime an 11 and 12 year old breaks the 1 minute barrier you know they train hard everyday. The second big event was the 200 breast where he broke his brothers Boca pool record by 7 tenths with a blazing 2:47.11 time. Of course his brother Shawn was proud of his little bro and will be glad to see his name being ripped off the record board and replaced with Noah's new record. Congrats Noah.

Shawn Zylberberg also swam incredible with great swims in 100 and 200 free and the 50 free. Shawn is training 8 workouts a week with weights and dryland two mornings a week. Swimming best times when you are tired and broken down is a great indicator that better times are just around the corner.

I am so proud of the way Green II swimmers swam at this meet!! Keep up the great work and stay focused for Winter Champs.

Yeah! To the first short course meet of the season! We had a great meet for the Green I group! Best times and good times! Woohoo!

Congratulations to the following swimmers who got best times:

Carson Yates had 3 out of 4 best times with the biggest drop in the 100IM with almost 10 seconds. Also huge drops with over 5 seconds in the 50 free and 6 seconds in the 100 breast. Great job, even if it isn't a golf day.

Emmy Foltz, with a WHOPPING drop of 21 seconds in time in the 100 free, a drop of 8 seconds in the 100 IM, shedding 9 seconds in the 50 fly, and 5 seconds in the 50 breast.

Vivian Spencer, dropped 2 seconds in the 50 free, a second in the 100 IM and a cool shred of 5 seconds in the 100 free and 4 seconds in the 100 breast.

Sydney Stein, dropping 2 seconds in the 50 free, 13 seconds in the 100 IM, 14 second drop in the 50 fly, a WOWZA! 27 second drop in the 200 free, 7 second shred in the 100 free, and a 1 second drop in the 50 breast.

Savanna Yates, with a cool 5 second drop in the 50 free, and a 2 second drop in the 50 breast.

Congrats to them and lets keep up the good work and hard training!

Congratulations to the following swimmers in my Green II Group (Ft. Lauderdale) for swimming in the Martin County meet this past weekend.

Brooke Bernstein, had 5 best times, a 2 second drop in the 50 free, 6 second drop in the 100 IM 2 second drop in the 50 fly, and shred of 7 seconds in the 100 free, and 5 second drop in the 50 breast.

Ashley Crouse, had a 7 second drop

in the 100 IM, 3 second drop in the 200 free and a second drop in the 100 free.

Ryan Graff, had 3 personal best, .68 in the 50 free, .15 drop in the 100 back, and 2 second drop in the 100 free.

Nicholas Hediger, had 3 personal best times, .38 drop in the 50 free, 4 seconds off in the 200 breast, and 1 second off in the 200 free.

Amber Lubie, had 8 personal best times, she dropped .22 seconds in the 50 back, dropped 2 seconds in the 100 IM, 5 seconds in the 100 breast, 1 second in the 50 fly, .37 in the 100 back, 4 seconds in the 200 IM, 4 seconds in the 100 fly with a new JO cut in that event, as well as a 19 second drop in the 500 free with a new JO cut in that event as well.

Charlotte Spencer, had 4 personal best times, a drop of .23 in the 50 free, a JO cut in the 100 breast with a 3 second drop, .28 drop in the 50 fly, and a 1 second drop in the 200 free.

Brandon Stein, he had a total of 4 personal best times, dropped .66 in the 50 free, 3 seconds in the 100 back, 2 seconds in the 100 free and 4 seconds in the 100 breast.

Jade Lubie, with 6 personal best times, .11 second drop in the 50 free, .46 drop in the 100 back, a second in the 200 free, .30 in the 100 free, .64 in the 200IM and .21 in the 100 breast.

Congrats to all those that swam in the meet!



## High School Schedule

Oct. 1—Dual Meet against Bolles, at Ft. Lauderdale

Oct. 2—Woodson Invitational at Ft. Lauderdale

Oct. 6—Dual Meet against American Heritage at Ft. Lauderdale

Oct. 8—Dual Meet against Ransom Everglades at Ft. Lauderdale

Oct. 13—Dual Meet against Belen Jesuit at Ft. Lauderdale

Oct. 15—Dual Meet against Unversity at Ft. Lauderdale

Oct. 20—Dual Meet against Saint Andrews School at Ft. Lauderdale

Oct. 30—High School District Championships at Saint Andrews

Nov. 4—High School Regional Championships at Hall of Fame

Nov. 11—High School State Championships at Orlando

## Other Pine Crest Swimming News!

### New Coach

Please welcome our new Age Group coach David Rodriguez to Pine Crest Swimming. Coach David will be overseeing the age group program in Ft. Lauderdale and working closely with the entire team and coaching staff in Ft. Lauderdale and Boca.

Coach David is an outstanding young coach who is also a member of the Florida Gold Coast, Board of Directors. Coach David has been a FGC Zone All Star Coach 3 times, most recently this past summer. Coach David has developed several JO qualifiers, All Star team members, and a number of FGC age group record holders. Several of Coach David's swimmers have attained the USA Swimming National Top Ten ranking, and he has coached several FGC, JO champions. Coach David swimmers have also qualified for Junior and Senior Nationals.

Coach David was also a former high school coach for Christopher Columbus high school, and as a swimmer Coach David swam at the National and NCAA level.

We are very excited to have Coach David Rodriguez join our staff.

### Southern Zone Championships at Atlanta, Georgia, July 27—August 1.

Congratulations to our Pine Crest swimmers Brittany Hammond and Jessica Nederlanden who were selected for the Florida Gold Coast Southern Zone Team.

Brittany finished 7th overall for both her long events of the 400M Free with a 4:30.96 and the 800M Free with a 9:14.77.

Jessica finished in 10th place overall with a great swim in the 100 Backstroke with a 1:07.22.

Both girls were also part of the very competitive 200M Freestyle Relay which finished in 4th place overall, just 1 second out of 1st place. That's how tight the relay teams were swimming.

### 2009 USA Swimming Scholastic All American Team

Congratulations to Austin Evenson and Jessica Nederlanden. In 2009/2010 both swimmer's made a 3.5GPA or better and achieved the 2000 Junior National Championship Time Standard in at least one event as a Sophomore, Junior or Senior.

## Pine Crest Swimming News

### Swim Shop Supplies:

Latex Team Cap	\$6.00
Silicon Team Cap	\$15.00
Color Team Cap	\$20.00
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.....**

Our own club swimmer, Zeinab Khalfallah was selected by her country, Tunisia at the "2010 Youth Olympic Games" in Singapore, August 14-26.

Tunisia Republic is the northern most country in Africa and was one of the many countries that participated in Singapore with over 5000 athletes from 14-18 years old.

Zeinab swam in the 50M, 100M, 200M Freestyle, and the 200IM. Her best place finish was the 100M Freestyle in the Semi Finals with a 58.12.

Congratulations Zeinab.

## Schools Represented at Pine Crest Swimming

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Pine Crest Swimming is often mistaken that you need to attend the school of Pine Crest to be part of the Club Team. As many of you now know, that is not the case. Here is a great list of schools from Palm Beach County, Broward County and even Miami/Dade County who have children that swim on our Club Team, Pine Crest Swimming:

Bak Middle School of the Arts

Banyan Creek School, Delray Beach

Bayview Elementary School

B'Nai Israel Pre School

Boca Middle School

Boca Raton Christian School

Boca Raton High School

Calusa Elementary School

Calvary Christian Academy

Deerfield Beach Middle School

Del Prado Elementary School

Donna Klein Academy

Dr. Michael Krop Senior, N. Miami

East Boca High School

Gulf Stream School

Henderson School at FAU

Highland Oaks Middle, N. Miami

Home Schooled

Logger's Run Middle School

Morikami Park Elementary

Olympic Heights High School

Omni Middle School

Saint Andrews School

Spanish River Christian School

Spanish River High School

St. Coleman, Pompano Beach

St. Mark's Episcopal School

St. Paul Lutheran School

Sunrise Middle School

Sunrise Park Elementary

Unity School

## Who Are Our Coaches

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Jay Fitzgerald

Head Aquatics Director

(Senior Program)

Mariusz Podkosielnny

Senior Coach, Ft. Lauderdale

(Senior Program)

Eddie Lovell

Senior Sprint Coach, Ft. Lauderdale

(Senior Program)

David Rodriguez

Head Age Group, Ft. Lauderdale

(Green II Group)

Tom Smith

Head Age Group, Boca Raton

(Green II Group)

Andrea Guevara

Age Group & Lesson Coach, Ft. Lauderdale

(Green I Group)

Eddie Wolling

Age Group & Lesson Coach, Boca Raton

(Novice II & Green I Group)

Tonya Hammond

Age Group & Lesson Coach, Ft. Lauderdale

(Novice & White Group)

Kim Kavasala

Age Group & Lesson Coach, Boca Raton

(White Group)

Kim Farrell

Head Lesson Coach, Ft. Lauderdale

Christina Page

Assistant Lesson Coach, Boca Raton

# October Fest Contest

October 1 - 31, 2010

## PINE CREST SWIMMING

2700 St. Andrews Boulevard  
Boca Raton, FL 33434  
561-852-2825  
Email: boca.swim@pinecrest.edu

1501 Northeast 62nd Street  
Fort Lauderdale, FL 33334  
954-492-4173  
Email: swimming@pinecrest.edu



The TOP 2 swimmers in the Novice/White/Green Groups with the most practices between October 1 and October 31 will be awarded a trophy.

Novice Groups (Boca) Awards presented on October 28

White & Green Groups (Boca and Ft. Lauderdale) Awards presented on October 29

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

## October

### October 9-10

Developmental Meet, Plantation

### October 15

8 & Under Sizzler, Lauderhill

### October 16

Swim / Bowling Day, Boca Campus

### October 22-24

FGC Invitational, Coral Springs

### October 28-29

Pizza Party and OctoberFest Awards

## November

### November 5

8 & Under Sizzler, Lauderhill

### November 6-7

Developmental Meet, North Palm Beach

### November 17

Spaghetti Dinner (White & Green Groups)

### November 18-21

Winter Championships, Plantation

## December

### December 11-12

Broward County Championships, Coral Springs

### December 16

Annual Holiday Party

2011 FGC Swim Meets are now posted on the [www.fgcsim.org](http://www.fgcsim.org) web site.