



February—March 2011 Lane Lines Newsletter

February Sizzler: 16 Swimmer's attended from Pine Crest
8 Personal Best Times (remember this was a 25 meter pool, therefore only 2 swimmer's had previously swam this distance)

Developmental 29 Swimmer's attended from Pine Crest
Meet, Wellington: 56 Personal Best Times
4 Swimmer's (6 events) Achieved a JO Time

14 & Under "A" 11 Swimmer's attended from Pine Crest
Invitational, Comets: 44 Personal Best Times

Developmental 26 Swimmer's attended from Pine Crest
Champs, Lake Lytal: 143 Personal Best Times
11 Swimmer's (28 events) Achieved a JO Time

Pine Crest Finishes 5th at Junior Olympics!

Pine Crest Swimming took 37 swimmer's to the "2011 Short Course Junior Olympics" (14 & Under) held at the Coral Springs Aquatic Complex on March 11-13. Both Jamie Flores and Rak Hovart broke the 200 Backstroke 11-12 Club Record, Lindsey broke the 200 breast and our 13-14 Girls (Lindsey Swartz, Caroline Nava, Miriyam Ghali, and Hannah Veale) broke the Club Record for both the 200 Medley Relay and 400 Medley Relays.

166 personal best times were achieved.

Congratulations to: Jamie Flores, Anton Gueneralov, Miriyam Ghali, Kent Haeffner, Rak Hovart, Chris McCauley, Marin Mullen, Caroline Nava, Jessica Nava, Lindsey Swartz, Hannah Veale, Bailey Warren, Alexis Yribarren, Noah Zylberberg, and Shawn Zylberberg who finished in the top 10 (finals) for their event(s). Read more on page 4.

February Birthday Month

Christine Baker, Delaney Brock, Sarah Ghali, Megan Guido, Jacob Herren, Paul Hoffman, David and Ronni Isenberg, Hailey Kelly, Istvan Kereszy, Genevieve Krieger, Jake Lieberfarb, Mallory McKeon, Joseph Naness, Lillian Nava, Josh Perper, Tatiana Radulovich, Michal Rokita, John Rudnik, Francesca Smith, Vivian Spencer, Emily Theall.

March Birthday Month

Armand and Jennifer Aguirre, Marcel Bet-schart, Rachel Blieden, Kylie Cawley, Julia DaSilva, Isabella Fine, Jamie Flores, Alana Friedlander, Jack Goldberg, Savanna Gornisiewicz, Bobby Hart, Gabby Hernandez, Amber Lubie, Dylan Mathosian, Patrick McCawley, Jessica Nava, Nicole Nudelman, Matthew, Petreski, Sam Rosenthal, Jon Shashoua, Blake Siegel, Charlotte Spencer

Novice I, Novice II, White and Green Groups

Broward Sizzler at Tamarac, February 11

It was quite unbelievable actually that we had absolutely beautiful weather all week and then Friday afternoon came and the temperature dropped quickly. By the time the meet started at the Caporella Aquatic Center, it was wet, cold and quite miserable, but our kids were tough and hung in to swim some great races.

Remember this particular meet was in a 25 meter pool, therefore slightly longer than the traditional 25 yards they would normally swim.

Dylan Mathosian had swam at this pool before and got all best times, his best improvement was the 25 fly with over a 8 second drop.

Lejla Najarro was another repeat swimmer in this pool and also had all best times with her most improved in the 25 breast with over a 6 second drop.

Congratulations to all our swimmer's that night; Ethan Flores, Rebecca Forrester, Scarlett Goldberg, Jourdan Henry, Andi Hernandez, Sarah Lieberman, Patrick McCawley, Judith Murciano, Julia Podkoscielny, Nicholas Reeser, Josefina Richter, Sam Rosenthal, Francesca Smith, and John Visconti.

Area 1 Developmental Meet at Wellington, February 12

The swim parka's came in very handy on this day as the morning was cold, wet then slowly warmed up for the 29 swimmer's that attended this one day meet.

Jennica Anglin swam the 200 free, 50 free, and the 100 free.

Ashley Crouse dropped a second in her 50 fly getting her Junior Olympic cut, as well as doing a best time in her 100 IM.

Yani Fabre, did 3 best times in the 200 free, 200 IM, and in the 100 free.

Jack Goldberg swam 4 events with times very close to his best.

Nicholas Hediger, swam the 100 breast, 50 free, 100 free, and in the 200 breast.

Gabby Hernandez swam 3 events, two of them the first time. Her best event =, which is her favorite was the 50 back where she finished 3rd overall.

Sam McCawley swam 4 events, two of them the first time. His best event was the 100 free where he finished 4th overall.

Crystal Navellier, swam the 100 back, dropping 12 seconds getting her Junior Olympic cut in that event, and dropping .23 seconds in her 100 IM. Crystal also swam the 500 free for the first time but lost her goggles on the dive, and persevered to finish.

Camilla Osorio, dropped 3 seconds in the 50 fly, and swam the 50 free and 50 back, and getting another personal best time in the 100 back dropping 14 seconds.

Jake Rosenthal drove a long way north to swim his 4 events, and improved on his 50 back by 1.51 seconds.

Boca Raton's White Group has truly entered the zone! The Wellington and Lake Lytal meets presented an opportunity for several swimmers to improve their times and achieve JO times. It has been an awesome moment for all of us.

At Wellington, Brian Anderson continued to capture JO times in the 100 Back and 100 IM. In addition, he lowered his time in the 200 free.

Jacob Silberman grabbed a JO in the 100 Breast. He lowered his times in the 50 Fly, 50 Free, 50 Back and 100 IM.

Seth Berke improved his times in the 50 Free and 100 IM.

Bobby Hart improved his times in the 100 Breast, 50 Back and 100 Free.

Jimmy Hart dropped times in his 50 Breast, 100 Free and 100 Breast.

Sophia Kabbej improved her times in the 100 Breast, 50 Back and 100 Free.

Jon Shashoua improved his times in the

50 Breast, 100 Breast and 50 Back.

Isabella Fine dropped her times in the 50 Breast, 100 Back and swam the 200 Free for the first time. Way to go!

Cecily Fine improved her times in the 50 Free and competed in the 200 Free and 50 Back for the first time. Congratulations, swimmers!

The 1st session was for 8 and Under's and they were represented well by Abby Hart, Lejla Najarro, and Francesca Smith. It was rainy and cold this morning and the girls didn't let it bother them, Proud of you ladies!

Abby swam the 50 free for the 1st time while getting all best times in the 25 free, 25 back, and 25 fly. Abby's biggest drop was in the 25 free of over 2 and half seconds.

Lejla Najarro also had a great 25 free dropping over a second and a half and breaking the 20 second barrier. Lejla also swam the 100 IM, 50 free, 25 fly, and 100 free all within minutes of each other doing a great job.

Francesca (Smitty) Smith swam in her last meet as an 8 year old and went out with a bang. Smitty placed 3rd in the 25 free as well as dropping time in the 100 IM. She also swam the 50 free, 25 fly, and 100 free.

Christine Baker had some really great swims in the 100 and 200 free taking off 2 and half seconds for both races as well as dropping time in her favorite 100 IM. Christine also swam the 500 again as well as the 100 back just missing best times. Christine also placed 3rd in the 100 and 200 free.

Yamile Godoy also has big drops in the 200 free, 100 free, and 50 free. Yamile broke the 30 second barrier for the 50 free, while dropping over 2 seconds in both the 100 and 200 free, while places 7th in the 100 back.

David Isenberg was just missed best times in his bread and butter in the 50 fly and 50 free placing 3rd and 9th overall. David also got 3rd in the 200 IM and got 6th in the 200 free and 7th in the 100 free. Way to go David!

Novice I and Novice II, White and Green Groups

Big Sister Ronni Isenberg had all best times in the 200 free, 50 breast, 50 free, and 100 free while placing 3rd in the 200 free, 4th in the 100 free, 8th in the 50 free and 5th in the 50 breast.

Corrina Mullen saved her best swim for the easy events 100 fly and 500 free. Corrina dropped over 28 seconds in the 100 fly on her way to the Junior Olympic Time Standard as well as dropping over 10 seconds in the 500 free to earn herself another Junior Olympic Time Standard. Congratulations Corrina.

Alejandro Ramirez also placed very well in his 200 free with a 3rd place finish, 5th place in both 50 and 500 free and earning 6th place in the 100 free. Great showing Alejandro.

Partner in crime Kaden Shover started off the meet with a bang dropping 4 seconds in the 200 free and winning the event. Kaden also won the 100 breast dropping time. Kaden just missed best times in the 50 free placing 2nd, getting 3rd in the 100 free and 6th in the 500 overall.

14 & Under "A" Invitational at Comets, February 18-20

Congrats to all of those swimmers that swam in the "A" Invitational meet! There were great swims and improvement in times by all.

Anton Gueneralov, dropped .41 seconds in the 50 free, .36 in the 100 free, .69 in the 200 free, and .98 in the 100 back.

Sabrina Gornisiewicz, dropped .51 seconds in the 50 free, 1.41 in the 100 free, 3.65 in the 200 free, a big 11.55 in the 500 free, 3.29 in the 100 back, and 2.18 in the 100 breast.

Rak Hovart, dropped, 1.75 in the 200 free, 3.48 in the 500 free, .64 in the 100 back, 3.47 in the 200 back, 2.24 in the 100 IM, and 1.23 in the 200 IM.

Amber Lubie, dropped 3.19 in the 100 free, 2.91 in the 200 free, 4.73 in the 500 free, .19 in the 100 back, and 1.59 in the 100 fly.

Caroline Nava dropped 1.72 in the 200 free, 2.33 in the 200 back, and 4.84 in the 200 IM.

Jessica Nava dropped 1.78 in the 100 free, .72 in the 100 back and .91 in the 100 IM.

Charlotte Spencer, dropped .45 in the 100 free, .66 in the 200 breast, .07 in the 100 IM, and 1.58 in the 200 IM.

This meet was the final tune-up for the 2011 Junior Olympics and the Green II swimmers are looking strong.

Vivian Spencer swam this meet as the last time as an 8 year old and dropped 1.33 in the 200 free and 5.91 in the 200 IM. Congrats to all again!

Boca had 3 swimmers attend the Comet "A" meet on February 18th and all 3 swam spectacular.

Jamie Flores had 4 best times in the 100 and 200IM, 100 back, and 500 free.

Marin Mullen swam to 2 best times in the 50 fly and 50 free.

Noah Zylberberg swam to 5 out of 6 best times in the 200IM, 100 and 200 breast, 100 fly and the 200 free.

Area 1 Developmental Championships at Lake Lytal, February 25-27

This meet, previously known as DII's was attended by 26 Pine Crest swimmer's. This is the last chance for these swimmer's to achieve one or more JO cuts before the JO Championships.

Brian Anderson, Seth Berke, Jacob Silberman and Sydney Stein were all present to attempt another shot at a JO time or to simply improve their times and add more experience to their swimming career.

Sydney Stein made finals in the 200 free. She improved her time by three seconds. She also, lowered her time in the 100 IM.

Seth Berke made the finals in the 50 free, 100 IM and 50 fly. He lowered his times in all three events. (May I mention, Seth was not feeling well during this event). He has quite the spirit and determination.

Brian Anderson was on a roll !! He collected five more JO times. A total of ten! This gave him an opportunity to choose seven individual events to swim in the Junior Olympic swim meet in Coral Springs. In the finals, he captured a JO time in the 50 fly and lowered his times more so in the 200 IM and 100 breast.

His friend, Jacob Silberman, added another JO time by capturing the 200 IM in the finals. Jake now has 3 JO times! These two boys were both heading to Coral Springs together to represent their group in the Junior Olympics.

Corrina Mullen had quite the break out performance, dropping time every time she dove into the water. Corrina got Junior Olympic Cuts in the 50 Fly, 50 free, 100 IM, 200 IM, 50 back to go along with her other 4 cuts she previously earned. Corrina also won the 50 back, placed 2nd in the 50 free, earned 3rd in the 50 fly, 200 IM, and 5th in the 100 IM. Corrina's largest drop came in her 50 breast of over 6 seconds, Awesome Job!

Lejla Najarro swam great with the big girls dropping a second and a half in the 50 free, swimming a great 50 fly, and 100 IM dropping time in both. Lejla also swam the 50 back and 50 breast just missing best times. Lejla is only 8 so look for her in the future to really make some noise in the 10 and under age group.

Alejandro Ramirez had a great meet. Alejandro made finals in the 50 free dropping a half second just missing breaking 30 seconds. Alejandro also made finals in the 200 free placing 5th overall. Alejandro's best race came in the 100 free, he was seeded 10th place in finals in lane 10 and almost won the event placed 2nd in the 100 free and earning Junior Olympic Time Standard in the process. Alejandro also dropped 11 seconds in the 500 free to earn another Junior Olympic Time Standard. Alejandro also dropped time in the 50 breast and also swam the 50 back.

White and Green Groups

Kaden Shover also had quite the meet as well. Kaden broke the 30 second barrier in the 50 free while earning his JO time. Kaden also got the JO time in the 100 free. Kaden played mind games with his competition in the 200 free and finally after swimming 8 full laps without stopping earned himself the JO time in the 200 free as well. Kaden also dropped time in the 500 free, 50 back and breast.

Alexandra "A- Train" Slusarenko got all best times and made her 1st finals in both the 50 and 100 free placing 7th and 9th. Inching so close to earning her 1st JO time. A Train had big drops in the 50 and 100 back and 50 breast.

Francesca "Smitty" Smith swam Saturday and dropped more time in her 50 Free and swimming a great 50 Fly and 100 IM as she finally turned 9 years old.

Ainsley Anderton swam two best times in the 100 back dropping 3 seconds and getting her Junior Olympic cut, as well as the 100 free dropping a second to get the Junior Olympic cut.

Windsor Anderton dropped .88 seconds in the 200 free.

Eli Couture swam in his first meet with 3 events, his best was the 100 breast finishing 8th overall.

Jacob Couture swam 3 events with his best event the 100 breast, just like his brother he finished 8th overall for his age group.

Ashley Crouse, dropping 2.14 seconds in the 100 back getting her Junior Olympic cut in that event, as well as a cut in the 50 back dropping 2 seconds.

Ryan Graff dropped 4 seconds in the 100 breast getting him his Junior Olympic cut in that event as well as a cut in the 100 free dropping a second.

Nicholas Hediger dropped 1.13 seconds in the 100 breast, 3 seconds in the 200 free, .66 seconds in the 50 breast and 6 seconds in the 200 breast.

Amber Lubie, dropped 20 seconds in the 200 fly, .34 in the 100 free, 2 seconds in the 200 IM, and 1 second in the 100 fly.

Camilla Osario wasn't feeling well, but still did best times in the 50 fly and dropped 9 seconds in the 100 IM.

Cara Vota, swam best times in the 100 back getting her Junior Olympic cut, as well as a cut in the 200 back. She also did best times in the 50 free, 500 free, and 50 back.

Mia Vota, swam a best time and getting her Junior Olympic cut in the 200 IM, as well as best times in the 50 fly, and 100 IM. Congrats again to all!

Boca had 4 swimmers attend this "last chance" to qualify for JO's and they swam awesome. With more JO cuts being made and an abundant of best times the Green II group is more than ready for the 2011 Junior Olympics that will take place at the Coral Springs Aquatic Complex in two weeks.

Steph Grau swam 3 great events with great finishes in the 100 back and 200 free.

Alan Kozedub swam 3 great events with a best time in the 200 back.

Peter Lin was fired up with best times and top 10 finishes in all of his 6 events. Peter just missed JO's in a number events but he is only 13 so we look forward to his JO cuts being made soon. His best swim of the weekend was his 200 free where he dropped over 2 seconds and placed 3rd. Great meet Peter!!

Lexi Yribarren was also on fire at this meet with top 10 in all 5 of her events and placing FIRST in the 200 breast and second in the 100 back. She made JO qualifying times in the 200 breast, 100 breast, 100 back and 100IM. WOW what a great weekend.

FGC Short Course Junior Olympics (14 & Under) at Coral Springs, March 11-13

The Boca Green II group swimmers were ready to swim and they showed up and did just that. This JO's was one of the greatest group wide JO's ever. The 9 swimmers in attendance deserved to be there and they exploded with 100% best times.

Special Thanks go out to our top relay only swimmers Peter Lin and Tatiana Radulovich. These two swimmers showed up and represented their team with 3 great relay swims that helped with Pine Crest Team score points.

Noah Zylberberg swam amazing (as I knew he would) with best times in the 100 breast, 500 free, 200 breast, 200 free, 200IM, 50 breast and 100 free. He placed in the top 10 in 4 events with his strongest finish in the 200 free with an incredible time of 2:03.56. Special recognition for Noah as he broke two Boca records in the 200 breast and 1650 free. Great season Noah.

Lexi Yribarren stepped it up and swam to a best time in her 50 free with a 9th place finish with a time of 27.56 (very fast). She also contributed to all top 5 finishes on the 11 and 12 girl relays. Great Job Red Barren.

Bailey Warren was ready to race and everyone could see it in her eyes. Boy did she ever with an incredible 3rd place finish in the 1650 free (the mile) with a quad A time of 18:52.93. This time was fast enough to break a 13 year old Boca record for the mile. Wow what a swim. She didn't stop there, she also swam best times in the 100 breast, over 11 second drop in the 500 free to place 3rd overall, 200 breast and 400IM. She was also on all relays that scored big points. So proud of Shaggy.

Marin Mullen swam great in all 7 events with top 10 finishes in all seven of her events. She placed 4th in the 100 breast with a quad A time of 1:11, 4th in the 100IM, 7th in the 200 breast, 4th in the 400im, 7th in the 200IM, 9th in the 50 back and 6th in the 50 breast. She scored huge points for Pine Crest including being part of all top 5 relays. Great meet Marlin!!

Sean McCauley swam to 5 out of 7 best times just missing out of the top 10. He swam great in the 100 fly, 200 free (over 4 second drop), 50 fly, 50 breast and the 100 free. Sean also helped with all of the 11 and 12 boy relays that scored BIG. Great meet Sean MAC.

White and Green Groups

Alan Kozedub swam 4 individual events (50, 100, 200, 500 free) and two relays. Alan swam fast and cheered his relays onto great finishes.

Jamie Flores swam incredible in all 7 events with best times, quad A times, broke Boca pool records, great relays and top 7 finishes in all events. She started the meet with a 2:14.02, 200 back to break the Boca pool record and the total Pine Crest record held by Nikki Jacobs. She placed 7th in the 50 free, 4th in the 200 free, 7th in the 500 free, 2nd in the 100 back, 3rd in the 50 back, and 3rd in the 100 free. Great meet JFlo.

Like I mentioned this was one of the best JO's I have seen from a great group of swimmers. Keep up the hard work- better days ahead!!

Congrats to all of the swimmers that swam in the Junior Olympics! It was a great weekend, with great swims!

Ainsley Anderton, swam the 50 free and dropped .25 seconds, swam the 100 back, 50 back, and 100 free.

Windsor Anderton, swam the 50 free, and the 100 free dropping .19 seconds.

Jack Anderton swam the 100 free.

Ashley Crouse, swam the 50 free, dropping .01 seconds, 100 fly, dropping 2 seconds, swam the 200 free dropping 2 seconds, as well as swimming the 100 back, 50 back, and 100 free.

Anton Generalov, swam all best times, dropping 4 seconds in the 200 back, .24 seconds in the 50 free, dropping 3 seconds in the 200 free, 1 second in the 100 back, 1 second in the 50 back, making it back to finals dropping another second, and 2 seconds in the 100 free.

Sabrina Gornisiewicz, swam the 50 free, 100 breast, 500 free, 200 free dropping 2 seconds, 100 back, 50 breast, and 100 free, dropping .74 seconds.

Ryan Graff swam the 100 breast, and the 100 free dropping a second.

Amber Lubie, swam the 200 back dropping .34 seconds, the 50 fly dropping 2 seconds, the 100 back dropping a sec-

ond and the 50 back dropping a second.

Caroline Nava, swam the 200 back dropping a second, the 50 free, making it back to finals and dropping a total of 2 seconds winning the 50 free, the 200 free, swimming the event again in finals dropping a total of 5 seconds, the 50 fly swimming again in finals dropping a total of 2 seconds, 100 back swimming it in finals dropping a total 5 seconds, swimming the 50 back in finals as well, dropping a total of a second, and 100 free, making it back in finals dropping 2 seconds.

Charlotte Spencer, swam the 50 free dropping .47 seconds, swimming the 100 breast, 200 breast, 200 free, 200 IM, 50 breast dropping 2 seconds and the 100 free.

Vivian Spencer, swam the 50 free, the 200 free dropping a second, 200 IM, and the 100 free.

Cara Vota, swam the 200 back, 100 back, and 50 back.

Mia Vota, who swam the 200 back and dropped .48 seconds, the 500 free and dropped 8 seconds, the 200 free dropped a second, 100 back, 200 IM, 50 back, and the 100 free.

Coral Springs was quite the experience for Boca's White Group. Four swimmers represented our group: Brian Anderson, Seth Berke, Brian Nudelman and Jacob Silberman.

Seth Berke participated in the 10 & under 200 Medley and 200 Free relays.

Brian Nudelman represented our 12 & under in the 200 and 400 Free relays.

We couldn't have nicer boys represent Pine Crest. They came with their game face on and made us all very proud!

During the event, Brian Anderson improved his times in the 50 free, 200 free, 100 back, 50 back and the 100 free.

Jacob Silberman improved his times in the 100 breast and 50 breast.

Our relay teams in the 10 & under 200 medley and 200 Free relay gave it their

very best. Jacob Silberman received his personal best in the 50 breast and Seth Berke his personal best in the 50 free of the 200 relay. In our boys 12 & under relays, they competed with a lot of heart. After Brian Nudelman took off for his 400 free relay his goggles fell off, but that didn't stop him! The goggles stayed strapped around his mouth as he finished the race with speed and determination. Awesome. Well done everyone. This is just the beginning of our entry into the **WHITE ZONE!**

Christopher McCauley learned a lot from this meet and will be a much better swimmer in the future for it. Christopher made finals in the 50 free placing 7th overall while dropping time. Chris also dropped time in his 100 back as well. Chris also swam the 50 and 100 fly, 100 and 200 free and 50 back. Chris was also part of the two "A" relays for the 10 and under boys. Next stop for Chris is earning some Long Course JO times for 11 and 12.

Corrina Mullen had a great meet dropping over 10 seconds in the 500 free, dropping over 3 seconds in the 100 free and 200 free and another 2 seconds in the 100 back. Corrina just missed best times in 50 free, 50 back, and 100 fly. Corrina was part of both "A" Relays for 10 and under girls.

Alejandro Ramirez swam the 100 free and 500 free as well as "B" relays in the 400 free Relay and 200 free Relay.

Kaden dropped some time in the 100 free and also swam the 200 free. Kaden was also part of those "B" 200 Free and 400 Free Relays with his buddy Alejandro.

We also had Christine Baker lead off the "B" 200 Medley relay dropping time as well as swimming 2nd in the 200 Free Relay.

Rachel "Meatball" Blieden made her return to swim in both 200 Free and 200 Medley Relays. Thanks for being there for your teammates Rachel!

Senior Group

FGC Short Course Junior Olympics (14 & Under) at Coral Springs, March 11-13

Five swimmer's from our Senior Group also participated in the 14 & Under Junior Olympics; Miriyam Ghali, Kent Haeffner, Lindsey Swartz, Hannah Veale, and Shawn Zylberberg.

Miriyam (MG) swam 7 events, dropping over 5 seconds in the 200 back and making finals. She also made finals in the 50 fly and 100 back and was part of all our 13-14 girls relays.

Kent swam to all best times, making finals in the 500 free, 100 free, 1650 free and was the JO Champion for the 200 free. He was also part of the 13-14 boys relay teams. Great job.

Lindsey (Link) swam 7 events, making finals in the 100 breast, 200 breast, 200IM, and 50 breast. Lindsey also broke the club record in the 200 breast and was part of the 13-14 girls relay teams. Great job.

Hannah swam 7 events, making finals in all of her events, 200 back, 50 free, 200 free, 50 fly, 400IM, 200IM, and the 100 free. Her best place finish was the 400IM in 3rd place overall taking off over 7 seconds. Hannah was also part of the 13-14 girls relay teams.

Shawn swam 7 events, making finals in the 100 breast, 200 breast, and the 50 breast and was also part of the 13-14 boys relay teams.

All five of these don't rest much as they then went onto swimming in the Southern Zone Sectionals and were also selected for the All Star Team.

CONGRATS to all participants at Junior Olympics this year!

Pine Crest Team Score Results

10 & Under Combined Team – 7th

11-12 Age Combined Team—5th

13-14 Age Combined Team—4th

Special recognition to all those in the 13-14 Girls Age Group who finished in

1st place overall for the 13-14 Girls Age Group overall.

Southern Zone Sectionals (LCM) at Fort Lauderdale Aquatics, March 17-20

Well over a 100 teams, and almost 1,000 swimmer's attended this year's Southern Zone Championships in Fort Lauderdale. Maybe it was the warm weather that attracted those northerners or the fact that we a year away from the 2012 Olympic Trials. In any case, the meet was long, hot and a success for Pine Crest Swimming.

We took 24 swimmer's from the Fort Lauderdale campus and several swimmer's made it back to finals at night.

Sectionals is setup with 3 groups of ten making finals; "A" finals are your top 10 qualifying times, scoring points, "B" finals are your next top 10 qualifying times, scoring points, and the "C" finals are the next top 10 (18 & Under) qualifying times, but don't score points, but rather experience a finals at night with top swimmers.

The following swimmer's made finals at night in either the "A", "B", or "C" finals. Marcel Betschart, Kaelah Chaney, Adam Dear, Gotti Eisenberger, Austin Evenson, Brittany Hammond, Zeineb Khalafallah, Mallory McKeon, Michal Rokita, Lindsey Swartz, and Thomas Veale.

Some outstanding swims of the weekend were:

Kaelah making the "B" finals in the 200 breast (2:49.19) dropping over 13 seconds.

Austin swam in 3 finals with his 800 free (8:35.16) swim being a Junior National cut.

Gotti swam in 2 finals with his 50 free (24.21) being his best event and finishing on the podium in 2nd place overall.

Brittany swam in 4 finals with her IM's with the most improvement. She swam the 200IM (2:26.79) in the "A" final and dropped over 3 seconds, and the 400IM (5:05.67) in the "B" final and dropped over 8 seconds.

Zeineb swam in 3 finals with her 100 free (57.58) being her best event and finishing on the podium in 3rd place overall.

Lindsey swam in one final, but it was the "A" finals for the 200 breast (2:41.75), remember Lindsey just turned 14 years old.

Mallory swam in the "B" finals for the 200IM and dropped over 3 seconds from her best time.

Thomas swam in 5 finals with the swim of the weekend being the 400M freestyle. Thomas swam in the "A" finals with Ryan Lochte and Peter Vanderkaay and swam the event of his life finishing a very close 3rd place overall in a time of 3:59.64 which is an USA Olympic Trial cut.

Then of course the fun and exciting relays throughout the weekend:

Men 800M Freestyle Team of Thomas, Gotti, Austin, and Adam finished in 2nd place overall.

Women 400M Freestyle Team of Zeineb, Kaelah, Mallory, and Brittany finished in 3rd place overall with a Junior National cut.

Pine Crest finished in 6th place overall for the Ladies, and 4th place overall for the Men. Pine Crest did receive the 5h place plaque for the Combined Team Scores.

Congratulations swimmer's and coaches.

Pine Crest Swimming is ready for the 2011 Summer Swim Camps!

Pine Crest Competitive Swim Camp

7 Weeks Available

Ft. Lauderdale Campus

Day Camp—\$500 / week

Overnight Camp—\$725 / week

Pine Crest Rising Star Swim Camp

8 Weeks Available

Boca Raton and

Ft. Lauderdale

Campuses

Rising Star—\$360 / week

Pine Crest Diving Camp

3 Weeks Available

Ft. Lauderdale Campus

Day Camp—\$500 / week

Overnight Camp—\$725 / week

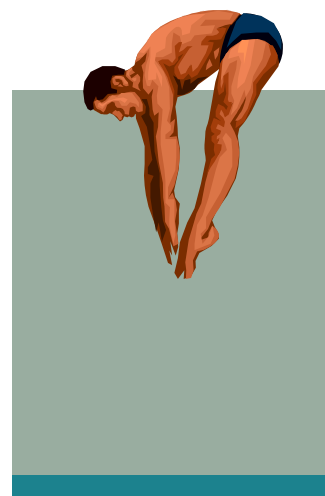
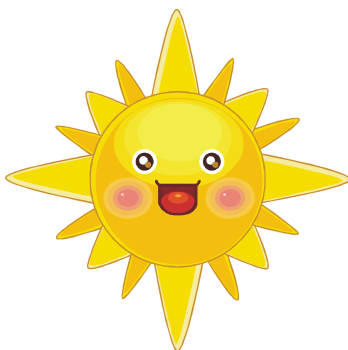
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8 Weeks Available

Ft. Lauderdale Campus

Private and Group Swim Lessons

8 Weeks Available

Boca Raton Campus

Private Lessons are available upon request

Group Lessons are half hour lessons—\$65 / week

(Monday through Thursday)

Choose the number of week(s)

Group Lesson Times:

8:30am, 3:30pm, 5:30pm

(note the afternoon lessons may change slightly,
based on sign-ups)

Private Lessons are available upon request

Group Lessons are half hour lessons—\$65 / week

(Monday through Thursday)

Choose the number of week(s)

Group Lesson Times:

8:30am, 9:00am, 3:45pm

Pine Crest Club and Boca Records are broken!



Bailey Warren, Jamie Flores, Coach Tom, Shawn and Noah Zylberberg are pictured in front of the Boca Record Board.

Six Boca records were broken during the Junior Olympics on March 11-13.

Jamie Flores—200 back, 2:14.02

Bailey Warren—1650 free, 18:52.93

Noah Zylberberg—200 breast, 2:42.55,

Shawn Zylberberg—50 breast, 30.39, 100 breast 1:05.05, 200 breast, 2:20.16

Five Club records were also broken during the Junior Olympics on March 11-13.

Jamie Flores—200 back, 2:14.02

Rak Hovart—200 back, 2:15.11

Lindsey Swartz—200 breast, 2:19.69

13-14 Girls 200 Free Relay—1:40.11, Caroline Nava, Hannah Veale, Miriyam Ghali, Lindsey Swartz

13-14 Girls 200 Medley Relay—1:52.11, Miriyam Ghali, Lindsey Swartz, Caroline Nava, Hannah Veale

Pine Crest Swimming News

SWIMMING FACT

DID YOU KNOW.....

Pine Crest's own Senior, Thomas Veale swam in the 400M freestyle at the Southern Zone Sectional Championships at Ft. Lauderdale (March 17-20) with his first USA Olympic Trials cut. Thomas swam along side Ryan Lochte and Peter Vanderkaay to finish a close 3rd in a time of 3:59.64.

Congratulations Thomas!

2012 Womens Olympic Trial Cuts

50 free	26.39
100 free	57.19
200 free	2:03.19
400 free	4:19.39
800 free	8:50.49
100 back	1:03.99
200 back	2:17.99
100 breast	1:12.19
200 breast	2:35.99
100 fly	1:01.99
200 fly	2:16.49
200 IM	2:19.49
400 IM	4:55.89

2012 Mens Olympic Trial Cuts

50 free	23.49
100 free	51.49
200 free	1:52.89
400 free	3:59.99
1500 free	15:53.59
100 back	57.59
200 back	2:04.99
100 breast	1:04.69
200 breast	2:20.79
100 fly	55.29
200 fly	2:03.99
200 IM	2:06.59
400 IM	4:30.49

Panther's Hockey Night

Friday, February 18

After a short swim practice, the kids ate pizza, snacks and were ready to cheer for their team at the arena.

A total of 19 swimmer's and 7 coaches attended the Panther's versus Detroit Red Wings game. We weren't quite sure if the kids were Panther fans or Detroit, some just cheered because someone scored.

A fun night by everyone even if you were a Panther's fan, unfortunately they lost 4-3.

Great job on representing Pine Crest Swimming in a positive and being well behaved.

Seth Berke, Jamie Flores, Anton Gueneralov, Megan Guido, Bobby and Jimmy Hart, Nicholas Hediger, Rak Hovart, David and Ronni Isenberg, Corrina and Marin Mullen, Tatiana Radulovic, Bailey Warren, Alexis Yribarren, Noah and Shawn Zylberberg. Thanks to the coaches for giving up your Friday night to spend with the team: Coaches Christina, Eddie, David, Kim, Tom, and Tonya.

JO Spaghetti Dinner

Thursday, March 10

Pine Crest Swimming celebrated a team dinner with a traditional Spaghetti Dinner at both campuses, the night prior to the Junior Olympics beginning.

This dinner is for all age group swimmer's (14 & Under) to wish everyone good luck in the Championship Meet.

The dinner at the Fort Lauderdale campus was held in the school cafeteria with ziti, meatballs, and Caesar salad.

The dinner at the Boca Raton campus was held in the pool breezeway with food donated by the families; Flores, Grau, McCauley, Mullen, Shover and Zylberberg's.

Social Calendar

April 8—Mostly Mutts Fundraiser

April 9—Help Japan, American Red Cross Fundraiser

April 9—Age Group Trip to Boomer's

April 16—Jupiter Travel Meet Team Dinner

May 21—5K Walk/Run for Coach Michael Lohberg

Pine Crest Swimming News

On March 26, Pine Crest Aquatic Director/Swim Coach, Jay Fitzgerald will be presented with the "2011 Outstanding Service Award" from NISCA (National Interscholastic Swimming Coaches Association) at the Annual NISCA Conference which is being held in connection with the Men's NCAA Division I, Swimming and Diving Championship Meet at the University of Minnesota, March 24-27.

The names of the recipients of the NISCA Outstanding Service Award will be displayed in the International Swimming Hall of Fame in Ft. Lauderdale, Florida.

A member receives this award only once and only after coaching High School Swimming, Diving, or Water Polo for at least 15 years. Coach Jay Fitzgerald was nominated after his 15th year of coaching at Pine Crest School and was elected on the first ballot.



**SPRING BREAK
SWIM CAMP,
BOCA RATON**

**APRIL 18-22
9:00AM-
12:00 NOON**

**CALL BOCA AT
561-852-2825**

Pine Crest Swimming Fundraisers

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

We're on the web:
www.pinecrestswimming.com



Lessons & Novice Groups

April 8, 2011

Mostly Mutts

Animal Rescue and Adoption Organization



Age Group & Senior Groups

April 9, 2011

Help Japan—American Red Cross

April

April 15-17

FG Invitational, Jupiter

April 29

Broward Combined Sizzler, Pine Crest
Ft. Lauderdale

April 29—May 1

Area 1 Developmental, St. Andrews

May

May 7—Senior Circuit (LCM), Davie

May 12-15—Grand Prix, Charlotte, NC

May 13-15—FG Invite, FLA at Boca

May 19—Mini Meet for Lessons/Novice,
Boca Raton

May 26—Mini Meet for Lessons, Fort
Lauderdale

May 27—Broward North Sizzler, PCFL

May 28-29—Area 1 Developmental,
Lake Lytal

June

June 11

Broward Combined Sizzler, Broward
Aquatics

June 16-19

Grand Prix, Santa Clara, CA

June 18-19

Area 2 Developmental, Plantation

June 18-19

Senior Circuit, Plantation

June 23-26

FG Invitational, Coral Springs