

Volume 38, Issue 38

July 2010



PINE CREST SWIMMING

Pine Crest Lane Lines

July Lane Lines Newsletter

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

Division II North Championships: 42 Swimmer's Attended from Pine Crest
151 Personal Best Times
11 Swimmer's (43 Events) Achieved a Junior Olympic Time

FGC 14 & Under's Long Course Junior Olympics: 30 Swimmer's Attended from Pine Crest
120 Personal Best Times
15 Swimmer's (41 Events) that made Finals

Congratulations to the following swimmer's who made finals in one or more individual events: Regan Byrne, Ashley Crouse, Jamie Flores, Miriyam Ghali, Kent Haeffner, Hailey Kelly, Alan Kozedub, Amber Lubie, Chad Moody, Marin Mullen, Brenna Ruth, Lindsey Swartz, Hannah Veale, Noah Zylberberg, Shawn Zylberberg.

Pine Crest Swimming finished in 5th place overall with 301 points.

Pine Crest hosts the Russian Delegation!

Pine Crest School and members of Pine Crest School's Swim Camp are serving as international ambassadors for a group of Russian youths visiting the Fort Lauderdale campus for an international swimming exchange. The program runs from July 16-30, 2010.

The U.S. Department of State's SportsUnited Office partnered with the U.S. Olympic Committee to host the Russian delegation of twelve boys and seven girls, ages 13-16, four coaches, and one team leader. This Swimming Sports Visitor Program is carried out under the auspices of the U.S.-Russia Bilateral Presidential Commission's Education, Culture, Sports and Media Working Group.

Led by Pine Crest and USA Swimming National Team coach Jay Fitzgerald, Russian participants learn swimming techniques and participate in cultural activities alongside their American and international counterparts. Participants in the program also will take part in SportsUnited core sessions on disability sport and conflict resolution, and they will visit local community organizations.

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July Birthday Month

Sloan Bressler, Alix Brudner, Samuel Colaiacova, Lauren Dawson-Scully, Brianne Dunn, Ethan Flores, Brody Frazee, Scarlett Goldberg, Michael LaBarbera, Dante Macean, Elle Ashley Mitchell, Samantha Moroz, Edward Morris, Corrina Mullen, Peter Nathaniel, Pete Perri, Eliana Pollay, Donatella Skole, Sebastian Tezak, Ryan Ubertino, Rosalie Wessel, Coach Eddie

Novice I, Novice II, White, Green I and Green II Groups

Division II North Championships at FAU, July 9-11

We had quite a turnout for our last chance to qualify for events in the Junior Olympics.

Seth Berke swam the 50 Free and 100 Breast for the 1st time and also getting all best times in his other events. Seth dropped over 3 seconds in the 50 Back and 100 Free, while also dropping time in the 50 Breast. Seth also earned himself a spot on the "A" relays at JO's.

A big congratulations to Rachel "Meatball" Blieden who not only got 1 but 2 Junior Olympic Time Standards in both the 400 Free and 100 Back. Rachel also made finals in the 100 Free and 50 Back, way to go!

Ethan "Iron Head" Flores swam in his first long course meet ever. Ethan is only 7 and has only swam in Sizzler's but did a great job swimming the 50 Free and 50 Back, Jamie look out!!

Braden Frazee in his first meet outside of a Sizzler for Pine Crest, swam the 50 Free, 100 Free, 50 Back, 100 Back, and 50 Breast all for the first time. Look for Braden to make some noise in the upcoming short course season and the future for Pine Crest.

Yamile Godoy had all best times. Yamile dropped over 6 seconds in the 50 Back making finals and placing 5th overall. Yamile also had best times in the 50 Free, 50 Breast and 100 Free as well as swimming the 50 Fly for the first time, way to go "Yo- Dog"!

Alan Goff not only spent most of his summer with me in swim camp improving all of his strokes he had a great meet. Alan dropped over 7 seconds in the 50 Free and swam the 100 Breast, 50 Back, 50 Breast, and 100 Free all for the first time.

Stephanie Grau like her teammate and fellow green grouper "Meatball" also got her first ever Junior Olympic Time Standard in the 50 Free. Steph had huge drops over 3 seconds in the 50 Free, 200 Free, 50 Back, and 100 Free. Steph also got 3rd overall in the 50 Free.

Christopher McCauley got all best times

earning 4 more Junior Olympic Time Standards 200 Free, 100 Back, 200 IM, and 50 Back. He also won those 4 events with his largest drop in the 200 IM of over 50 seconds, great job!

Barbara Monteiro got all best times dropping over 20 seconds in the 50 Back, and over 35 seconds in the 50 Free and 50 Breast. Barbara also swam the 50 Fly and 100 Free for the first time. Barbara also earned herself a spot on the "A" relays with her fast swimming in the 50 Free.

Victoria Monteiro had a huge drop in the 50 Free dropping 18 seconds. Victoria also swam the 200 Free, 50 fly, 50 Breast, and 100 Free all for the first time. I also want point out that Barbara and Victoria are sisters but are the loudest cheerleaders we have on Pine Crest and not just for each other but for the whole team. Barbara and Victoria Thank You and keep it up =)

Corrina Mullen had some drops in the 50 Free, 50 Fly, 50 Breast, and 100 Free. With those drops she earned herself on the "A" relay at the Junior Olympics.

Alejandro Ramirez had drops over 3 seconds in the 50 Free, 50 Back, and 50 Breast, while swimming the 200 Free, 50 Fly, and 100 Free all for the first time Long Course. Alejandro also placed 5th overall in the 50 Free.

Kaden Shover has found success at this meet. This time last year as a 10 year old he got his first Junior Olympic Time Standard. Well this year as an 11 year old repeated that effort earning his first 11 and 12 Junior Olympic Time Standard in the 50 Free earning 4th place. He also got 2nd overall in the 400 Free dropping 12 seconds placing 6th in the 200 Free, 2nd in 50 Breast and 8th in the 100 Free, woah!

Sydney Stein made an appearance from Swim Camp to swim the 50 Free, 100 Breast, and 50 Back dropping time in all of her events even though she had a double ear infection.

Emily Theall came back into town the day before the meet to get best times in 50 Free, 100 Breast, 50 Back, 50 Breast dropping over 3 seconds in all of

those races.

Carolina Alfano swam to 100% best times in 6 events with a 6th place finish in the 50 back. She dropped over 2 seconds in the 50 and 100 breast, the 50 back and the 100 free. She had a great summer and we look forward to more fast swimming in the fall.

Jamie Flores, with numerous JO qualifying times, swam the 1500 meter free (the mile) for the first time and did an outstanding job placing 3rd and qualifying for JO's.

Peter Linn cranked it up in his 6 events bettering his times in 5 of them including a 5th place finish in his 50 back with a 7 second drop. He also dropped over 6 seconds in his 50 fly and over a second in his remaining events.

Sean McCauley was on fire again with 100% best times and JO qualifying times. He placed 1st in 3 events and placed 2nd in his remaining 3 events with huge drops including a 9 second drop in his 50 breast. Great meet Big Mac!!

Marin Mullen swam 4 events with three of those being events she never swum before and made JO qualifying times in all of them. She had an amazing 200 breast by dropping over 16 seconds and placing 1st overall. Way to go Marlin.

Tatiana Radulovich swam awesome in all 6 events capturing 100% best times and placing 1st in the 400 free and 2nd in the 200 breast with huge drops. She made an additional two JO qualifying times in those events. Nice job Big Toe!!

Petrana Radulovich swam great with a 6th place finish in her 100 breast, a 3rd place in the 200 breast, a 5th place in the 50 breast and a 6th place in the 100 free. She was one busy swimmer swimming those events twice a day and improving her times in 3 of her events.

Bailey Warren swam 3 events and qualified for JO's in two of them with great times especially in the 1500 meter free. She is well on her way to being one of the best distance swimmers I have ever coached.

White, Green I and Green II Groups

Division II North Championships at FAU, July 9-11

Alexis Yribarren swam to 5 out of 6 best times and we are so proud of her efforts in the 1500 meter free with a JO qualifying time. She also dropped over 6 seconds in her 200 breast and 100 back. She placed 5th in the 200 breast and 7th in the 100 back and 1500 free.

Noah Zylberberg swam fantastic with a 1st place in the 400IM, a 2nd place in the 1500 free and a 3rd place in the 200 fly (his favorite event!!)

We had a great meet and we are ready to swim fast at the Long Course Junior Olympics on July 16-18th.

FGC 14 & Under Long Course Junior Olympics at Plantation, July 16-18

In our last meet of the long course season Pine Crest as a team swam so well.

Rachel "Meatball" Blieden swam the 400 Free after waiting out a thunderstorm swimming right at her best time. She also swam the 100 Back dropping well over a second. Rachel was also the Backstroke leg of the "A" Medley relay and also going 2nd leg on the "A" 200 Free relay for 10 and under girls. Rachel swam awesome in her first Junior Olympics congratulations!

Stephanie Grau only had her 1 event the 50 Free. Short and sweet and she didn't disappoint, dropping over a half second winning her heat. Stephanie finally got to swim at the Junior Olympics because she is going to age up before Winter Champs, onto the 13-14 goals for Steph!

Alan Kozedub had great meet! Alan placed 5th overall in the 50 Free dropping time from his prelims swim and moving up 2 places. Alan also placed 7th overall in the 200 Free dropping over 2 and half seconds. Alan also dropped over 13 seconds in the 400 Free and dropped over a second and a half in the 50 Back. Alan just missed scoring in the 400 Free, 50 Back, and 100 Free getting 10th, 12th, and 11th place respectively. Way to score points for the team Alan!

Christopher McCauley had a solid meet getting best times in the 50 Fly, 200 IM, and 100 Free. Chris also swam the 50

Free, 200 Free, 100 Back, and 50 Back. Chris also was the Fly leg of our "A" 10 and under Medley Relay as well as our 2nd leg of our "A" 200 Free Relay.

Kaden Shover like his teammate and fellow Green grouper Steph swam the 50 Free. He had a great race and gained some very important experience racing with the big boys now that he's in the 11 and 12 age group. Great Job Kaden!

I also want to mention Barbara Monteiro, Corrina Mullen, and Seth Berke. These swimmers stepped up for the team and swam very important legs for their relays. Corrina was the Fly leg and went third in both "A" relays for the 10 and under's girls and did a great job keeping them in the hunt. Barbara Monteiro swam anchor leg on both relays going best times that were far and away faster than her best times she's ever swam. Seth Berke who is only "8" was our anchor leg on both 10 and under's boys swimming freestyle. Seth's best time from the previous weekend was 43 seconds. On the first relay he went 40 seconds and in the second relay which was an incredible race Seth stepped up and went 39 seconds. I am looking forward for Seth to lead our 10 and under boys for next couple of years. For all the Relay swimmers Thank You!

The ten swimmers from the Green II group showed up ready to race. These ten swimmers combined to score the most points in over 6 years for the Boca campus.

Jamie Flores scored 19 points with 4 top 8 finishes in the 50, 100, and 200 back and the 1500 free (the mile). She bettered her times in 6 out of 7 events and led off our fast 11 and 12 year old girls relays with great speed. Jamie placed 2nd in the 50 back which is outstanding for a girl that just aged up. Great summer Jamie !!

Sean McCauley had a great JO's with best times and huge drops in 6 out of 7 events. His 200 fly was fast enough to earn a top 8 finish and swim at finals. He had over a 11 second drop in his 400 free and a 21 second drop in his 200IM. Great meet Sean.

Marin Mullen swam fantastic with huge drops in her 200 breast and 200IM. Marin swam an incredible 50 breast to place 8th and receive an award. She was also a member of all 11 and 12 year old girl relays that scored BIG points for PC. Great meet Marin!!

Petrana Radulovich had a fast meet contributing to all 13 and 14 year old girl relays with blazing speed in her breast-stroke and freestyles. Great meet Bing-Bing!!

Tatiana Radulovich had best times in 5 out 7 events with a 3 second drop in her 200 breast. She swam a great 400 free with a fast last 100 to better her time by 2 seconds. Great meet Big Toe!!

Brenna Ruth scored 10 points for Pine Crest with 3 top 8 place finishes including a 5th place finish in the 200 back. Her splits were perfect and the fast finish enabled her to better her time by 3 seconds. She also contributed to all relays so her weekend was very busy with a lot of great swims.

Bailey Warren once again had a great JO's with best times in 6 out of 7 events just missing top 8 with a 9th place finish in the 1500 free. Bailey also just turned 11 years old and already showing she will be a force next fall season. Her 400 free was unbelievable with a 10 second drop with a 36.7 last 50 split. She will definitely be a premier distance swimmer in years to come. Great meet Shaggy!!

Alexis Yribarren had a great meet also with huge drops in her 50 free, 100 free and the mile. She bettered her time in the mile by over 2 seconds from the previous weekend effort to impress us all. Great meet Lexi!!

Noah Zylberberg was on fire with 5 top 8 place finishes including a 3rd place finish in the 200 breast. The 200 breast for Noah was an incredible race that highlighted his ability to swim your own race and stick to the game plan. He split the race perfect with the 2nd half of the race being a thing of beauty. His racing skills are that of an 18 year old with the great knowledge of what to do. Noah had 100% best times which shows and supports if you work out hard every practice good times will come your way. Great meet Noah!!

Brother Shawn had an equally great meet scoring 18 points and contributing to all 13 and 14 year old boys relays. Shawn placed 2nd in the 200 breast with a 7 second drop that also qualifies him for Spring Sectionals next year. Great meet Shawn!!!

Swim Lessons

All group swim lessons will recommence for the school-year on September 7.

An email will be sent out to all current lesson swimmer's with the new application form.

Options:

In-School Lessons for Pre-K, Kindergarten and 1st Grade.

After-School Lessons at 3:00pm and 3:30pm (for PC students only), 4:00pm and 4:30pm.



Other Pine Crest Swimming News!

We would like to welcome to the team, the swimmer's from our Westminster satellite campus, with the coaching staff of Sam Freas, Mike Hart and Tom Fagley.

Ashley Alfano (14), Aj Barbar (17), Regan Byrne, (14), Antonio Casagrande (10), Charlie Clemens (15), Joseph D'Onofrio (18), Thomas D'Onofrio (13), Davila Fiorella (7), Sarah Ghali (8), Bradley Hall (20), Anthony Harel-Canada (18), Camille Herren (7), Jacob Herren (10), Caroline Israels (15), Michael Jelinek (19), Logan Johnstone (16), Koral Lastella (13), Christopher Martinez (10), Vanessa Mayor (18), Jordan Michael (21), Leah Michels (8), Giana Milan (19), Chad Moody (14), Jessica Nederlanden (17), Austin Saunders (17), Nicholas Shyne (15), Robert Tannhauser (12), John Walsh (18), Amanda Wood (11)

We would like to welcome to the coaching staff, Christina Page who will be assisting with our after-school lessons and overseeing our study hall swimmer's.

Christina was our Camp Lifeguard during the 2010 Summer here at the Boca campus.

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

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

SWIMMING FACT

DID YOU KNOW.....

At age 60, former Pine Crest swimmer **Diana Nyad** is out to prove "that it's never too late to chase your dream."

In 1978, the 2003 International Swimming Hall of Famer attempted to swim 103 miles from Cuba to Florida in a protective shark cage but had to stop after 42 hours because of bad weather.

The marathon swimmer said she will try it again on July 23. On July 10th, she completed a successful 24-hour, 40-mile practice swim south of Key West with a support crew and paddle boat.

In 1979, she did complete a 102.5-mile swim from the Bahamas to Florida setting a record that has yet to be broken. This time she will attempt the Cuba-Florida swim without a shark cage.

2010-2011 School-Year Swim Lessons (Boca Raton Campus)

CLASS REGISTRATION FORM (PAGE 1 OF 4 NEEDED)

Swimmer's Name: _____ Age: _____

Classroom Teacher (if PC student) or indicate "NON PC STUDENT": _____

IN SCHOOL SMALL GROUP LESSONS

Select grade. Swimmers are picked up from their classroom at the start of their PE period two days each week, and then returned at the end of the period. Class days for each grade to be announced.

_____ Pre Kindergarten (\$90 per month)

_____ Kindergarten (\$90 per month)

_____ First Grade (\$90 per month)

Note: An email will be sent to you once we receive the "sign-up" form to indicate what days your child/class will be getting their swim lesson. No classes are scheduled on Monday's.

AFTER SCHOOL SMALL GROUP LESSONS

Select days of the week and class time. The 3:00pm and 3:30pm lessons are only for PC students and will be picked up from their classroom. Parents MUST pick up children from their swim lessons from the pool deck at the conclusion of their lesson. If you sign up for the 4:00pm or 4:30pm class, you are responsible for getting your swimmer to the pool.

Monday: 3:00pm—3:30pm OR 3:30pm—4:00pm OR 4:00pm—4:30pm OR 4:30pm—5:00pm

Tuesday: 3:00pm—3:30pm OR 3:30pm—4:00pm OR 4:00pm—4:30pm OR 4:30pm—5:00pm

Wednesday: 3:00pm—3:30pm OR 3:30pm—4:00pm OR 4:00pm—4:30pm OR 4:30pm—5:00pm

Thursday: 3:00pm—3:30pm OR 3:30pm—4:00pm OR 4:00pm—4:30pm OR 4:30pm—5:00pm

Learn To Swim Class (3 – 5 year olds) – Tuesday and/or Thursday at 4:00pm (limited space)

One lesson per week \$65 per month. Two lessons per week \$90 per month.

2010 Long Course Junior Olympic Team

PINE CREST SWIMMING

2700 St. Andrews Boulevard
Boca Raton, FL 33434

Phone: 561-852-2825

E-mail: boca.swim@pinecrest.edu



Ainsley Anderton, Jack Anderton, Windsor Anderton, Seth Berke, Rachel Blieden, Regan Byrne, Ashley Crouse, Thomas D'Onofrio, Alex Evenson, Yani Fabre, Jamie Flores, Anton Generalov, Miriyam Ghali, Stephanie Grau, Kent Haeffner, Hailey Kelly, Alan Kozedub, Amber Lubie, Jade Lubie, Christopher McCauley, Sean McCauley, Barbara Monteiro, Chad Moody, Corrina Mullen, Marin Mullen, Petrana Radulovich, Tatiana Radulovich, Brenna Ruth, Kaden Shover, Charlotte Spencer, Lindsey Swartz, Hannah Veale, Mia Vota, Bailey Warren, Alexis Yribarren, Noah Zylberberg, Shawn Zylberberg

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

August

August 1–15

Pine Crest Swimming Closed
Boca Raton

August 16

Pine Crest Swimming Restarts
Novice I at 4:00pm
Novice II at 4:00pm
White Group at 5:00pm
Green I Group at 5:00pm
Green II Group at 5:00pm

September

September 7

Pine Crest Swim Lessons Commence

September 8

New Parent Swim Team Meeting

September 10

8 & Under Sizzler, Lauderhill

September 24-26

FGC Invitational, Martin County

Coach Christina—

After-School Lessons, Study Hall

Coach David—

After-School Lessons, Novice I, White Group, and Privates

Coach Eddie—

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

Coach Kim—

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

Coach Tom—

Green II Group, Site Director