



June - July 2011 Lane Lines Newsletter

Our summer swim meets were attended by many in our Novice and Age Group who decided to stay around for the summer and train hard, some attending our swim camps, other's doing doubles, and the hard work paid off with over 390 personal best times (from our NPB meet in Pompano Beach in June to the Junior Olympics Championship in July).

Congratulations to our Age Group swimmer's who were committed to swim all the way to the end of July in our "Southern Zone Age Group Championships" in Cary, North Carolina. Those swimmer's were; Jamie Flores, Rak Hovart, Caroline Nava, Alexa Rivera, and Lindsey Swartz. Enjoy the rest of the summer and watch out for emails to restart the week of August 15.

Our Senior Group also commit to double practices and attended many local Invitationals, Grand Prix (Charlotte, NC and Santa Clara, CA), and National Swim Meets. Check our website daily to see the results of our National and Junior National meets that continue into the month of August.

Pine Crest sends 10 Swimmers to Senior Nationals and Junior Nationals!

Pine Crest Swimming will be busy the first two weeks of August with swimmer's competing in the "Speedo Junior Nationals" and "ConocoPhillips National Championships" in Palo Alto, California.

Kirsty Armstrong, Andy Bushell, Katie Raybould, and Jeff Raymond will be swimming August 2-6 at the ConocoPhillips National Championships.

Gotti Eisenberger, Austin Evenson, Brittany Hammond, Michal Rokita, Lindsey Swartz, and Thomas Veale will be swimming August 8-12 at the Speedo Junior Nationals. Our relay only swimmer's are; Kaelah Chaney, Mallory McKeon, and Hannah Veale.

June Birthday Month

Abby Beauchamp, Brooke Bernstein, Lauren Briggs, Eli Couture, Konrad Ehmke, Danielle Forrester, Hannah Fowler, Sabrina Gomisiewicz, Anton Gueneralov, Nicholas Hediger, Sarah Lieberman, Rayna Lunn, Nikki Marrow, Jacob Silberman, Thomas Veale, Noah Zylberberg

July Birthday Month

Alex Behnam, Jack Cawley, Samuel Colaiacova, Lauren Dawson-Scully, Erik Ertan, Ethan Flores, Scarlett Goldberg, Kent Haeffner, Sasha Hediger, Andi Hernandez, Michael LaBarbera, Jade Lubie, Dante Macean, Daniel Morgan, Corrina Mullen, Brian Nudelman, Pete Perri, Ryan Walter, Savanna Yates, Gabriel Zambrano

Novice, White and Green Groups

North Palm Beach Summer Kickoff at Pompano Beach, June 4-5

In our last swim meet of the school year we had a great turnout in Pompano.

Brian Anderson got all best times., dropping over 5 seconds in the 200 Free and 200 IM, 3 seconds in the 100 Back and dropping over a seconds in the 50 Free, 50 Back, and 50 Breast.

Seth Berke had a huge breakthrough earning 3 Junior Olympic Time Standards. Seth got them in the 100 Back, 50 Fly and 100 Free. Seth also swam a best time in the 50 Breast as well as swimming the 50 Back and swam the 200 Free for the 1st time. Way to Go Seth!

Cecily Fine swam a GREAT 200 Free for the 1st time and went the same time in her 100 Breast and dropping over 2 seconds in the 50 Free.

Little sister Isabella swam both the 200 Free and 100 Back for the 1st time and also swam the same time in the 100 Breast.

David Isenberg had a solid meet dropping time in the 50 and 200 Free as well as swimming a great 50 Fly for the 1st time long course.

Ronni Isenberg also dropped over 5 seconds in the 200 Free swam the 50 Fly for the 1st time Long Course and swam the same time in the 50 Free.

Sophia Kabbej had a solid meet swimming the 50,100,and 200 Free, 50 and 100 Breast, and 50 Back dropping time in the 50 Back.

Corrina Mullen had a great meet placing 3rd overall in the 200 Free and 4th in the 100 Free, dropping 5 seconds in the 100 Breast, as well as going best times in the 50 Fly, 200 IM, and 50 Breast.

Alejandro Ramirez had over a 2 second drop in the 50 Fly and dropped some time in the 200 Free. As well as just missing a best time in the 50 Back, 100 Free, and 100 Breast.

Kaden Shover had some really nice drops in the 100 Breast, 50 Fly, 50 Breast, and the 50 Back, placing both 4th in the 50 and 100 Breast.

Jacob Silberman had some nice swims in the swimming the 50 Fly for the 1st time and placing 2nd in the 100 Breast and just missing a best time in the 50 Free.

Francesca Smith dropped over 8 seconds in the 100 Breast, dropped 10 seconds in the 100 Back and swam a great 50 Free.

Tesla Radulovic from our Novice Group, swam the 100 Free and 50 Back for the 1st time Long Course and dropped another 3 seconds in the 50 Breast and winning the 8 and under age group.

Marielena Stanescu another Novice Group swimmer, swam a great 50 Free and 50 Breast just missing a best time but in her 50 Back dropped almost 8 seconds. Way To Go Swimmers!

Seven Green II swimmers from Boca showed up to swim fast at the annual summer kickoff meet at the Pompano beach Aquatic Complex.

Jamie Flores swam to 2 best times in the 50 free and 200 free.

Steph Grau did a best time in the 200 free dropping over two seconds to get her closer and closer to that JO time.

Peter Lin to 3 best times before heading out to China for the summer. Peter did best times in his 100 and 400 free and the 100 back.

Marin Mullen swam to two best times lowering her already fast 100 and 200 breast.

Tatiana Radulovich swam a great 200 free and 100 free getting a bit closer to her JO times.

Bailey Warren swam to 4 out 6 best times with huge drops in the 50 and 100 fly 100 breast and 200 IM.

Lexi Yribarren had a great meet with 5 out of 6 best times with huge drops in her 50 fly and 100 breast. Great start to the short competition summer with Plantation meet coming up in a week.

Ainsley Anderton swam 5 out of 5 best times with huge drops in the 200 free and 200 back. Ainsley finished in 2nd place for her 50 free.

Jack Anderton swam 6 out of 6 best times with a big 9 second drop in his 100 breast which placed him 1st in the 10 & under age group.

Windsor Anderton had 3 best times with big drops in her 200 free, 100 back and 50 free.

Brooke Bernstein had 3 best times with over a 10 second drop in her 200 free and improvements in her 50 free and 100 free.

Ashley Crouse had 2 best times with a huge 6.5 second drop in her 200IM and finished 4th in her 50 back.

Yani Fabre had 5 out of 5 best times with a best place finish of 8th in his 100 back.

Sabrina Gornisiewicz had 5 best times with a huge 48 second drop in her 200 free which placed her 3rd. Also the 400 free was another great swim with a 21 second drop and again finished 3rd.

Ryan Graff 4 best times with two 2nd place finishes for his 50 free and 200 breast.

Anton Gueneralov 6 out of 6 best times with a huge 44 second drop in his 400 free and finishing 3rd for both his 200 back and 100 back.

Nicholas Hediger had 4 best times finishing in the top 10 for his specialty events, 100 and 200 breast and also the 200IM.

Rak Hovart had 3 best times with drops in his 50 and 200 free and the 200IM. Rak finished 1st in all 6 of his events.

Amber Lubie had 4 best times with a huge 7 second drop in her 200 fly which placed her 2nd, and finished in 1st for her 200 back and 100 fly.

Carolina Nava had 4 best times with a huge 18 second drop in her 400 free and she finished in 1st for her 50, 100 and 400 free and 100 back.

Jessica Nava had 5 best times finishing in the top 10 for all 6 of her events. Jessica finished 1st in the 50 and 100 fly.

Crystal Navellier had 1 best time in the 50 back and placed in the top 10 for all her events.

Novice, White and Green Groups

North Palm Beach Summer Kickoff at Pompano Beach, June 4-5

Rebecca Sadler had 1 best time and 2 new times in her 3 events. Rebecca finished 3rd in her 50 free.

Broward Developmental Meet at Plantation, June 17-18

Pine Crest sent 9 swimmer's to this IM Ready Meet which has the children swimming in events that are only the same age, not by age group.

Rachel Blieden had a great meet earning 3rd place in the 100 Free and 2nd in the 50 Back and 50 Fly while almost dropping 4 seconds in the 50 Fly.

Ryan Graff swam 3 best times with a huge 16 second drop in his 50 fly and finishing in 1st place for his 200IM.

Nicholas Hediger swam to a best time by over 5 seconds for his 200 free and finished in 2nd place and again finished 2nd in his 200IM.

Brian Nudelman swam in his first Long Course meet swimming the 100 Free, 50 Back and 50 Breast.

Emily Visconti swam the 100 Free and 50 Back for the 1st time and dropped over 4 seconds in the 50 Breast.

Little brother John Visconti from our Novice Group, swam the 100 Free and 50 Breast for the 1st time and dropped over 12 seconds in the 50 Back.

Tesla Radulovic also from our Novice Group, had a great meet dropping over 12 seconds in the 100 Free, another 7 seconds in the 50 Back, and over a second in the 50 Breast.

Stephanie Grau and Tatiana radulovich were the two swimmers in attendance from the Green II group and both girls swam fantastic.

Steph Grau is really improving fast with a great time in the 50 fly and Tatiana swam to a best time in her 50 fly. We all have been working very hard on the fly kick so here we are getting faster and faster.

CSSC Invitational at Coral Springs, June 23-26

Besides the weather causing havoc on not being able to get in finals at night, the PC kids swam to 130 personal best times and 11 NEW JO times.

Christine Baker finally broke through and earned her 1st Junior Olympic Time Standard in the 200 IM while dropping 9 seconds. Christine also got best times in the 100 Back, 50 Free, 200 Free, 50 Back, and 100 Breast inching closer and closer to making more Junior Olympic Times.

Corrina Mullen got all best times and made finals in the 100 Back, 200 Free, 50 Back which never happened due to lightning.

Five swimmers from the Green II group, Boca were in attendance ready to swim fast with great technique the last meet before the 2011 Junior Olympics.

Noah Zylberberg swam awesome with best times in 5 out of 7 events. Noah has been training like a mad man doing two workouts a day, so he is extremely tired and still swam fast at this prelim and finals meet. He dropped over 4 seconds in his 200 IM and over 1 second in the 200 breast. he placed 8th in the 200 breast.

Lexi Yribarren swam to 2 best times with an outstanding 400 free with a 17 second drop and a 3 second drop in the 200 IM. She also placed in the top 8 in three of her events. Great job Lexi.

Bailey Wwarren had another great meet with 6 out of 7 best times. She placed in the top 8 in 5 out of 7 events with a 3rd place finish in both the 200 free and 400 free. She bettered her time by over 2 seconds in the 200 free and 100 breast.

Marin Mullen swam outstanding with a Sectional cut in the 200 breast. This is a great accomplishment since she just turned 13 and sets her up to have a great future in the sport of swimming. She dropped over 14 seconds in that event to qualify her for Sectionals. She also swam to 5 other best times placing her in the top10 in 4 events.

Jamie Flores continues to set the house

on fire with red hot swims in the 200 free, 400 free and 100 back. She placed first in two events the 100 back and 100 free. We had a great meet leading into JO's and look forward to some very fast swimming starting in July 15th.

PCFL sent 13 swimmer's from our Age Group.

Ainsley Anderton had 2 best times with improvements in both her 50 free and 100 free.

Yani Fabre had 3 best times with over a 2 second drop in his 200 free and improvements in his 50 back and 100 free.

Miriam Ghali had 2 best times in her 50 free and 50 breast and finished in the top 10 for 3 of her events.

Anton Gueneralov had 6 out of 6 best times with over a 5 second drop in his 200 free and a 4 second drop in 200 back. Anton got a JO time in his 50 free. Good job.

Nicholas Hediger had 6 best times with a huge 7 second drop in his 200 breast which placed him 6th which was also a JO time.

Rak Hovart had 4 best times with a huge 16 second drop in his 400 free and placed him in the top 8 for 6 of his free and back events.

Amber Lubie had 5 best times with over a 5 second drop in her 200 back and getting a JO time in her 100 fly.

Caroline Nava is improving at alarming rates with a special note of breaking a minute in the 100 free with a 59.80. Caroline had 7 out of 7 best times and finished 1st for both her 50 and 100 free.

Jessica Nava didn't want big sister to be the only one improving, Jessica also had 7 out of 7 best times, finishing in the top 9 for all her events. Remember she is only 11 and has another year in this age group. Jessica got a JO time in her 50 back.

Novice, White and Green Groups

CSSC Invitational at Coral Springs, June 23-26

Crystal Navellier had 4 best times, with improvements in her 50 and 100 free, 50 fly and 200IM. Crystal finished 6th for her 50 free, which will help for our JO relays.

Rebecca Sadler had 5 best times with almost a 10 second drop in her 200 back and getting a JO time in her 100 back.

Cara Vota was another 7 out of 7 best times with a great 9th place finish in her 200 back. Cara got her JO time in the 100 back.

Mia Vota had 3 best times and almost at her best times for her 2 additional events. Mia had a 2 second drop in her 50 fly event.

Area 1 Developmental Championships at FAU, July 8-10

Pine Crest sent 14 swimmer's to this last chance meet before JO's. This Championship meet is scheduled with prelims in the morning and finals at night. We had 46 personal best times and 9 NEW JO times.

Ainsley Anderton swam Saturday only and had 2 best times and made finals in the 100 back, finishing 6th.

Brooke Bernstein had 2 best times with a 4.2 second drop in her 100 back.

Rachel Blieden had a great meet getting all best times. Rachel dropped 2 seconds in the 50 Free, 3 seconds in the 100 Free, dropped over 1 second in the 100 Back, 2 seconds in the 50 Fly, 11 second drop in the 100 Fly, and 16 seconds in the 200 IM.

Yani Fabre had 2 best times and made finals in all of his events. Yani finished 1st for the 50 free and a NEW JO time.

Anton Gueneralov had 3 best times which were also NEW JO times in the 100 and 200 back, and 100 free. These were also events that placed him 1st overall.

Stephanie Grau had 3 best times and made finals in the 50 free improving again from her prelim swim.

Nicholas Hediger had 6 best times and making finals in several events. Nicholas finished 1st in his specialty, 100 breast which also earned him a NEW JO time.

Amber Lubie had 3 out of 3 best times and finished 1st in the 200 fly with a 9 second improvement from her prelim best time. This earned Amber a NEW JO time.

Alejandro Ramirez got best times in the 200 Free and the 50/100 Back dropping over 3 seconds while also making finals in the 200 Free, 100 Back, 200 IM, and 50 Breast.

Kaden Shover had a real breakthrough winning the 400 Free and 200 IM earning JOs in both as well the 50 Breast. Kaden also got all best times.

Francesca Smith swam the 50 Free, 100 Breast, 200 Free, 100 Back, 50 Breast, and 100 Free getting best times in her specialties the 50 Free and Breast.

Ethan Flores had a great meet making it in finals in the 50 Fly and 100 Back all while swimming these events for the 1st time. Ethan also dropped over 12 seconds in the 50 Free and 50 Back, as well as swimming the 100 Free for the 1st time.

Bailey Warren entered in only one event, as she has multiple JO cuts already, which was new to her and finished 4th overall for the 200 fly.

14 & Under LCM Junior Olympics at Plantation, July 15-17

Corrina Mullen had a huge meet getting all best times and making finals and scoring in the 400 Free, 200 Free, and 100 Back, earning 6th, 6th, and 8th overall. Corrina dropped over 21 seconds in the 400 Free and 11 seconds in her 200 IM. Great Job Cooco.

Alejandro swam the 50 and 100 Free swimming the same time in the 50 and dropping a little time in the 100 free.

Kaden Shover almost went the same exact time in the 50 Free and 100 Free while dropping almost 9 seconds in the 400 Free. Kaden fell off a little bit at the

end of the 200 IM and 50 Breast and 200 Free.

The Green II group from Boca swam fantastic all year both in meets and in their daily practices. The swimmers that trained hard all summer really tapered to their full potential and swam great at the season ending LCM Junior Olympics.

Noah "Z" Zylberberg swam to 4 best times in the 50, 100, 200, and 400 free with an over 2 second drop in his 400 free. Noah is an outstanding trainer and it showed at the JO's with fantastic individual and relay swims. Noah just entering the 13 and 14 age group was already knocking on the top 8 door so next Winter Champs looks promising for him to crack the top 8. Being one of the leaders of this group we all know he will do it.

Lexi Yribarren swam 7 strong events and all relays to help Pine Crest in total point scoring. She had an incredible 200 free bettering her time by over 3 seconds and just finishing out of the top 8. Her 50 free was very fast and she finished 15th in a very competitive race.

Bailey Warren scored a total of 25 points with top 8 finishes in the 200, 400 and 1500 free, the 100 and 200 breast and the 400 IM. Her time in the 1500 free was a quad "A" time and a 2nd place finish. She is one of the best milers I have coached and look forward to many future fast swims from Bailey. She also took 3rd in the 400 free, 4th in the 200 breast with a huge drop of over 9 seconds. Her 1500 free she dropped over 36 seconds from a time she swam at the Jupiter meet in mid April. She also contributed to our fast 11 and 12 girl relays to have an incredible weekend.

Marin Mullen had a great summer and finished it off right with a great JO's. She swam to 100% best times with top 8 finishes in the 100 breast, 200 breast and 400 IM. She cut off over 14 seconds in the 400 IM to capture 7th place. Marin has four beautiful strokes with sprint and stamina so we look forward to her future 400IM's. She took 6th place in the 100 breast with another sectional qualifying time and 8th place

Novice, White and Green Groups

14 & Under LCM Junior Olympics at Plantation, July 15-17

in the 200 breast with a sectional qualifying time.

Alexa Rivera, is new to PC so she had to swim unattached as part of the rules. Alexa finished in finals for 6 out of the 7 events, and finished in a very fast 28.82 to finish 2nd in the 50 free. Alexa is a strong swimmer and will be a great asset to the team. Alexa will make our relay teams that much stronger for our Winter Champs.

Julianna Russell swam unbelievable as she dropped in 100% of her races with some of those times being accomplished just a week before the Junior Olympics. New to our team Julianna a.k.a. RUSTY has been listening and working out very hard. Just turning 11 years old and making JO's is a big accomplishment. Her freestyle and backstroke speed will be greatly needed at the Winter Championships in November.

Jamie Flores scored a total of 46 individual points to lead the way for the Green II group from the Boca campus. She placed in the top 6 in each of her 7 events with JO Champion in two events- the 50 and 100 back. She swam to 100% best times with huge drops in the 100 and 200 back and 400 free. She now has plenty of quad "A" times and sectionals cuts all at the age of 12. Besides placing 1st in two events she also placed 2nd in two events and a 3rd place finish in another. Great meet and we wish Jamie the best of luck at The Zone All-Star meet in Cary, North Carolina the week of July 25th. Wow what a great summer!!!!!!!!!!!!

The Fort Lauderdale campus sent 16 swimmer's to JO's with improvements from across the board.

Ainsley Anderton had 3 best times with a big 5 second drop in the 50 back.

Jack Anderton had 1 best time which was the 50 fly.

Windsor not to be outdone by her

siblings, also had a best time in the 100 free.

Yani Fabre swam the 50 free and was an important member of the 13-14 relay teams.

Miriyam Ghali had a great JO's with 6 best times and making finals in her specialty, 50 and 100 fly. Miriyam will be part of the Pine Crest Girls High School team at the beginning of the school year.

Anton Gueneralov has attended all of the summer meets and again improved at JO's with 3 best times. Anton lead off on both our 13-14 200 free and 200 medley relays.

Nicholas Hediger had 1 best time and was also part of the important 13-14 relay teams.

Rak Hovart had 6 best times and finished in the top 8 in 6 of his events and again was part of the 11-12 relay teams.

Amber Lubie had 4 best times and finished in 7th for the 200 fly. Amber was also part of the 13-14 relay teams.

Caroline Nava again improved and continues to prove that she can break a minute in the 100 free multiple times. Caroline finished 1st in the 50 fly, 50 and 100 free. Caroline was also part of the 13-14 relay teams.

Jessica Nava had 7 outstanding best times and finished in finals for 5 events. Jessica dropped over 14 seconds in her 200 back in prelims and then improved another 18 seconds when swimming the 200 back in finals, wow.

Crystal Navellier had a family emergency which caused her to miss several events, but came to JO's no matter what, improving on 4 events and just missing finals.

Charlotte Spencer had 5 best times with a huge 4.5 second drop in the 200 free.

Vivian Spencer had 2 best times with

a huge 9 second drop in the 100 free. Vivian is only 9 and will have another year in the 10 & Under Age Group.

Cara Vota had 2 best times and continues to work hard in her specialty events, 50, 100 and 200 back.

Mia Vota had 4 best times with a huge 14 second drop in the 400 free. Mia also improved in the 50 free, 50 back, and 200 free.

Pine Crest Swimming finished 5th overall at Junior Olympic with 282 points.

Congratulations to our swimmer's who earned points in their Age Group.

Jamie Flores (11-12) 46 points

Miriyam Ghali (13-14) 8 points

Amber Lubie (13-14) 2 points

Corrina Mullen (10 & Under) 7 points

Marin Mullen (13-14) 6 points

Caroline Nava (13-14) 39 points

Jessica Nava (11-12) 16 points

Rak Hovart (11-12) 27 points

Bailey Warren (11-12) 25 points

Also special recognition to our individual Club Record in the 50 fly (13-14 Girls) - Caroline Nava in a time of 30.07.

This does not include the very important double points we get for the team in our relay events.

Our 13-14 Girls, 200 Medley Relay broke the Club Record in a time of 2:07.88 (Amber Lubie, Lindsey Swartz, Miriyam Ghali, Caroline Nava).

Pine Crest Swimming exceeds last year's numbers for our Rising Star Swim & Dive Camp

A special thank you to our Boca Campus and staff for hosting lunch and welcoming the Fort Lauderdale Rising Star Swim & Dive Camp to enjoy the Friday water slide and on-site arcade games every Friday of the 8 weeks.

Boca Staff—Coach Eddie Wolling, Coach Tom Smith, and Coach Christina Page.

Fort Lauderdale Staff—Coach Tonya Hammond, Diving Coach Meghan Crimmins, Stephanie Moeller, and Edward Walker.

Our volunteers—Jack Cawley, Brittany Hammond, Anastasia Hediger, Hailey Kelly, Alyssa Moeller, Nick Raymond, Hannah Veale, and Ryan Walter.



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NATIONAL HIGH SCHOOL SWIMMING RANKINGS

PINE CREST SWIMMING

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The final 2010-2011, National High School Rankings just came out and once again Pine Crest Swimming and Diving finished in the Top 25 in the Nation for Boys and Girls.

The Boys team final National Ranking was 5th place and the Girls team final National Ranking was 11th.

Congratulations to all our swimmer's and divers for another outstanding year!

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

August

August 2-6

ConocoPhillips National Swimming Championships, Palo Alto, CA

August 8-12

Speedo Junior National Championships, Palo Alto, CA

August 15-19

End-of-Summer Camp, Boca Raton

August 22-25

End-of-Summer Camp, Boca Raton

September

September 6

Swim Lessons Begin, both campuses

September 9

8 & Under Sizzler, Pompano Beach

September 10-11

Area 3 Developmental, Martin County

September 24-25

FG Invitational, Coral Springs

October

October 7

8 & Under Sizzler, Lauderhill

October 8-9

Area 2 Developmental, Broward Aquatics

October 22-23

FG Invitational, Lake Lytal