



June Lane Lines Newsletter

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

Sizzler in Tamarac: 4 Swimmer's Attended from Pine Crest Swimming
3 Personal Best Times
3 Swimmer's swam this Sizzler for the 1st time

NPB Summer Kickoff: 22 Swimmer's Attended from Pine Crest Boca
60 Personal Best Times (Boca Raton)

CSSC Invitational: 11 Swimmer's Attended from Pine Crest Boca
64 Personal Best Times (Boca Raton)

Congratulations to the following swimmer's who finished in the Top 10 for Overall Individual High Point Awards: Ashley Crouse, Jamie Flores, Casey Francis, Kent Haeffner, Brittany Hammond, Alan KozeDub, Chad Moody, Jessica Nava, Lindsey Swartz.

Pine Crest finished in third place overall for the team with 343.50 points. Congratulations!

Pine Crest starts the summer off with great camps!

Boca Raton—Not only are the kids having fun and improving their swimming, but the Pine Crest Swim Camp is the envy of all other camps on Friday's. This is the day when a different inflatable water slide is setup for their all day enjoyment.

Ft. Lauderdale—A special Guest Coach will be visiting during the weeks of July 9-21. Glenn Mills, of GoSWIM.tv, 1980 USA Olympian, NCAA Champion, USA Swimming National Champion, and former swimmer of Jay Fitzgerald, is coming to be a guest coach at Pine Crest Swim Camp from July 9-21, 2010. Coach Glenn will work with the Age Group Campers and Age Group Club Swimmers and help Pine Crest with the DVD filming and Video presentations.

Go to www.pinecrest.edu or www.pinecrestswimming.com for either of these great camps!!!

Inside this issue:

Novice I / Novice II Groups	2
White / Green I / Green II Groups	3-4
PC Swimming News	5
2010 Swim Camps	6-7
Upcoming Events	8

June Birthday Month

Hannah Fowler, Miranda Jefferds, Christos Kokinakos, Nikki Marrow, Sean McCauley, Gaby Moroz, Henrik Polatsek, Alyson Reeves, Jacob Silberman, Noah Zylberberg

Broward Sizzler at Pine Island Pool, June 12

We had 4 swimmers attend the first Sizzler of the summer. Three of them swam their first Sizzler ever and they swam great.

Lauren Dawson-Scully in her 2nd Sizzler did awesome dropping over 3 seconds in the 25 Back and 25 Breast while also improving in the 25 Free.

Braden Frazee new to Pine Crest swam in his 1st meet placing in the top 10 in both the 25 Back and 25 Free.

Francesca Smith who just moved up to Novice from swim lessons also swam in her 1st Sizzler ever, way to go Francesca!

Emily Visconti like Braden also just joined our swim team and like her teammate Francesca swam in her 1st meet and did an amazing job.

I also want to mention that all 4 of these swimmers have continued to swim through the summer so far, awesome job guys!

Novice I Group

3:45pm—4:30pm

Monday to Thursday

June 7—July 29

Novice II Group

Option 1: 7:30am to 8:30am

Monday to Thursday

June 7—July 29

OR

Option 2: 3:45pm to 4:30pm

Monday to Thursday

June 7—July 29

White Group

7:30am—9:00am

Monday to Friday

June 7—July 30

Green I Group

7:30am—9:00am

Monday to Friday

June 7—July 30

Green II Group

7:30am—9:15am

Monday to Friday

June 7—July 30

White, Green I and Green II Groups

North Palm Beach Summer Kickoff at Pompano Beach, June 5-6

This was a tough swim meet for most swimmers. We had 3 of our practices canceled this week so our performance may have been altered a little bit. But from looking at the results the swimmers still swam very well.

Brian Anderson swam the 100 Back, and 50 fly for the 1st time and well as dropping time in the 50 Back, 50 Breast, and 100 Free. Brian dropped over 12 seconds in the 100 Free and got 4th overall in the 50 Breast.

Seth Berke swam in his 1st long course meet ever. He swam the 100 Free, 50 Breast and 50 Back. Seth placed 3rd overall in the 50 Breast and 50 Back.

Rachel "Meatball Blieden" dropped time in the 100 Back, 50 Free, 200 IM, 100 Free, 50 Back. Rachel placed 5th overall in the 100 Back.

Alan Goff is another swimmer that swam in his 1st long course meet and swam in the 100 Breast, 100 Back, and 50 Free.

Alan Kozedub got best times in the 200 Free, 100 Breast, 100 Back, 100 Fly, and 50 Breast. Alan also placed 2nd in the 200 Free and 100 Back.

Dylan Mathosian swam in his 1st swim meet that wasn't a Sizzler and it was long course! He swam the 50 Fly and 50 Free for the 1st time way to go Dylan and represent the Novice Group!!

Christopher McCauley swam the 200 Free, 100 Back and 50 fly. Dropping over 7 seconds in the 50 Fly and dropping over 12 seconds in the 200 Free.

Jordan Moldow got all best times missing the Junior Olympic Time by less than 2 tenths of a second so close Jordan keep it up, while dropping over 13 seconds in the 100 Back and over 4 seconds in the 200 Free.

Gaby Moroz got all best times, swimming the 200 Free, 100 Breast, 50 Free, 200 IM, 100 Free, and 50 Breast. Gaby dropped over 9 seconds in the 200 Free while also dropping over 4 seconds in the 200 IM and 100 Breast.

Corrina Mullen had a very good Saturday getting all best times dropping time in the 100 Free, 50 Back and 50 Breast, placing 6th in the 50 Back.

Crystal Navellier battling an illness not only showed up on Sunday but dropped over 13 seconds in the 100 Free and over 4 seconds in both 50 Breast and 50 Back.

Emily Theall swam the max events (6) 3 each day dropping time in the 100 Breast, 50 Free, 100 Free, 50 Back, while swimming the 50 Breast for the 1st time and also swimming the 100 Back.

The summer is here and the Green II group headed to Pompano Beach for the North Palm Beach Summer Kickoff on June 5-6 with 11 swimmers.

Jamie Flores swam great with 3 best times in the 200IM, 100 free and 50 back. Just turning 11 years old she is already establishing her self as a contender in that age group in the backstrokes events. She took 2nd in two events and 6th in two events.

Peter Lin was unbelievable at this meet with huge drops in all six of his events. Peter is training very good and that's why he dropped over 10 seconds in 5 events with one event bettering his time by 27 seconds in the 200 free. Great meet Peter!!

Sean McCauley swam to 2 best times in the three events he swam with a 2 second drop in the 50 fly and a 3 second drop in the 200 free.

Marin Mullen showed up ready to swim and she had 4 best times- the 100 breast, 50 fly, 50 back, and 100 free. Marin's breaststroke is improving at alarming rates and we look forward to those at JO's. Great meet.

Petrana Radulovich swam to 2 best times and swimming the 400 free for the first time. Petrana is back at meets and her hard practices are starting to pay off with a great 100 and 400 free. Keep up the great practices!!

Tatiana swam to 4 out of 5 best times in the 100 and 200 free and the 100 and 200 breast. In the 100 breast her time was so great she took 6th place overall.

Great meet!!

Brandon Stein swam awesome in the 100 breast and 200 free with huge drops. Brandon is really improving and is helping out summer camp which we very much appreciate.

Bailey Warren, one of the hardest trainers in the program, swam to 2 best times in the 50 fly and 50 breast. This is awesome coming from our premier "distance swimmer" to get up and swim those sprint events. Great Job Bailey!! Rescue is very proud!!

Noah Zylberberg continues to swim fast and he swam to 100% best times in his 3 events swum.

Brother Shawn swam an awesome 100 free and 100 back to kickoff the summer in good fashion.

White, Green I and Green II Groups

CSSC Invitational at Coral Springs, June 24-27

The Coral Springs Meet was held on June 24-27 and what a great meet the Pine Crest swimmers had. This was a qualifying meet with prelims and finals so the competition was fierce and the swimming was fast.

Rachel "Meatball" Blieden in her 1st meet that you had to qualify for, showed she belonged. Rachel had a very good meet dropping time in the 100 Back, 200 IM, 50 Back, 50 Fly, and 100 Free. Rachel dropped over 3 seconds in the 100 Back, 200 IM, 50 Fly and 100 Free inching closer and closer to the elusive 1st Junior Olympic Time Standard.

Alan Kozedub has arrived! Alan got all best times dropping 9 seconds in the 200 Free placing 5th overall, Alan also dropped over 1 second in the 50 Free placing 5th overall again, and dropping 3 seconds in the 100 Free getting 3rd overall. What a meet Alan keep up the hard work.

Corrina Mullen like her buddy/twin "Meatball" also had a great meet dropping over 3 seconds in the 100 Back, 50 Back and 100 Free. Corrina showed she belonged with all the top swimmers in her age group doing a great job of racing and splitting her races great!

Jamie Flores was in rare form with huge drops in the 200 free and 50 back. She placed in 4 events allowing her to swim at night in the finals with a 2nd place finish in the 50 and 100 back. Her time of 34.88 in the 50 back is almost a quad A time.

Marin Mullen had another great meet with huge drops in all her swims including an incredible 50 breast where she dropped almost 2 seconds and placed 6th. She is improving in all 4 strokes and we look forward to her 200 and 400IM dropping as well.

Petrana Radulovich had another great meet with over a 7 second drop in her 200 free. She continues to

train hard and it shows at the meets.

Tatiana Radulovich is cranking again with best times in 4 out of 5 events including a 3 second drop in her 200 free, 50 and 100 breast. Her times will surely help our relays at the upcoming JO meet.

Bailey Warren swam fantastic again with best times in the 200IM, 50 breast and 100 free. Bailey is such a great swimmer, kid and teammate as you always see her cheering for her teammates in between her events.

Lexi Yribarren broke through with 4 out of 5 best times with an incredible 100 free of 1:11.96 and huge drops in her breaststrokes.

Noah Zylberberg swam out of his mind with 100% best times including a 15 second drop in the 200 free placing him 6th place. He also dropped 7 seconds in his 200IM placing him 6th overall and huge drops in his 50 breast and 100 free allowed him to come back for finals. Great meet by Noah.

Shawn Zylberberg swam fantastic once again with a drop of over 21 seconds in his 200 free and over 12 seconds better in his 100 breast and a great 400 free where he placed 7th. The times in his 100 breast and 200 breast scored big points as he placed 2nd in both.

Great meet by all of our White and Green swimmers setting it up for the two remaining meets of a short summer season- the Division II Championships to be held at FAU on July 9-11th and the Junior Olympics to be held at Plantation on July 16-18th.

Swim Lessons

All group swim lessons will recommence for the school-year the first week in September.

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 (for PC students only), 4:00pm and 4:30pm.



Other Pine Crest Swimming News!

2010 USA Swimming Southern Zone Age Group Championship at the Georgia Tech Olympic Pool, July 27-31.

Congratulations to Brittany Hammond who made the Florida Gold Coast Zone Team for the 15-18 year old Girls.

2010 Middle School Graduates

Congratulations to the following swimmer's from Pine Crest Swimming, Boca who recently graduated from 8th Grade and will be moving onto a variety of High Schools.

JB Baker—Phillips Exeter Academy

Brenna Ruth—St. Andrew's School

Shawn Zylberberg—Spanish River High School

2010 Pine Crest High School Graduates

Siena DeVenuto—Auburn University

Erik Erton—FAU

Megan E. Smith—Hillsdale College

CONGRATULATIONS

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.....

Our own Coach Kim Kovalasala who joined us last year and has continued to work with our Lessons Program and Swim Camp has a load of experience and will be starting some great programs here at the Boca campus.

A graduate of the University of San Francisco (1982) and the San Francisco State University (1989) with a degree in Physical

Education, Kim has been an Athletic Director, PE Teacher, Pre-School Teacher, Varsity Tennis Instructor and lucky for us a Swim Instructor and Coach.

She has kept up her swimming by competing in many Master's Meets, such as Trans-Tahoe, Waikiki Roughwater and various local meets.

She loves to talk swimming, tennis, good books, and of course loves her dog "George" who recently had an operation.

Summer 2010 Swim Camp—Boca Raton Campus

June 7—July 30

5—12 Years Old (Entering Grades K—6 Only)

\$350 per week/child

♦ **Rising Star Competitive Swim Camp**

Pine Crest's Rising Star Competitive Swim Camp is dedicated to developing the necessary physical and mental techniques needed to become a successful and competitive swimmer. Swimmers who attend are instructed in proper stroke technique as well as starts and turns. This program is open to all swimmers who are able to swim at least 25 yards freestyle and have an understanding of the other three strokes. Each session runs Monday through Friday from 9:30am to 3:00pm. The camp day includes two swim sessions, instructional classroom sessions, games and activities, snacks and lunch while having fun and meeting new friends.

(Perfect for those current swimmer's in our Novice I, Novice II, and White Group).

♦ **Rising Star Lessons Swim Camp**

Pine Crest's Rising Star Lessons Swim Camp is dedicated to teaching campers the basics of all four strokes, survival techniques and water safety. This program is open to all swimmers five years or older who can swim at least 25 yards. Each session runs Monday through Friday from 9:30am to 3:00pm. The camp day includes two swim sessions, games and activities, snacks and lunch while having fun and meeting new friends.

(Perfect for those current swimmer's in our Lessons Program).

Go directly to www.pinecrest.edu/bocasummer for registration and to view the 2010 Summer Brochure in full.



Summer 2010 Swim Camp—Ft. Lauderdale Campus

PINE CREST SWIM CAMP



WE MAKE THE DIFFERENCE!

In 2008, swimmers from 36 different nations attended Pine Crest Swim Camp.

CAMP DATES: JUNE 13 - JULY 31, 2010

- Full 7 days a Week • New Elite Training Group • Olympic Coaches
- Olympic Athletes • Beach Night, Disney Trips, and Special Events

APPLY EARLY TO GUARANTEE YOUR SPOT.



ARUBA
BAHAMAS
BARBADOS
BELIZE
BRASIL
CANADA
CHINA
COLOMBIA
CZECH REPUBLIC
DENMARK
DOMINICAN REPUBLIC
ECUADOR
FRANCE
GERMANY
HONDURAS
HONG KONG
INDIA
IRELAND
ITALY
KENYA
KUWAIT
MACEDONIA
MEXICO
NETHERLANDS
PARAGUAY
POLAND
PUERTO RICO
SCOTLAND
SPAIN
ST. LUCIA
SWEDEN
SWITZERLAND
THAILAND
UNITED KINGDOM
UNITED STATES
VENEZUELA



PINE CREST SWIM CAMP
1501 NE 62nd St • Ft. Lauderdale, FL 33334-5116
Aquatics Director: Jay Fitzgerald



Claim your free Nike swim cap!

when you request a camp brochure and application form from our website. Please reference "Pine Crest Camp Ad" in the comments section.

Apply online at: www.pinecrestswimming.com

To request additional information please call (954) 492-4173

Michael Averett: Michael.Averett@pinecrest.edu



May Madness Award Winner's

Congratulations to the following swimmer's for attending the
most practices in the month of May for their swim group.

PINE CREST SWIMMING

2700 St. Andrews Boulevard
Boca Raton, FL 33434

Phone: 561-852-2825

E-mail: boca.swim@pinecrest.edu

Novice I Group: Champions—Carter Brovenick, Lejla Najarro, Tesla Radulovic

Novice II Group: Champions—Seth Berke, Cecily Fine, Isabella Fine, Jimmy Hart

White Group: Champion—Corrina Mullen

Runner-Up—Sydney Stein

Green I Group: Champion—Alejandro Ramirez

Runner-Up—Jake Lieberfarb

Green II Group: Champion—Jamie Flores

Runner-Ups—Marin Mullen and Alexis Yribarren

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

July

July 9-11

Division II Long Course North Champs,
Boca Raton

July 15-18

FGC Long Course Junior Olympics (14 &
Under's), Plantation

July 27-31

Southern Zone Championships, Atlanta,
Georgia

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

Lessons—will recommence at the begin-
ning of September.

Coach David—

After-School Lessons, White Group,
Summer Camp, and Privates

Coach Eddie—

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

Coach Kim—

After-School Lessons, Summer Camp

Coach Tom—

Swim Study Hall, and Green II Group

Coach Tonya—

In-School and After-School Lessons,
Summer Lessons, Novice I, White
Group, Privates and Masters