



## May Lane Lines Newsletter

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

Sizzler in Tamarac: 12 Swimmer's Attended from Pine Crest Swimming  
First time swimming in a 25 Meter Pool

IM Xtreme Challenge: 49 Swimmer's Attended from Pine Crest Swimming  
38 Personal Best Times (Boca Raton)

Congratulations to: Jack Anderton, Ashley Crouse, Alex Evenson, Jamie Flores, Miriyam Ghali, Sebastian Giraldo, Ryan Graff, Brittany Hammond, Nicholas Hediger, Hailey Kelly, Marin Mullen, Michal Rokita, Brenna Ruth, Charlotte Spencer, Hannah Veale, Bailey Warren, Alexis Yribarren, Noah Zylberberg, and Shawn Zylberberg who finished in the Top 8 for their overall Individual Scores. They received a special IM Xtreme Challenge t-shirt.

### Pine Crest celebrates with a Team BBQ

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What a fabulous day our Appreciation BBQ turned out to be on Saturday, May 22. The day started with our normal swim practice for the White and Green Groups, and followed up with a traditional BBQ of hamburgers, hotdogs, and more. The kids were kept entertained by two water slides, pool games such as; money dive, greased watermelon and of course Coach Eddie's favorite, Arthur Pigeon, along with color your own beach ball, and of course a special surprise by Gloria's Goodies Ice Cream Truck.

We had over 220 people attend this year's event and some of the kids wouldn't leave at the end until we pulled the plug on the inflatable water slides. A special thank you to our Underwriter's; the Mathosian Family, Jefferds Family, and Yribarren Family who helped with the cost of renting the water slides and large BBQ. We look forward to seeing everyone at next year's event!

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#### May Birthday Month

Caroline Alfano, Alec Boucher, Brittany Hammond, Riley Haligman, Sylvia Hartman, Peter Lin, Barbara Milanese, Victoria Monteiro, Helio Nathaniel, Annika Polatsek, Matthew Prevora, Nicholas Prigoda, Tyler Smith, Bailey Warren

## Novice I and Novice II

### Broward Sizzler at Tamarac (Hosted by Sunrise Swimming), May 7

Our May Sizzler had a new twist to it. The Sizzler was 25 METERS, not the 25 YARDS that our pool is and most Sizzler's are.

It was a little bit longer but our kids did great. Since this was the children's first meet Short Course Meters ever, the children have no other meets to compare too. We had 8 total swimmers from the Boca Raton Campus. Amaia Arrese- Igor, Seth Berke, Lauren Dawson- Scully, Jimmy Hart, Kiani Horky, William Horky, Dylan Mathosian and Lejla Najarro.

Way to go swimmers. Our last and only Sizzler of the summer until school starts again is Saturday June 12th at Davie. Please RSVP by Tuesday June 1st.

### IM Xtreme Challenge at Plantation, May 14-16

In our only meet of May we swam our second Long Course Meet of the season. It was in a very different format, IMX Challenge format. IMX is a program created by USA Swimming to challenge our age group swimmers to swim 100's and 200's of stroke per age group. There were no 50's offered in any age group so all of our swimmers swam in events they otherwise wouldn't have swam. I am very proud of our swimmers for swimming out of the comfort zone and doing a terrific job.

Emily Theall our only Novice II representative swam both the 100 Breast and 100 Back for the first time and did a terrific job in all her starts and turns. Our Next Meet is at Pompano hosted by NPB June 5-6. See you at the pool.

### Novice I Group

We would like to welcome back Ben Snoep to the program who took some time off, and welcome Tesla Radulovic who is new to the program, he has been watching his older sister's for quite some time and is ready to be a club member. We would also like to welcome Alise Penbe and Avyah Sharma who have moved into Novice I from our Lessons Program.

## Summer Practice

### 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, Green I and Green II Groups

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### **IM Xtreme Challenge at Plantation, May 14-16**

In our only meet of May we swam our second Long Course Meet of the season. It was in a very different format, IMX Challenge format. IMX is a program created by USA Swimming to challenge our age group swimmers to swim 100's and 200's of stroke per age group. There were no 50's offered in any age group so all of our swimmers swam in events they otherwise wouldn't have swam. I am very proud of our swimmers for swimming out of the comfort zone and doing a terrific job.

Rachel Blieden swam in her first long course meet of the season dropping 9 seconds in her 100 Breast, dropping another 11 seconds in her 200 IM, and dropping 15 seconds in the 200 Free, way to go!

Bobby Hart dropped over 5 seconds in the 100 Breast and swam the 200 IM for the first time.

Eden Lenner dropped 22 seconds in the 100 Breast and also swam the 200 IM for the first time, and somehow got out of swimming the 400 Free, Only Eden gets this lucky lol.

Jake Lieberfarb dropped over 25 seconds in the 100 Breast and swam the 200 IM, 400 Free, 100 Back and 100 Fly all for the first time. Way to STEP UP JAKE!!!

Christopher McCauley dropped 7 seconds in his 200 Free and dropped 6 seconds in his 100 Fly.

Barbara Monteiro had a meet of all firsts, she swam the 100 Breast, 200 IM, 200 Free, 100 Back, and 100 Fly all for the first time.

Big Sis Victoria Monteiro also swam the 100 Breast, 200 IM, 400 Free, 100 Back, and 100 Fly all for the first time.

Corrina Mullen dropped over 7 seconds in the 100 Back, and dropped over 2 seconds in the 200 IM while swimming the 200 IM and 100 Fly for

the first time ever.

Add Alejandro Ramirez to the list of swimming the 100 Breast, 200 IM, 400 Free, 100 Back, and 100 Fly all for the first time.

Kaden Shover had some nice drops over 17 seconds in the 100 Back and dropping time in the 100 Breast, 200 IM, 400 Free as well as swimming the 100 fly for the first time.

Jacob Silberman dropped over 2 seconds in the 100 Breast swimming the 200 IM, 200 Free, 100 Back, and 100 Fly all for the first time.

Alexandra Slusarenko swam her first long course meet of the season as well as swimming the 100 Breast, 200 IM and 200 Free all for the first time.

Sydney Stein like Jacob dropped over 3 seconds in her 100 Breast while swimming the 200 IM, 400 Free, 100 Back and 100 Fly all for the first time.

Our Next Meet is at Pompano hosted by NPB June 5-6. See you at the pool.

Green II had 9 swimmers attend the IM Xtreme challenge swim meet at Plantation Pool. They all swam great with 8 swimmers placing in the top 8 with their combined scores from every event. The top 8 received IM Xtreme t-shirts for their efforts.

Bailey Warren exploded with awesome swims in all to capture first place overall. She took 3 out of 5 first place finishes with a huge drop in the 100 breast. This was Bailey's last meet in the 10 and under age group and her times are already competitive in the 11 and 12 girls.

Alexis Yribarren had best times in all 5 events and placed in the top 10 in all events and came home with an 7th place overall t-shirt. Lexi dropped an amazing 37 seconds in her 400 free and over 5 seconds in her 200IM. Great swimming Lexi.

Noah Zylberberg showed up and swam great as always with huge drops in his 200IM and 100 breast.

He placed first in the 100 breast and believe it or not the 100 fly. Great meet Noah as he brought home a 2nd place t-shirt.

Brother Shawn also had a great meet with top 10 finishes in 5 out of 6 events (400IM). He had huge drops in his 200 breast and 400 free. He also took home a t-shirt.

Brandon Stein swam incredible scoring in all 4 events he swam. He has made a huge improvement since he joined Pine Crest and it showed in the 200 breast and 400 free. Great meet Brandon!!!!

Sean McCauley was out of control with fast swimming again and placed 9th overall to receive a t-shirt. He made great progress in his 400 free by dropping over 34 seconds in the event to take 5th place and he took 4th place in his 100 fly. Keep up the hard training Sean, its starting to pay off. Marin "Marlin" Mullen swam like a fish to capture 8th place overall. She had huge drops in her 100 breast, 200IM, and 100 back. Marlin has 4 great strokes that will help her 400IM in the future. Great meet!!!

Jamie Flores once again was on fire and swam to 5 out of 5 best times helping her to an overall 3rd place finish. She dropped over 15 seconds in three events- the 100 breast, 200IM, and 100 fly. Great swimming.

Brenna Ruth swam outstanding with big drops in the 200IM and 400 free on her way to a 6th place overall finish.

## 4th Annual Mini Meet

### Thursday, May 20

Pine Crest Swimming hosted its 4th Annual Mini Meet on the Boca Raton campus on May 20 – a wonderful event for both our young swimmers and their parents.

All swimmers in the In-School Lessons, After-school Lessons, as well as those in our Novice I and Novice II Swim Groups, were invited to participate in this in-house “mini meet” which allows the children to experience how an actual swim meet operates. What is special about this meet is that no matter where the children place, they all receive a swim ribbon which displays their name, event, and lap time.

It's also a great experience for the parents who sit on the bleachers with their cameras capturing all the action and witnessing just how much their children have progressed throughout the year. Our swimmers from the upper levels of the swim team were also involved by selling heat sheets, assisting with the timing, helping the swimmers behind the blocks,, and manning the swim shop and the

popular concession stand.

All events were 25-yard swims featuring everything from freestyle to the adorable teddy bear kicking with a kickboard for our youngest swimmers. In all, 112 swimmers ranging in age from 3 to 12-years-old participated in 41 events. Thank you to all the volunteers and families who donated to the snack bar.

Thank you also to our parents who volunteered their time in helping with the front gate, timing and even capturing some great shots on camera. Look for the photo's at our Annual Holiday Party in December 2010.

We added a raffle to the event with a chance to win a week of Swim Camp here at the Boca campus. Congratulations to the winner Luci Brudner who will now choose a week to send daughter Alix (1st grade) to our camp.

## Summer Practice

### 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

## 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 Pascarella started his swimming with the Mission Bay Maco's before they closed down the center in West Boca. He then joined Pine Crest Swimming and trained here at the Boca campus through his High School years, representing Olympic Heights High School. David was the 100 freestyle District Champ and also specialized in the 100 backstroke.

David is a certified EMT and Firefighter. David currently coaches in the Lessons Program and our Age Group swimmer's in the White Group. Congratulations and best wishes to David as he will be welcoming a baby girl in September.

## 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](http://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.**



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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](http://www.pinecrestswimming.com)**

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

Michael Averett: [Michael.Averett@pinecrest.edu](mailto:Michael.Averett@pinecrest.edu)

# May Madness Award's and Pizza Party for Novice, White and Green Groups



Wednesday, June 2

The top 2 swimmers in each swim group with the  
most practices in the month of May will be  
presented their awards along with a Pizza Party

## PINE CREST SWIMMING

2700 St. Andrews Boulevard  
Boca Raton, FL 33434

Phone: 561-852-2825

E-mail: [boca.swim@pinecrest.edu](mailto:boca.swim@pinecrest.edu)

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

## June

### June 5-6

NPB Summer Kickoff, Pompano Beach

### June 7

Summer Swim Camp begins

Summer Swim Team practice begins (look  
for practice times)

### June 12

Broward Sizzler, Davie

### June 24-27

CSSC Invitational, Coral Springs

## July

### July 9-11

Division II Long Course North Champs,  
Boca Raton

### July 15-18

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

### **Coach David—**

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

### **Coach Eddie—**

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

### **Coach Kim—**

**After-School Lessons**

### **Coach Tom—**

**Swim Study Hall, and Green II  
Group**

### **Coach Tonya—**

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