

Volume 55, Issue 55

August—Septemer 2012



PINE CREST SWIMMING

Pine Crest Lane Lines

August - September Lane Lines Newsletter

SAS Classic 42 Swimmer's attended from Pine Crest

Invite at SAS: 62 Personal Best Times

8 & Under 13 Swimmer's attended from Pine Crest

Sizzer at Sunrise: 30 Personal Best Times

FGC Invitational 25 Swimmer's attended from Pine Crest

at Martin County: 83 Personal Best Times

High School Swimming & Diving Begin!

September has come and gone with six High School meets already, and the month of October has five more to go before we begin the State Series with District Championships on Thursday, October 25.

We have already competed against Bolles School, Boca High, Ransom Everglades, American Heritage and of course the oldest High School Invitational in the state of Florida, our own Woodson Invitational. Watch the news on our website for results as we watch both Pine Crest School and other local High Schools where we have our club swimmers well represented.

August Birthday Month

Tiana Brannan, Marian Castro, Sophia Clemmenson, Hank Contich, Jake Contich, Richard Diamond, Rebecca Forrester, Hayden Gibson, Gianna Guzzetta, Alyssa Higgins, Rak Hovart, Emily Kus, Christopher Martinez, Julian Munoz, Julia Podkoscielny, Alexandra Slusarenko, Michael Svobodny, Ella Talerica, Emily Visconti, Lauren Volkodav, Melody Yates

September Birthday Month

Elaine Balsam, Seth Berke, Kipp Ciampini, Hadley Edwards, Maddie Fowler, Gabriella Garlicki, Alex Genck, Cyrus Hazim, Anastasia Hediger, Victor Lago, Michelle Lapidot, Sophia Lieuw-Kie-Song, Michael Mandziak, Kirsten McLaren, Lachlan McLaren, Crystal Navellier, Sarah Neumann, Samantha Omslaer, Camilla Osorio, Joao Vitor Pereira, Alejandro Ramirez, Ashlee Wenzel

Novice & Age Groups

September Club Scholastic Classic at Saint Andrews, September 9

Our swimmers only swam 3 events for our first meet of the season.

Christine "Shake & Bake" got all 3 best times dropping over 2 seconds in both the 200 Free and 100 Back while also getting 2nd in the 50 Fly.

Seth Berke had a clean sweep winning all 3 races and getting all best times in the process, Wow!

Carter and Christian Carlson swam in their 1st meet for Pine Crest with Carter winning the 100 Free and Christian getting 3rd in the 100 Free.

Karina Charanjiva only swam 2 races and got best times in both dropping 4 seconds in the 100 Free.

Marta Ciesla won the 200 Free while also getting a best time and swam the 500 Free for the 1st time.

Taylor Collins got all best times dropping almost 9 seconds in the 100 Free, what a difference a season can make and earning 2nd place in the 50 Back.

Carys Edwards swam 25 Back, Breast and Free getting all best times and breaking 20 seconds in the 25 Free for the 1st time.

Little sister Hadley Edwards swam in her 1st sizzler ever earning 2nd place in both the 25 Breast and 25 Fly.

Brian Farias swam the 50 Free and 50 Back for the 1st time way to go "Big B".

Hannah Fowler swam the 50 Breast for the 1st time and dropped almost 3 seconds in the 50 Free.

Bella Guzzetta dropped over 3 seconds in both the 25 Free and 25 Back earning 2nd place in both races.

Sasha Hediger swam the 50 Free dropping over 2 second and swimming the 100 IM and 50 Back for the 1st time.

Jack Hovart with his Big Brother watching got best times in all 3 races with his largest drop in the 25 Free of over 3 seconds.

Danny Jordan swam the 100 Free for

the 1st time and dropping over 10 seconds in the 50 Free, way to go Danny.

Jackie Kaskel swam in her 1st meet ever and did a great job swimming the 50 Free, 50 Back, and 50 Breast.

Matthew Kronengold won the 50 Free while swimming the 200 Free for the 1st time and dropping 2 seconds in the 100 Free.

Victor Lago had a great meet winning both the 25 Free and 25 Breast while dropping over a second in his 25 Back.

Christopher Martinez swam in his 1st meet representing Pine Crest earning 2nd place in the 100 IM and while also swimming the 50 and 100 Free.

Jeremy Morris in his 1st swim meet ever placed 2nd in the 50 Breast and also swam the 50 Free and 50 Back for the 1st time.

Corrina Mullen won the 100 IM and dropped over 6 seconds while also earning 3rd place in the 100 Back and a best time and swimming the 100 Free.

Marin Mullen won the 100 Back and also placed 3rd in the 200 IM and swimming the 100 Free.

Halie Murphy in her 1st meet representing Pine Crest won the 100 Free and got 5th place in both the 200 Free and 200 IM, Welcome Halie!

Adrian Najarro got all best times earning 2nd place in the 25 Fly and 25 Free and placing 3rd in the 25 Back.

Big sister Lejla Najarro dropped over 2 seconds in all her races in route to winning the 50 Back.

Crystal Navellier won the 50 Free and placed 2nd in the 100 Free while dropping over 10 seconds in the 100 Fly.

Matthew Petreski won the 100 IM and earned 2nd place in the 50 Breast while also swimming the 100 Free.

Tesla Radulovic won the 50 Breast, dropped over 2 seconds in the 50 Free and swam the 50 Fly for the 1st time.

Jo Jo Richter also got all best times dropping over 2 seconds in all 3 races earning 2nd place in the 50 Breast and 3rd place in the 100 IM, while also

swimming a great 50 Free.

Kaden Shover earned a best time in the 50 Free and placed 3rd as well as placing 3rd in the 100 Breast while swimming a very solid 500 Free.

Lior Silberman won the 25 Breast, and swam the 25 Free and 25 Back for the 1st time.

Alexandra Slusarenko was another swimmer who swam all best times in the 200 and 100 Free while earning 2nd place in the 100 Back.

Francesca Smith also got all best times swimming the 50 Free, Breast, and Fly, dropping over 4 seconds in the 50 Fly.

Hanna Elks Smith also got best times earning a 2nd place finish in the 100 IM 3rd place finishing the 50 Fly and dropping over 5 seconds in the 50 Breast, great job.

Alina Virga in her 1st meet swam the 50 Free and 50 Back, welcome Alina.

Little Brother Vin Virga won the 25 Back and 25 Breast in his 1st meet ever, awesome Job Vin.

Emily Visconti was another swimmer who got all best times dropping 3 seconds in both the 50 Free and 50 Breast and dropped 6 seconds in the 100 Free.

Little brother John Visconti swam the 50 Back for the 1st time and dropped over 6 seconds in the 50 Free and also swimming the 50 Breast.

Bailey Warren won the 500 Free and 100 Fly dropping over 8 seconds in the 100 Fly, while also swimming a great 200 Breast to a 2nd place finish.

Ashlee Wenzel swam in her 1st meet that wasn't a sizzler and did a great job at her 50s. She swam the 50 Back, 50 Breast and showed off her great flip turn in the 50 Free. Way to Go!

Melody Yates dropped over 4 seconds in the 25 Fly over 6 seconds in the 25 Breast placing 2nd, and dropped over 7 seconds in the 25 Back winning the event outright, wow!

Novice & Age Groups

September Club Scholastic Classic at Saint Andrews, September 9

Big sister Savanna Yates dropped over 4 seconds in both the 200 Free and 200 IM and earned 3rd place finish in the 50 Fly.

Noah Zylberberg had all best times earning 2nd place finish in the 200 IM and 500 Free and dropping over 7 seconds in the 200 Back.

Next Meet is at Martin County

8 & Under Sizzler at Sunrise, September 14

First of all I want to thank all the Coaches, Officials, and Volunteers at Sunrise for their patients and help. There was confusion on the entries for our swimmers and they were happy to make sure all of our swimmers got in all of their races. Again Thank You .

Sara Pearl Adler had huge drops dropping over 6 seconds in the 25 Back and over 3 seconds in both the 25 Breast and Free.

Aitor Arrese- Igor had a great meet swimming all 4 strokes getting best times in each race. Must of been his #1 fan big sister Amaia cheering him on.

Nikita Dua had some large drops getting best times in the 25 Fly, Back, and Breast, way to go Nikita.

Carys Edwards kept the ball rolling from St. Andrews improving on all 4 strokes and placing in the top 10 in 2 races.

Little sister Hadley also got best times in the 25, Fly, Back, and Free while swimming the 25 Back for the 1st time.

Daniel Morgan had a great meet, swimming the 25 Fly and Breast for the 1st time, way to step up Daniel keep it up.

Chloe Pezaris in her 1st sizzler did great and after asking her had the best time if you couldn't tell by the LARGE smile on her face.

Liam Riesz also got all best times taking off almost 5 seconds in the 25 Breast and nearly 4 seconds in the 25 Free, while also dropping time in Back

and Fly.

Ava Tarzian swam her 1st meet for Pine Crest and did GREAT, Welcome Ava, you did great!

Alexis and Andrea Vokodav, like their friend Ava and Chloe swam in their 1st sizzler did awesome. I wish you could have seen our 6 and under swimmers, In the words of Coach Inna "They look like baby ducklings" very cute.

Big sister Lauren Volkodav chipped away at all 4 races improving in each race.

Abby Hart got all best times dropping over 6 seconds in the 25 Fly and 25 Free but may have gotten swimmer of the meet. Her teammate who she just met had goggle trouble. Without hesitation Abby jumped up and RAN to get her teammate a pair of goggles without even thinking twice. She did a great job swimming but her actions toward/ for her teammate was what put her over the top. Way to go Abby =)

Next Sizzler is at Pine Crest Fort Lauderdale see you there on October 12.

Invitational at Martin County, September 22-23

Christine Baker swam one session in 4 events swimming close to her best time.

Seth Berke had a great meet with 7 out of 8 best times and dropping a huge 11.99 seconds in the 200IM. Seth finished in the top 4 for all his events and came home with the 3rd place High Point trophy.

Lauren Briggs had 4 best times with a massive 24.61 second drop in the 200 free and more great times in the 100 free and 50 free.

Karina Charanjiva had 3 best times with over 7 second drops in the 100 back and 200IM.

Marta Ciesla had 6 best times with eight 1st place finishes and came home with the High Point trophy.

Taylor Collins 7 best times with a 12.60 second drop in the 100IM and huge 16.71 second drop in the 100 breast.

Great job.

Brian Farias swam many events for the very first time in short course that weren't 25 yard events. His best finishes were in the 100 free where he placed 5th overall.

Ethan Flores had 2 best times with drops in the 50 breast and 50 back where he placed 8th overall.

Hannah Fowler had a great drop of 6.20 seconds in the 100IM and swam the 100 back for the first time finishing in 6th place overall.

Abby Hart had 3 best times with a huge 10.61 second drop in the 100 free and swam the 100 breast for the first time finishing in 2nd place overall.

Jimmy Hart had 100% best times with an 11.46 second drop in the 100IM and an even bigger 22.83 second drop in the 200 free. Jimmy finished in the top five for all his events.

Victor Lago swam the 50 free with a .94 second drop and swam the 100IM for the first time as he ages up to 9 years old soon.

Alexander Molchanov swam the 50 back for the first time and placed 5th overall. Great job.

Corrina Mullen had 4 best times with drops in the 200IM, 50 fly, 50 back, and 100 back. Corrina also placed 5th overall in the 100 free.

Marin Mullen had 2 best times with drops in the 100 back and 100 fly. Marin finished in the top 3 places for her favorite breaststroke events.

Halie Murphy swam more events as a first timer for her new team and is making friends fast. She finished in 1st place overall for four of her events. Great job.

Adrian Najarro who is still 7 years old had fun dropping 2.76 seconds on his 50 free and swam the 50 fly and 100IM for the first time.

Lejla Najarro had 5 best times with a huge 10.66 second drop in the 100 breast and had a best place finish of 4th in the 100 back.

Novice & Age Groups High School Swimming & Diving

Invitational at Martin County, September 22-23

Tiago Pereira had 3 best times with a huge 15.21 second drop in the 100IM and 9.28 second drop in the 100 free. He placed 5th overall in the 200 free.

Francesca Smith had 6 best times with an incredible 33.93 second drop in the 100 breast and 10.91 second drop in the 100 back. She finished 2nd overall in the 100 free.

Hanna Elks Smith now out of the Sizzler's, did great with 6 best times and finished in the top 9 for all her events, two of them were 2nd place finishes.

Emily Visconti had 7 best times with big drops of 13.66 seconds in the 100IM, 17.06 seconds in the 200 free and 24.21 seconds in the 200IM. Awesome.

John Visconti had 4 best times with wow drops in the 100IM with 18.91 seconds, and 19.54 seconds in the 100 free which also placed him 4th overall.

Melody Yates had 2 best times with drops in the 25 free and 5.03 second drop in the 50 free. She finished in the top 3 places for all the 25 yard events.

Savannah Yates had 4 best times with drops in the 100IM, 100 breast, 50 breast, and 200 free. Her best place finish was the 50 breast with a 2nd place.

Congratulations to our swimmers and divers who are in the middle of the High School Swimming & Diving season.

Below are our club swimmers who represent their High School.

Pine Crest School: Brooke Bernstein, Kaelah Chaney, Julia Chui, Jamie Flores, Casey Francis, Miriyam Ghali, Sabrina Gornisiewicz, Brittany Hammond, Anastasia Hediger, Amber Lubie, Tyla Martin, Lindsey Swartz, Hannah Veale, Jack Cawley, Thomas Doolittle, Alex Evenson, Ryan Graff, Anton Gueneralov, Kent Haeffner, Rak Hovart, Sam Korntner, Matthew Kronengold, Julian Munoz, Christian Soderberg.

Calvary Christian: Hank Contich

Cardinal Gibbons: Nicholas Hediger

South Florida Heat: Jillian Contich, Alex Genck

St. Thomas Aquinas: Alex Behnam, Cara Vota

Westminster Academy: Caroline Nava, Jessica Nava, Alexa Rivera



New Swim Lessons Program



Pine Crest Swimming is made up of two divisions- Pine Crest Swim Team (Novice, White, Green I, Green II and Senior Groups) and Swim Lessons. It is our pleasure to inform you that Pine Crest lessons will introduce starting October 1, 2012 the "Swim 4 Life" lesson program. This newly designed lesson program structure and award system was developed by our swim coaches under the direction of Coach Tonya Hammond, Swim 4 Life Coordinator.

The Swim 4 Life lesson program structure will consist of 8 levels each with it's own set of criteria. Once the level criteria is mastered the lesson coach will inform our, Lead Instructor. The Lead Instructor will review the skills and approve advancement if level criteria is met. At the successful completion of level 8 the swimmer will be able to advance to the Novice group- the first level of the swim team.

The Swim 4 life award system is a positive reinforced system for completing a level. A Swim 4 Life certificate will be given to each swimmer by the end of the month. This certificate will have each level on the front and each level criteria on the back. At the successful completion of each level a "Panther Paw" will be given to the swimmer to be placed on their certificate.

Pine Crest Swimming News

Swim Shop Supplies:

Latex Team Cap	\$6.00	Make Nike Drag Suit	\$55.00
Silicon Team Cap	\$15.00	Male Nike Jammer	\$45.00
Nike Swedish Goggles	\$6.00	Male Nike Brief	\$32.00
Nike Swedish Metallic	\$14.00	Male Turbo Jammer	\$55.00
Nike Remora Goggles	\$14.00	Male Turbo Brief	\$50.00
Nike Metallic Goggles	\$17.00	Female Nike Suit	\$60.00
Team T-shirt	\$12.00	"fastback—wide strap"	
Long Sleeve T-shirt	\$16.00	Female Nike Suit	\$67.00
Sweatshirt	\$30.00	"lingerie/cut-out—thin strap"	
Oversized Plush Towel	\$35.00	Female Turbo Suit	\$67.00
Nike Backpack	\$65.00	PC Mesh Trng Bag	\$30.00
		Fins	\$25.00

We would like welcome to our coaching staff "Brooke Atkinson" who will be helping out in the Lesson Program and Coaching the White Group at our Fort Lauderdale campus. Brooke recently graduated from the University of North Carolina , Chapel Hill with a degree in Communications & Business.

We also welcome new Swim Lesson Coaches, Meghan Quinn and Trisha Mazzilli-Blount who will be part of the new Lesson Program, Swim4Life.

October Fest Contest

October 1 - 30, 2012

PINE CREST SWIMMING

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The TOP 2 swimmers in the Novice Groups in Boca Raton & Fort Lauderdale, as well as the White and Green I Groups from the Boca campus with the most practices in the month of October will be awarded a trophy.

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

October

October 12

8 & Under Sizzler, Pine Crest Fort Lauderdale

October 19-21

FG Invitational, Lake Lytal

November

November 2

8 & Under Sizzler, Sunrise

November 15-18

Winter Championships, Plantation

December

December 6-8

Speedo Winter Junior National Championships, Knoxville TN

December 15

Pompano Santa Claus Meet (12 & Under's Only), Pompano