

Issue 67

December 2013



PINE CREST SWIMMING

# Pine Crest Lane Lines

## December Lane Lines Newsletter

---

<b>Speedo Winter Championships at Plantation:</b>	47 Swimmer's attended from Pine Crest 275 Personal Best Times 2 New Club Records
<b>Santa Claus &amp; Holiday Sprint:</b>	Swimmer's attended from Pine Crest Personal Best Times

---

### Pine Crest—Fort Lauderdale is the place for training!

---

Our Fort Lauderdale pools will be busy all during the holiday break, with many visiting teams from around the world.

We welcome the teams from International, college and high school teams using our pool for their travel training trips, such as: Danish National Team, German National Team, University of Milwaukee, Hillsdale College, Toronto, Calgary Swimming, Virginia Tech, Iowa State University, Virginia Tech, University of Buffalo, Wittenberg University, Woodbury High School, Piscine de Parc Olympique Team of Montreal, Canada. We welcome all the teams to our beautiful facility.

---

#### Inside this issue:

Novice / Age Groups	2-3
Swimming News	4
Swim-A-Thon	5
Calendar	6

#### December Birthday Month

Marissa Brannan, Christian Carlson, Karina Charanjiva, Georgy Demyanenko, Heidi Guntert, Luke Hendrick, Sophia Kabbej, Mandy Levitt, Evelyn McCawley, Kyra Meyer, Gabriella Pecoraro, Tesla Radulovic, Julianna Russell, Isabella Tuoto, Sydney Win

# Age Groups & Senior Groups

---

## Speedo Winter Championships at Plantation, November 21-24

This is our main Championship meet for our Age Groups before the holiday's with months of hard training, paying off with great results.

We had 47 swimmers attend, which required qualifying times and as many as 7 events throughout the 4-day meet, plus relays.

Congratulations to our Senior groups of swimmers that attended, with many of them just finishing off their High School season, therefore doing some off events and enjoying the last meet in short course, as they start training long course starting in January. 15 & over's—Adrienne Aponte, Brooke Bernstein, Hank Contich, Jillian Contich, Alex Evenson, Anton Generalov, Miriyam Ghali, Sabrina Gornisiewicz, Ryan Graff, Kent Haeffner, Nicholas Hediger, Matthew Kronengold, Amber Lubie, Tyla Martin, Julian Munoz, Alexa Rivera, Christian Soderberg, Noah Zylberg.

We also had 3 relay only swimmers that came to help the team in many of the relay events, earning valuable team points—Hannah Fowler, Jacob Silberman, and Kyle Jones.

Christine Baker had 4 best times with a huge 6.60 second drop in the 500 free and also dropped in the 1650 free (which is 66 laps of the short course pool) to finish 8th place overall.

Seth Berke had 2 best times with drops in the 50 free and 100 fly. He also swam the 50 fly very close to his best time.

Marissa Brannan had an outstanding meet with 13 best times, dropping time in prelims, and then again during finals. Marissa placed in the top 5 for all her events and was Champion for the 1000 free and 1650 free for the 13 year old age group.

Tiana Brannan also had a great meet with 100% best times dropping in the 200 back, 50 free, 500 free, 200 free, and 100 free.

Carter Carlson had 3 best times with drops in the 50 free, backstroke relay

lead off, and 100 free.

Christian Carlson had a fantastic meet with 12 best times dropping time in all his individual events. Christian also placed in the top 9 for all his events and was part of the 13-14 relay teams.

Taylor Collins enjoyed her first Winter Champs doing a great job in her 50 free.

Jake Contich came to race his solo event of the 50 free and did a great job dropping 2.06 seconds.

Rachel Contich was a true star with 100% best times and dropping loads of time in the 500 free with a 20.24 second drop and over 6 seconds in the 100 fly and 200 fly events. Rachel placed in the top 9 for most of her events.

Michael Fernandez is a new club swimmer to our team and did a fantastic job in all 7 events. He made finals in the 50 free, 100 back, 50 back, and 50 breast for the 10 year old age group.

Jimmy Hart had 100% best times with drops in his favorites of the 100 breast and 50 breast. He also lead off the 200 free relay team with a best time.

Kaitlin Hilderbrand swam her solo event of the 200 free doing a great job, dropping 0.72 seconds for the 10 year old age group.

Kyra Jovanovski was another solo event swimmer with a huge 2.49 second drop in the 50 free.

Daniela Munoz had 5 best times with drops in the 400IM, 200 free, 100 free, and led off the 400 medley relay with a best time in her backstroke. She also placed in the top 10 for 5 of her events.

Halie Murphy also had 5 best times with drops in the 400IM, 200 back, 100 breast, and 200IM. She placed in the top 9 for all her events and was part of all the 13-14 relay teams.

Crystal Navellier had 2 best times with drops in the 50 fly during prelims and again dropped in the finals. Crystal was also part of the 13-14 relay teams.

Brian Nudelman swam in his solo event of the 50 free, very close to his best time.

Tiago Pereira had 6 best times with drops in the 50 free, 100 fly, 200 free, and 50 fly. He placed in the top 10 for 3 of his events and was part of the 10 & under relay teams.

Matthew Petreski who is considered one of the best 12 and under's in the area had 9 best times with all 7 of his events making finals. He was Champion for the 200 breast which also broke the team record, along with his 400IM event.

Julia Podkoscielny is still 9 years old and made her first finals in the 50 breast. She was also part of the 10 & under relay teams.

Tesla Radulovic had 4 best times with drops in the 100 breast, 200IM, and 50 breast. He also placed 6th overall for his favorite 100 breast and 50 breast events.

Josefine Richter had an outstanding meet with 7 best times with drops in the 50 free, 100 breast, 100IM, 50 back, and 50 breast. She also placed 5th overall in the 50 breast and 6th overall in the 100 breast.

Julianna Russell had 4 best times with drops in the 200 back, 50 free, 500 free and 200 free. She placed 9th overall in the 500 free and 200 free, earning team points.

Alexandra Slusarenko had 4 best times with drops in the 100 fly, 50 fly, 100IM, and 100 free. She made finals in the 100 fly and 100IM and was part of the 13-14 relay teams.

Francesca Smith swam the 50 free and 200 free during prelims and will work to add more events by JO's next year for the 12 & under age group.

Hanna Elks Smith had a fantastic meet with 9 best times dropping and making finals in the 50 free, 50 fly, 100 back, 100IM, and 100 free. She placed in the top 3 for the 100 back, 50 back, and 100 free.

Chelaine van der Westhuizen enjoyed her favorite events of the breaststroke, dropping time in the 200 breast.

## Age Groups & Senior Groups

---

### **Speedo Winter Championships at Plantation, November 21-24**

Savannah Yates also had an outstanding meet with drops in the 50 free, 100 breast, 50 fly, 200 breast, 100IM, 50 breast, and 400 free relay lead off. She placed in the top 7 for 5 of her events and was part of the 11-12 relay teams.

### **8 & Under Santa Claus & 9 & Over Holiday Sprint at West Palm Beach, December 7**

The day started with some drizzly rain, warmed up to a hot day and then had some more rain at the end of the meet, but that didn't stop the fast swimming in the pool. We had 48 swimmers from both campuses attend this two session meet and even got to see Santa Claus.

Great job to the following swimmers who competed in their VERY FIRST MEET—Juliette Auslander, Lindsey Bartoletta, Isabella Corredor, Luca Georgescu, Gabriela Guimaraes, Daniel Gurfel, Jaxson Lasher, and Sarah Neumann.

Sara Pearl Adler started with a 3rd place finish in the 25 free and then swam the 50 free, 100IM and 100 free for the first time doing a fantastic job.

Christian Barthelemy competed in the 100 free, 50 back, 50 breast, and 50 free events and did great.

Samantha Blackwood had 3 best times with drops in the 100 free, 50 back, and 50 fly. She competed in the 50 breast for the first time.

Nikita Dua had 2 best times with a huge 23.50 second drop in the 100 free and 8.84 second drop in the 50 free.

Bella Egizi had 2 best times with drops in the 25 back and 25 breast, and also swam the 50 free and 100IM for the first time. She placed in the top 4 places for all her events.

Lina Faberge had 3 best times with drops in the 100 free, 50 breast, and 5.42 seconds off her 50 free time.

Michael Fernandez had 2 best times with drops in the 100 free and 50 fly. He also placed in the top 4 places for all

his events and earned the title "9-10 Boys High Point Runner-Up".

Sydney Friedman had a huge 4.06 second drop in her 50 free and swam the 50 back, 50 breast, 50 fly and 100IM for the first time.

Phillip Gurfel had a best time in the 25 free and swam the 50 free for the first time. He placed 2nd overall in the 25 breast for the 8 & under boys.

Bella Guzzetta had 3 best times with drops in the 100 free, 50 back, and 50 free.

Abby Hart dropped 1.48 seconds in her 50 back event and was very close to her best times in her other events.

Jimmy Hart had 3 best times with drops in the 50 back, 50 breast where he placed 4th overall and 50 free.

Kyle Jones had 2 best times with drops in the 100 free and 50 breast which placed him 4th overall as a 13 year old.

Kyra Jovanovski had 100% best times with a huge 9.03 second drop in the 100 free and 6.95 second drop in the 50 breast. She earned points in the 50 back and 50 free events.

Victor Lago had 2 best times with a 3.66 second drop in the 100 free 1.57 second drop in the 50 free. He is ever so close to those JO cuts.

Sophia Lieuw-Kie-Song had 2 best times with a 2.65 second drop in the 100 free and 1.00 second drop in the 50 back.

Amelia Lipscomb had 2 best times with drops in the 50 breast and 100 free. She also placed 1st overall in the 50 back and 100 free events and earned the title "7 & Under High Point Runner-Up".

Anna Mandziak had 100% best times with over 6 seconds off her 50 back and 50 breast events and 3 seconds off her 50 free and 50 fly events.

Michael Mandziak had 3 best times with a huge 8.07 second drop in the 50 back and 3 to 4 seconds off his 50 free and 50 fly events. He also swam the 50 breast for the first time legally.

Christopher Martinez also had 100%

best times with drops in the 100 free, 50 back, 50 breast, 50 free and a huge 7.12 second drop in the 100IM. He placed 7th overall in his 50 breast.

Kyra Meyer had 3 best times with drops in the 25 free, 25 breast, and 25 fly. She placed in 9th and 8th overall in the 25 back and 25 fly events.

Andreas Neumann dropped 2.33 seconds in his 25 fly and swam the 50 free for the first time. He placed in the top 6 places for all his events.

Mathias Neumann did great in his first non-Sizzler, meaning no more 25 yard events. He swam the 100 free, 50 back, 50 free and 50 fly for the first time.

Josefine Richter had 2 best times with drops in the 50 back and 50 fly events. She placed in the top 8 places for all her events.

Athan Riesz dropped 1.68 seconds in his 25 back and placed 4th, 5th, and 6th in his 25 back, 25 breast, and 25 fly events.

Liam Riesz dropped a huge 5.66 seconds in the 50 free and also dropped time in the 25 back. He swam the 50 breast and 100 free for the first time.

Jacob Silberman swam in his first meet in a very long time with great results across the board in the 100 free, 50 back, 50 breast, 50 free, and 50 fly. He placed 3rd overall in his 50 breast event.

Lior Silberman swam in her first non-Sizzler doing a great job in the 50 back and 50 free.

Champ Smith dropped 1.38 seconds in the 25 free and placed in the top 8 places for all his events.

Francesca Smith dropped 3.40 seconds in the 50 breast and was very close to her best time in the other events.

Isabella Tuoto dropped 1.83 seconds in the 50 back and was very close to her best times in the other 4 events.

Jake Venezia dropped 1.17 seconds in the 25 free, 3.46 seconds in the 25 back to place 2nd overall and swam the 100IM for the first time.

## Age Groups

### 8 & Under Santa Claus & 9 & Over Holiday Sprint at West Palm Beach, December 7

Alexis Volkodav dropped time in the 25 free, 25 back, and 25 fly. She swam the 50 breast for the first time and placed 1st overall and won the 25 breast as well.

Andrea Volkodav dropped time in the 25 back and 25 fly. Andrea also swam the 50 breast for the first time and placed 4th overall.

Lauren Volkodav (big sister) dropped 3.04 seconds in the 50 free and also swam the 50 fly, 50 breast, 50 back, and 100 free for the first time.

Leah Walters dropped 1.96 seconds in the 25 free and 3.39 seconds in the 25 fly. She was a trooper in the drizzly rain and had fun with her friends.

Sophia Wang did a great job in the 25 yard events and is getting used to racing and hanging out with her friends in the bleachers.

Sheldon Win dropped a huge 10.84 seconds in the 50 fly and swam close to his best times in the other 4 events.

Sydney Win dropped time in the 100 free and 50 back and also did great in her other 3 events.



Amelia Lipscomb (7 years old)

## Club Record's Broken in 2013

### Short Course Yards (25y)

Jessica Nava (11-12 girls)—200 free, 100 back, 200 back, 50 fly, 100 fly 200 fly 200IM

Matthew Petreski (11-12 boys) - 1000 free, 1650 free, 100 breast, 200 breast, 200 fly, 400IM

Marta Ciesla (13-14 girls) - 50 fly

Joao Vitor Pereira (13-14 boys) - 50 back

Marta Ciesla (15 & Over) - 50 free

### Short Course Yard Relays

200 free—Anton Generalov, Joao Vitor Pereira, Noah Zylberberg, Michael Hovart

400 free—Noah Zylberberg, Anton Generalov, Joao Vitor Pereira, Michael Hovart

800 free—Noah Zylberberg, Michael Hovart, Joao Vitor Pereira, Anton Generalov

400 medley—Anton Generalov, Noah Zylberberg, Joao Vitor Pereira, Michael Hovart

### Long Course Meters (50m)

Matthew Petreski (11-12 boys) - 50 breast, 100 breast, 200 breast, 400IM

Jessica Nava (13-14 girls) - 100 fly

Joao Vitor Pereira (13-14 boys) - 50 back





## SWIM-A-THON FUNDRAISER

Saturday, December 14, 2013

*Who For: Head Chef, Osnel Augustin*

Chef Osnel has been the Head Chef at Pine Crest School, Boca Raton for 10 years and has received multiple awards for his leadership and culinary expertise through the parent company – SAGE which stands for “Setting A Good Example.” Chef Osnel has been a great support to the Pine Crest Swim Team by the year-round work in the cafeteria during the school year and summer swim camps. He also donates his time as the Head Chef for our popular Pine Crest Swimming End-of-year Family BBQ. Unfortunately Chef Osnel has been fighting kidney failure and Pine Crest Swimming would like to help with the medical bills during this medical crisis. Chef Osnel was born and raised in Haiti, currently living in Lake Worth with his wife and four boys.

Our Swim4Life Program is a perfect fit, as we invite our swimmers to participate in this Swim-4-Life-A-Thon on Saturday, December 14, 2013 at the Boca Raton campus.

Look on the website [www.pinecrestswimming.com](http://www.pinecrestswimming.com) for the sponsorship forms, and hard copies are also available in the swim offices at both Boca Raton & Fort Lauderdale.

We invite everyone to participate from Lessons to our Senior Group.

## **PINE CREST SWIMMING**

2700 St. Andrews Boulevard  
Boca Raton, FL 33434  
561-852-2825  
Email: [boca.swim@pinecrest.edu](mailto:boca.swim@pinecrest.edu)

1501 Northeast 62nd Street  
Fort Lauderdale, FL 33334  
954-492-4173  
Email: [swimming@pinecrest.edu](mailto:swimming@pinecrest.edu)

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



# **ANNUAL HOLIDAY PARTY!**

**Saturday, December 14, 2013**

**Following the swim-a-thon**

**11:00am—2:00pm**

## **December**

### **December 7**

**Santa Claus & Holiday Sprint,  
Lake Lytal**

### **December 12-14**

**Speedo Winter Junior National Cham-  
pionships, Greensboro, NC**

## **January**

### **January 24-26**

**8th Scotty Invitational, Saint Andrews,  
Boca Raton**

## **February**

### **February 1**

**8 & Under Sizzler, Sunrise**

### **February 8-9**

**Panther Invite, Fort Lauderdale**

### **February 28—March 2**

**Area 2 Developmental Championships,  
Sunrise**