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January 2013



PINE CREST SWIMMING

Pine Crest Lane Lines

January Lane Lines Newsletter

Scotty 71 Swimmer's attended from Pine Crest
Invitational: 285 Personal Best Times

This does not include the 1650 freestyle which will be swum on Tuesday, January 29,

More College Acceptances for our Seniors!

Congratulations to the following Senior's for their College Acceptances:

Anastasia Hediger (High School Co-Captain) —Bowdoin

Descartes Holland (High School Co-Captain) —MIT

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January Birthday Month

Jake Gang, Jourdan Henry,
Antony Novak, Emilyn Root,
Marielena Stanescu, Lindsey Swartz, Alexis Volkodav,
Andrea Volkodav

Novice & Age Groups

Scotty Invite at Saint Andrews, January 26-27, 29

A beautiful weekend in January got our first meet of the new year off to a great start with lots of best times and first time swim meets for some of our club members.

Congratulations to the following swimmers that competed in their first meet with Pine Crest Swimming: Samantha Blackwood, James Dudgeon, Noemi Fekete, Chloe Jones, Mario Suarez, and Jake Venezia.

Rachael Alvarado swam 4 best times with over a second drop in each of her events, 25 fly, 25 back, 25 breast, and 25 free.

Sophia Alvarado had several new swims, trying the 200 free, 50 free, and 100IM for the first time. Great job.

Aitor Arrese-Igor swam the 50 free for the first time and had a best time in the 25 back. Aitor finished in the top 3 for all his events.

Christine Baker had a superb meet with 100% best times in 8 events. Dropping 4.65 seconds in the 200 free, 5.44 seconds in the 100IM and a whopping 29.79 seconds in the 500 free. Awesome.

Seth Berke loves to race and it showed with 6 best times. Improvement in the 200 free, 100 fly, 50 free, 100IM, 50 back, 100 free, and finished 8th overall in the 50 fly.

Marissa Brannan continues to work hard in practice and had 2 best times with a 1.69 second drop in the 200IM and 6.67 second drop in the 500 free.

Tiana Brannan had a great meet with 6 best times. Dropping almost 1 second to 2 seconds in each of those events. Tiana swam the 500 free for the first time and finished 10th overall.

Michael Cardei who is still new to the team had a best time in the 50 free and swam the 200 free, 50 breast, 100 breast and the 100 free for the first time.

Carter Carlson swam 3 best times with a huge 11.06 second drop in the 200 free and 4.55 second drop in the 100

free. His best finish was the 50 breast with a 7th place. Great job.

Christian Carlson had 6 best times with a huge 7.14 second drop in the 200IM and 3.35 second drop in the 200 free. He also swam the 200 back for the first time with PCS.

Karina Charanjiva had 3 best times with drops in the 50 free, 200IM, and 100 free. She also swam the 200 back for the first time.

Julia Chui is working hard in practice after finishing the High School season and finished in 1st place overall in the 200 free.

Marta Ciesla had 2 best times with drops in the 200 free and a huge 7.04 second drop in the 200IM. Marta finished in 1st place overall for the 50 and 100 free as well as the 200IM.

Taylor Collins swam in the Sunday events only with a drop of 11.43 seconds in the 200IM and swam the 500 free for the first time.

Nikita Dua had a great 50 free with a 3.71 second drop and still enjoyed swimming the 25 yard events.

Bella Egizi had 100% best times with drops in the 25 back, 25 breast, and 25 free. She also finished in the top 4 places for all the events.

Brian Farias had 2 best times with a drop of 2.66 seconds in the 50 breast and 4.43 seconds in the 100IM.

Cecily Fine had a great swim in the 100 back, dropping 7.15 seconds and got close to her best times in the 100 breast and 50 free.

Isabella Fine had 3 best times with a 1.04 second drop in the 200 free, 3.92 seconds in the 100IM and a whisker off in her 50 breast.

Scarlett Goldberg had a best time in the 50 breast with a 2.80 second drop and swam the 100IM, 50 back, and 100 free for the first time.

Bella Guzzetta swam on Saturday only with 100% best times, dropping 1.48 seconds in the 50 free, 9.02 seconds in the 100 back and a whopping 10.86 seconds in the 100IM.

Abby Hart just wants to get out there and race. What a day with 100% best times, dropping 8.00 seconds in the 50 breast, 11.16 seconds in the 50 free and a huge 20.99 seconds in the 100IM.

Jimmy Hart swam on Saturday only with a best time in the 200 free, dropping 1.76 seconds, and very close to his best times in the 50 breast and 50 free.

Mallory Hovart had 2 best times with a huge 14.22 seconds drop in the 200 free and 1.17 seconds in the 50 free. She also swam the 100 fly and 100IM for the first time.

Meredith Hovart swam the 200 free, 100 back and 100IM for the first time and looks to improve at the next meet.

Rak Hovart swam 8 events with a best time in the 50 free, edging so close to breaking that 25 second barrier.

Kyle Jones swam 3 best times with drops in the 50 breast, 50 free, and 50 back. He also swam the 100IM, 100 breast, 100 free, and 500 free for the first time.

Ryan Karp swam Saturday only with first time swims in the 50 breast and 100IM.

Jackie Kaskel swam 3 best times with drops in the 50 breast, 50 free, and 50 back.

Sam Kassel had a best time in the 50 free dropping 2.30 seconds. He also swam the 50 breast for the first time.

Matthew Kronengold swam Sunday only with swims in the 50 free, 100 back, and 100 free.

Victor Lago swam Saturday only with a best time in the 100IM and finished 6th place overall in the 50 breast.

Amber Lubie swam 8 events with good place finishes in the 200 fly (5th), 100 back (6th), and 200 back (5th).

Christopher Martinez had 100% best times with drops in the 50 breast, 50 free, 50 back, and over 4 second drops in the 100IM and 100 free.

Novice & Age Groups

Sophia Montague had 100% best times with some big drops of 5.52 seconds in the 25 back, 2.40 seconds in the 25 fly, 1.65 seconds in the 25 breast and 2.33 seconds in the 25 free.

Jeremy Morris is really liking the competition side of swimming with a solid swim in the 50 free and swam the 100IM for the first time.

Corrina Mullen had 3 best times with drops in the 50 free, 50 fly, and 200IM, while swimming the other 5 events close to her best time.

Marin Mullen swam 8 events with good results of 6th place for the 100 breast and 3rd place for the 200 breast.

Daniela Munoz had a great meet with loads of best times, dropping over 4 seconds in the 200 free, 100 fly, 100 breast, over 2 seconds in the 50 breast and 50 fly and an 8.87 second drop in the 200IM.

Julian Munoz also had some great swims with 3 best times, dropping 1.26 seconds in the 50 free, 5.03 seconds in the 100 back, and 1.79 seconds in the 200 back.

Halie Murphy was one of the top 12 & under swimmers, doing best times in the 100 breast and 200IM. She also placed in 1st place for the 100 back and 50 back.

Crystal Navellier had 100% best times dropping in all 8 events. Her best drops were huge with 6.75 seconds in the 100 fly, 7.91 seconds in the 100 back, 6.43 seconds in the 100IM, 10.34 seconds in the 200IM, and a whopping 23.62 seconds in the 500 free.

Samantha Omslaer had 2 best times with a huge 10.47 second drop in the 25 fly and 4.28 second drop in the 25 back. She also placed in 2nd place for both those events.

Joao Vitor Pereira 5 best times with drops in the 50 free, 100 back, 200 back, 100 fly and a huge 18.41 second drop in the 500 free.

Tiago Pereira had 100% best times with his events on Saturday dropping 8.70 seconds in the 200 free, 4.46 seconds in the 100 fly, 9.23 seconds in the 100IM and a whisker in the 50 free.

Matthew Pretreski also had 100% best in all 8 events. He continues to improve and train hard every day. He dropped 8.49 seconds in the 100fly, 2.24 seconds in the 100 breaking that 1 minute barrier and 2.59 seconds in the 200IM.

Chloe Pezairs had 3 best times with a 4.34 second drop in the 25 fly, 10.69 second drop in the 25 back, and 7.89 second drop in the 25 breast.

Tesla Radulovic had 5 best times with a huge 9.69 second drop in the 200 free, 6.08 second drop in the 100IM and 2.39 second drop in the 100 free. He also placed 1st place for the 50 breast.

Josefine Richter had a great meet with 6 best times dropping over 4 seconds in the 100 breast and over 2 seconds in the 50 free, 100 back, and 100IM. She also swam the 50 fly for the first time.

Athan Riesz did great with 3 best times dropping 9.58 seconds in the 25 fly, 5.71 seconds in the 25 breast, and 1.77 seconds in the 25 free.

Liam Riesz swam 1 best time dropping 0.18 seconds in the 25 breast and placed in 5th place overall for the 50 free and 25 breast.

Alexa Rivera had a best time in the 200 breast, dropping 2.49 seconds and placed in the top 5 places for 6 of her events.

Emilyn Root had 4 best times with a huge 6.39 second drop in the 50 back, 5.21 second drop in the 50 free and 4.37 second drop in the 50 fly.

Julianna Russell had 2 best times with drops in the 200IM and 200 back. She also placed in 8th place for the 200 back.

Lior Silberman had a best time in the 25 breast and placed in the top 9 places for all her 25 yard events.

Alexandra Slusarenko had an awesome meet with 100% best times dropping 7.09 seconds in the 200 free, over 2 seconds in the 100 back and 100 fly and a huge 24.46 seconds in the 500 free.

Francesca Smith had 4 best times with drops in the 200 free, 50 back, 100 free and a 4.78 second drop in the 200IM.

Hanna Elks Smith had 5 best times with drops in the 50 free, 100 back, 100IM, 100 free and a 5.16 second drop in the 100 breast. Hanna finished in the top 7 places for 5 of her events.

Emily Visconti had 3 best times with a 2.98 second drop in the 200 free, 1.91 second drop in the 50 breast, and 1.88 second drop in the 100 breast.

Bailey Warren swam in 7 events with a 3rd place finish in the 200 fly and three 9th place finishes in the 200 free, 200IM, and 100 fly.

Ashlee Wenzel swam on Saturday only with 2 best times dropping 8.71 seconds in the 50 breast, and a huge 10.77 seconds in the 100IM.

Melody Yates had a best time in the 50 free dropping 4.73 seconds and added 5 new events to her plate doing some 50's and 100 yard events while she is still 8 years old.

Savanna Yates had 5 best times with drops in the 50 breast, 50 free, 100IM, 100 free and a big 12.70 second drop in the 200IM.

Noah Zylberberg had 3 best times with a 5.32 second drop in the 100 back, a huge 27.56 second drop in the 400IM and 1.92 second drop in the 100 free. He also finished in 1st place for the 200 breast.

Pine Crest Swimming and Diving Club News

Congratulations to our only age group-Pine Crest Swimming participant in the ISHOF Rough Water at Fort Lauderdale, January 5—Christine Baker.

Both Christine and her father Jeff, a parent FGC official swam in the Open Water event.

Christine finished in second place for the 11-12 age group.

Alumni Pine Crest Club swimmer, Donald Sutton swam in the 19-24 age group and Jeff Baker swam in the 55-59 both finishing in third place.

Congratulations!



Several of our Swim Coaches will be attending the “Swim Lessons University” Course in March, ASCA Swim Clinic also in March and the ASCA World Clinic in September.

We are constantly keeping our coaching staff up to date with new ideas, techniques, drills and methods and bring them back to the Lessons Program and Club Program to implement.

Our Lessons Program and Novice Group in Fort Lauderdale enjoyed a week of Hot Chocolate and Cookies in the month of January, not that the weather was cold or anything, but a fun way to end the class each day with a special treat.

Our Diving Club in Fort Lauderdale has grown tremendously under the Coaching staff of Janet Gabriel and Steven Lobue.

Some of young divers, Kevin Mendez and Denny Gulia-Janovski, recently participated in the Texas Invitational with fantastic results—Look for the full story on our Diving Club website www.pinecrestdiving.com

Just this last weekend, we had 20 children participate in the 3D Invitational in Jupiter.

Pine Crest Swimming News

Swim Store Supplies:

Silicone Cap	\$15.00
Male Nike Brief	\$32.00
Male Turbo Brief	\$50.00
Female Nike Suit	\$60-\$69
Female Turbo Suit	\$67.00
Team S/S Tshirt	\$12.00
Team L/S Tshirt	\$16.00
Team Towel	\$35.00
Team Sweatshirts	\$30.00
Mesh Training Bag	\$30.00

Competitive Swim Camp:

Our Competitive Overnight & Day Swim Camp in Fort Lauderdale has opened registration.

Check out the website at www.pinecrestswimcamp.com

Mini Swim Camps at Boca Raton campus:

Winter Break (PC School Break)
February 11-15

Spring Break
March 25-29

Please contact our Boca swim office at 561-852-2825 for any questions.



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Pine Crest Swim Camp
 1501 N.E. 62nd Street
 Ft. Lauderdale FL



Aquatics Director:
 Jay Fitzgerald



**14 & Under
PANTHER INVITE
Saturday, February 9 -
Sunday, February 10, 2013**

PINE CREST SWIMMING

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

Volunteers Needed

February

February 9-10

Panther Invitational, Fort Lauderdale

February 14-16

Grand Prix Series, Orlando

February 16

8 & Under Sizzler, Sunrise

March

March 2-3

**Developmental Championships,
Sunrise**

March 8-10

**14 & Under Short Course Junior
Olympics, Coral Springs**

March 14-17

**Southern Zone Sectional
Championships, Fort Lauderdale**

April

April 6

Swim Miami Open Water, Miami

April 19

8 & Under Sizzler, Sunrise

April 19-21

Jupiter Invitational, Jupiter

April 26

8 & Under Sizzler, Pompano Beach