



## June - July Lane Lines Newsletter

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<b>Summer Kickoff</b>	46 Swimmer's attended from Pine Crest
<b>Invite at NPB:</b>	46 Personal Best Times
<b>International</b>	57 Swimmer's attended from Pine Crest & Camp
<b>Classic at SFTL:</b>	89 Personal Best Times
	10 New Junior Olympic Cuts
<b>Area 1 Develop</b>	26 Swimmer's attended from Pine Crest
<b>Champs at FLA:</b>	91 Personal Best Times
	30 New Junior Olympic Cuts
<b>Long Course JO's</b>	34 Swimmer's attended from Pine Crest
<b>at Plantation:</b>	129 Personal Best Times
	1 New FGC and 2 New Club Records

### We finish the Summer with Great Success!

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Pine Crest Swimming was very busy over the summer with a variety of swim camps running for 9 weeks during the summer.

We had over 200 Overnight campers, over 50 Day campers, and well over 100 Rising Star campers from both the Boca Raton and Fort Lauderdale campuses. Along with a team from Tunisia visiting for two weeks.

Many great friendships were formed and fun times by campers and counselors. Wishing everyone a wonderful year and hope to see you back next year!

#### June Birthday Month

David Berman, Brooke Bernstein, Lauren Briggs, Delaney Dardet, Carys Edwards, Konrad Ehmke, Pablo Forero, Hannah Fowler, Sabrina Gornisiewicz, Anton Gueneralov, Nicholas Hediger, Christos Kokinakos, Nikki Marrow, Daniela Munoz, Jacob Silberman, Thomas Veale, Noah Zylberberg

#### July Birthday Month

Alex Behnam, Kate Boroian, Rachel Con-  
tich, Lauren Dawson-Scully, Nikita Dua,  
Ethan Flores, Bella Guzzetta, Kent  
Haeffner, Sasha Hediger, Michael LaBar-  
bera, Dante Macean, Tyla Martin, Daniel  
Morgan, Corrina Mullen, Peter Nathaniel,  
Brian Nudelman, Pete Perri, Liam Riesz,  
Ryan Walter, Savanna Yates, Gabriel Zam-  
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# Novice, White and Green Groups

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## **NPB Summer Kickoff at Plantation, June 9-10**

Pine Crest Swimming attended the Saturday only of this meet with 46 swimmers. Camp was starting on the Sunday, so we took advantage of the morning and afternoon sessions on Saturday.

Christine Baker had two best times with over 3 second drops in both the 200 free and 100 back and finished 9th overall in the 100 back.

Marissa Brannan recently joined Pine Crest Swimming from another team where she swam the 200 free and 200 back and placed 8th overall in the 200 back for the 11-12 age group. Welcome Marissa.

Tiana Brannan also joined PCS with her sister and swam the 200 free and 50 free, Tiana will be a great addition for our 10 & under age group.

Marta Ciesla swam four events with three of them for the first time in long course. Marta finished 6th overall in the 200 back with a new JO cut and 1st in the 50 free dropping more time.

Taylor Collins swam two events with close to her best times in the 200 free and 100 back.

Hank Contich swam three events with a 2.07 second drop in the 200 free, and added two new JO cuts in the 200 back and 400IM.

Jillian Contich swam two events with a 3.98 second drop in the 200 free and finished 6th overall in the 100 fly.

Rachel Contich swam three events with a 1.34 second drop in the 200 free and a huge 21.24 second drop in the 50 fly earning a JO cut.

Brian Farias swam the 50 fly for the first time in long course in the 10 & under age group.

Jamie Flores swam two best times with drops in both the 200 free and 200 back. Jamie finished in the top 3 for all her events.

Mariana Forero swam a best time in the 50 fly and also swam two events for the first time in long course, 200 free and

100 back.

Pablo Forero also had a best time with a 2.81 second drop in the 100 back finishing 5th overall and swam the 200 free for the first time.

Sabrina Gornisiewicz had a best time in the 200 with a 4.25 second drop and swam the 200 back for the first time which placed her 3rd overall.

Stephanie Grau had three best times with a 2.91 second drop in the 200 free, 6.25 second drop in the 200 back and achieved a JO cut in the 50 free. Great job.

Anton Gueneralov had 100% best times with drops in both the 200 back and 50 free. He placed 3rd and 4th overall for the events.

Bella Guzzetta who is only 7 years old, swam the 50 fly for the first time in long course.

Gianna Guzzetta like her younger sister also swam the 50 fly for the first time.

Abby Hart dropped a huge 10.01 seconds in the 100 breast as an 8 year old. Great job.

Bobby Hart like his younger sister also dropped time in the 100 breast with 8.22 seconds.

Jimmy Hart swam two events with a 7.72 second drop in the 200 free and placed 4th overall for the 100 breast.

Rak Hovart swam three events with a huge 9.85 second drop in the 400IM which earned him a JO cut. Rak finished in the top 8 for all his events.

Michelle Lapidot swam the 100 breast for the first time in long course as a 9 year old. Great job.

Amber Lubie swam three events with a best place finish of 7th overall in the 200 back.

Sam McCawley swam the 100 breast for the first time in long course and placed 8th overall in the 10 & under age group.

Corrina Mullen came to race the 200 free only with close to her best time, placing 12th overall in the 12 & under age group.

Marin Mullen swam three best times with drops in the 200 free, 100 fly, and 50 free. She also dropped so much time on the 100 fly that it earned her a JO cut.

Daniela Munoz swam three events with a close to best time in the 100 back and added the 100 breast and 50 fly for the first time in long course.

Julian Munoz also swam three events with a very close to best time in the 100 fly and added the 100 breast and 200 back for the first time in long course.

Lejla Najarro swam two events with a 1.30 second drop in the 100 breast almost breaking that two minute mark.

Jessica Nava swam three events with two best times in the 200 free and 200 back. Jessica placed 2nd overall in the 200 back and 4th overall in the 400IM which was a first time swim in long course.

Joao Vitor Pereira swam 100% best times with drops in the 200 free, 100 fly, and 50 free. Joao also earned JO cuts in both the 200 free and 50 free. Great job.

Tiago Pereira swam three events all for the first time in long course, 200 free, 100 back, and 50 fly in the 10 & under age group.

Tatiana Radulovic swam three events, 200 free, 100 fly and so very close to her best time in the 50 free.

Tesla Radulovic swam two events with close to his best times in both the 200 free and 100 breast where he placed 7th overall.

Alexa Rivera swam two events with close to her best times in the 100 breast and 50 free. Alexa placed 3rd and 2nd in these events.

Rebecca Sadler swam three events with best times in the 200 free and 100 breast where she placed 7th overall.

Kaden Shover also swam three events with best times in both the 100 breast and 50 free where he is getting closer to that 30 second barrier.

## Novice, White and Green Groups

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Alexandra Slusarenko swam two events with close to her best times in both the 200 free and 100 breast. A-train placed 9th overall in the 200 free.

Christian Soderberg swam three events with two best times in the 200 free and 50 free where he achieved JO cuts for both events. He also swam the 100 fly for the first time in long course with PCS.

Sonali Vijay swam the 100 back for the first time in long course and looks forward to trying more events soon.

Emily Visconti swam three events with a 6.57 second drop in the 200 free and 1.91 second drop in the 100 breast.

John Visconti swam three events with a 4.50 second drop in the 100 breast and swam the 200 free and 100 back for the first time in long course.

Lauren Volkodav swam the 100 breast with a 0.32 second drop. Not bad for a 7 year old swimming in the 10 & under age group.

Bailey Warren who aged up recently and is now in the 14 & under age group, dropped time in both the 200 free and 400IM where she placed 3rd overall.

Melody Yates who is also 7 years old, came to race the 50 fly for the first time and looks to improve at the next meet.

Savannah Yates swam two events with both huge drops of 20.43 seconds in the 100 breast where she placed 4th overall and 11.19 seconds in the 50 fly.

Noah Zylberberg swam two best times with a 7.49 second drop in the 100 fly and 8.34 second drop in the 400IM which was a 3rd place finish overall.

### **International Classic at Swim Fort Lauderdale, June 21-24**

Pine Crest Swimming and Pine Crest Swim Camp attended the first International Classic Meet hosted by the new team, Swim Fort Lauderdale. The meet started well but we did get cut short in finals at night for Saturday with a thunderstorm. The Sunday morning events became timed finals while we waited for the torrential downpour and flooding to

stop.

Marissa Brannan swam 7 events with 2 of the events making finals and her 400 free placing 2nd overall and 50 fly finishing 8th overall in a timed final. Marissa had a great 200 free where she dropped more time in finals finishing 5th overall she did it again in the 200IM dropping over 9 seconds from prelims which placed her 3rd overall.

Marta Ciesla swam 5 events with best times across the board. Marta made finals in the 50 fly, 50 back, and of course her signature swim the 50 free where she finished 2nd overall. Marta is now getting ready for JO's and the Zone Team.

Hank Contich who is another Zone Team member competed in 6 events making finals in 5 events. Hank's best finishes were the 50 free for 3rd, 100 breast for 4th and 50 breast for 3rd place. Hank dropped time in prelims and then again at night in finals. Great job.

Jillian Contich swam 6 events with best times in the 100 back, 50 free, 100 breast and 50 breast. Jillian dropped 5.89 seconds in the 50 free to make a JO cut.

Rachel Contich swam 7 events with best times in 4 of those events, 200 free, 100 back, 200IM, and 50 fly. Rachel made finals in the 200 free and finished 8th overall.

Ashley Crouse swam 5 events with a best time in the 50 backstroke dropping .48 seconds.

Jamie Flores swam 5 events in the 13-14 age group after recently being sick. Jamie just missed finals in the 50 back and 200 back.

Sabrina Gornisiewicz swam best times in 4 out of 5 events. Sabrina swam the 800 free on Thursday evening placing 8th overall and dropped time in the 200 free, 100 back, and 400 free. Her 400 free was a new JO cut.

Stephanie Grau swam 5 events with a huge 24.36 second drop in the 400 free and close to her best times in the 50 fly, 50 free, and 50 back.

Anton Gueneralov swam 2 events with

drops in the 50 back and 200 back.

Anton made finals in the 50 back where he finished 8th overall and just missed making finals in the 200 back.

Amber Lubie swam 6 events, the 50 fly, 100 back, 50 free, 50 back, 100 fly, 200 back and will be looking to improve at the upcoming Area 1 Developmental Champs.

Corrina Mullen swam 1 best time in the 100 back, but now Corrina will enjoy her time in Australia with the People to People Program and will return in time for JO's. Have fun and bring us back some "vegemite".

Marin Mullen swam 2 best times with drops in both the 100 and 200 back. Both these events also earned Marin two more JO cuts in the 13-14 age group.

Daniela Munoz continues to improve and had a great meet with 4 best times. Daniela dropped a huge 6.11 seconds in the 100 back and 3.26 seconds in the 100 fly.

Caroline Nava who is now 15 and can't swim JO's anymore, will be focusing on the upcoming Senior Meets. Caroline had 3 best times with a massive 21.17 second drop in the 200 fly and 10.80 second drop in the 200 breast.

Jessica Nava had 13 best times as she improved in prelims and then again at night in finals. Jessica earned first place in the 100 back and 50 fly and loved racing some fast 11-12 girls.

Joao Vitor Pereira had a best time in the 200 free dropping 1.15 seconds and will be looking to do well and add more events in the next meet.

Alexa Rivera had 2 best times with a 6.98 second drop in the 400IM and a drop in the 100 back. Alexa made finals in three events, 100 back, 50 free, and 50 back.

Julianna Russell had a best time in the 50 free and also swam the 400 free for the first time which earned points, finishing 10th overall.

Rebecca Sadler swam 7 events with three of those for the first time, 50 fly, 200 breast, and 50 breast.

# Novice, White and Green Groups

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Christian Soderberg had 2 best times with drops in the 200 free and 50 free. Christian is working hard in practice and will look forward swimming the freestyle events at long course JO's.

Bailey Warren had 5 best times with a huge 20.61 second drop in the 800 free, and a whisker in the 50 free which earned Bailey a new JO cut. Bailey earned points in both the 800 free and 400 free.

Savanna Yates really continues to swim fast with 5 best times, with huge drops of 8.99 seconds in the 50 free, and 10.06 seconds in the 50 breast. Savanna also earned three new JO cuts, 50 free, 50 breast, and 50 fly.

Noah Zylberberg had a solid meet with 4 best times. The best one was the 120.56 second drop in the 1500 free which earned a 4th place overall, this was also a new JO cut. Get ready to swim it again at JO's, Noah!

We also had several of our Senior swimmers final at night earning points: Kaelah Chaney, Gotti Eisenberger, Alex Evenson, Austin Evenson, Casey Francis, Miriyam Ghali, Kent Haeffner, Brittany Hammond, Tyla Martin, Mallory McKeon, Hannah Veale, and Ryan Walter.

Tyla Martin who is still 14 years old, swam in the Senior Group and had a very fast 100 fly finishing in a time of 1:03.59 which not only finished 1st overall, but Tyla earned her first Winter Junior National cut.

## **Area 1 Developmental Championships at FLA, June 6-8**

This meet is the last chance for our swimmers to achieve a new or add more JO cuts to their list of events. Our swimmers did fantastic and were ready to swim their best.

Seth Berke went for only one event, but he got the job done in the 400 free earning himself another JO cut. This also placed him 1st overall in the 10 & under age group.

Brooke Bernstein was on fire with 100% best times and swam in finals at night in

every one of her events. Brooke finished 1st overall for the 50 and 100 freestyle which earned herself JO cuts.

Samantha Blackwood swam in her first long course meet with Pine Crest doing great in the 50 free, 50 back, 50 breast, and 100 free. Congratulations.

Tiana Brannan really stepped it up and had two best times and 4 new JO cuts in the 50 free, 100 back, 200IM, and 100 free. Tiana also swam in 5 events in finals at night.

Marta Ciesla is expanding her range of events with 4 best times and 3 new JO cuts. She achieved JO cuts in the 100 breast, 100 fly, and 200IM and finished in 1st and 2nd place overall for all her events.

Rachel Contich really ended her 10 & under age group with a bang before she turns 11 later this month. She had 4 best times and 5 new JO cuts. Rachel finished 1st overall in the 100 breast, 400 free, and 50 breast and placed in 2nd, 3rd, and 4th overall in all her other events.

Mariana Forero had 5 best times with a big drop of 5.08 seconds in the 50 back which earned a new long course JO cut. She also dropped time in the 50 free, 50 fly, and 100 back. Great job.

Pablo Forero had 3 best times and 2 new JO cuts in the 50 free and 100 free. He finished in the top 5 for all his events even swimming the 50 back for the first time.

Sasha Hediger swam 6 events, all for the first time in long course and did great. Next time she will look to improve and get closer to those JO cuts.

Sophia Kabbej swam 2 events with a drop in the 50 free and ever so close to her best time in the 100 breast. Keep it up Sophia.

Sophia Lieuw-Kie-Song swam 3 events, all for the first time in long course and looks to beat these times soon. Sophia is 8 years old and swam in the 10 & under age group.

Amber Lubie swam 6 events looking to get her first JO cut. She did so by dropping 12.17 seconds in the 400IM and breaking that 6 minute barrier and earn-

ing a new JO cut. Awesome.

Sam McCawley liked the idea of the short course JO cuts and decided why not long course. He did just that earning new JO cuts in the 50 and 100 free and finished in the top 5 for all his events.

Daniela Munoz swam 7 events and dropped time in the 100 fly and 50 fly. She earned new JO cuts in the 100 fly where she finished 1st overall and the 400 free which was a first time swim.

Julian Munoz swam 7 events with drops in the 50 free, 100 fly, 50 fly, 100 free, and 200IM. He made finals in several events and finished in 2nd place for the 50 back.

Jackie Nava swam 6 events with a drop of 5.56 seconds in the 50 free and made finals in the 100 fly and 200IM which were first time swims in long course. Great job.

Jessica Nava has all her JO cuts except in the 200 fly which was her only event at this meet. No problem, Jessica not only cut her JO cut but also finished 1st overall.

Tatiana Radulovic swam 6 events with best times in the 50 free, 50 fly, and 100 free which were all double swims, meaning prelims and final swims.

Tesla Radulovic was on fire with 100% best times and earned 2 JO cuts in the 100 breast and 100 free. He finished in 1st place overall in the 50 breast and 100 breast.

Julianna Russell came to the meet to solely swim that long 1500 freestyle for the first time doing a great job and finishing 2nd overall.

Rebecca Sadler also had a great meet with 7 best times and a huge 17.77 seconds off her 200IM and placed in the top 8 for finals in the 50 fly, 200IM and 100 free. She earned a JO cut in the 200 back, awesome.

Kaden Shover swam to 100% best times and finished in the top 8 for all his events. He added new JO cuts to his resume in the 50 free and 100 free.

## Novice, White and Green Groups

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Francesca Smith who didn't seem long ago was taking lessons, earned herself another JO cut in the 100 free and finished 2nd overall. She had 100% best times and swam the 400 free for the first time.

Emily Visconti was another swimmers who had 100% best times and had an incredible 11.42 second drop in the 200 free. Emily made finals for the first time in the 50 free and placed 5th overall.

John Visconti had fun dropping heaps of time with a massive 24.57 seconds in the 100 free, 8.06 seconds in the 50 breast and made finals in the 200 free finishing 7th overall.

Lauren Volkodav who is still 7 years old had great experience swimming in the 10 & under age group. She dropped 1.08 seconds in the 100 breast and swam the 50 free, 50 breast, and 100 free long course for the first time.

### **Southern Zone Sectional Championships at Swim Fort Lauderdale, July 12-15**

Pine Crest had 10 swimmers attend this meet which is a qualifying meet only.

Congratulations to the following swimmers: Alex Behnam, Thomas Doolittle, Gotti Eisenberger, Austin Evenson, Madisyn Lyons (camper), Mallory McKeon, Caroline Nava, Hannah Veale, Ryan Walter, and Joseph Yakymiw.

### **FGC 14 & Under Long Course Junior Olympics at Plantation, July 20-22**

This is our end of summer Championship Meet with many exciting swims. We had 34 swimmers participate from Pine Crest Swimming.

Pine Crest finished in 2nd place overall for the Girls Scores, and 3rd place overall for the Combined Team Scores.

We also had two new records, they both happened on Friday night during Finals. The 13-14 Girls 200 freestyle relay broke both the FGC and Club Record with a time of 1:51.68 with Marta Ciesla, Alexa Rivera, Jamie Flores,

and Sabrina Gornisiewicz. Our 13-14 Boys 200 freestyle relay broke the club record with a time of 1:46.40 with relay members: Hank Contich, Anton Gueneralov, Noah Zylberberg, and Rak Hovart.

Seth Berke had an amazing weekend with 100% best times. His biggest drops were in the 200 free and 200IM where he dropped over 6 seconds. His best finish was the 50 free with a 1.76 second drop and placed 9th overall which was 1st alternate.

Brooke Bernstein also had best times with drops in the 50 free, 50 back, and 100 free. Brooke was also part of the important relays that scored valuable points.

Marissa Brannan who is still unattached Pine Crest swam the 200 back and 100 back, just missing finals with 9th place, placing 4th in finals in the 200 free, 3rd in the 200IM, and 2nd place in the 100 free with an amazing time of 1:04.92. She also swam the 1500 mile finishing 2nd overall. We can't wait till Marissa is attached and can swim relays.

Tiana Brannan also unattached, swam the 400 free dropping over 14 seconds, and did great in the 100 back, 200IM, 100 free.

Marta Ciesla was swimming fast all weekend with best times across the board. Marta made finals in five of her events and finished 1st overall in the 50 free, 50 fly, and 50 back. Marta was also part of the fast record breaking relay.

Hank Contich enjoyed his last JO meet with best times everywhere. Hank finished 3rd overall in the 200 breast and 50 breast, and 2nd overall in the 100 breast and 50 free. He was also part of the 13-14 boys record breaking relay.

Jillian Contich also had 100% best times with a huge 5.27 second drop in the 100 back and 4.01 second drop in the 200IM. Jillian was so close to making finals in the 50 fly finishing in 9th overall. Jillian was part of the 13-14 relay teams.

Ashley Crouse qualified for five events for JO's and had a best time in the 100 back dropping 1.04 seconds.

Jamie Flores had a lot of best times with drops in the 200 back, 50 free, 200 free, 100 back, and 50 back. Her best place finishes were in the 200 back for 3rd overall and 50 back for 2nd overall. Jamie was also part of the record breaking relay.

Mariana Forero who is still 9 years old, swam in her first JO's in the 50 back doing a great job.

Pablo Forero focused on his specialty JO events in the 50 free and 100 free doing a great job.

Sabrina Gornisiewicz was swimming fast with 100% best times. She made finals in the 400 free, 200 free, and 100 free earning valuable points. Sabrina was also part of the record breaking relay team.

Stephanie Grau swam her three JO qualifying events in the 50 free, 50 fly, and 100 free, doing a great job.

Anton Gueneralov had a great meet with drops in all his events. He dropped a huge 10.54 seconds in the 200 free and made finals in the 50 back where he placed 3rd overall and 100 back where he placed 5th overall. Anton was also part of the record breaking relay.

Rak Hovart had a great weekend with big drops in the 200 back with over 9 seconds, 400 free with over 7 seconds and 200 free and 100 back with over 4 seconds off his best time. Rak was also part of the record breaking relay.

Amber Lubie had a very good meet with drops in the 200 back, 100 fly, 50 fly, and 100 back. She also made finals in the 200 back for the first time earning team points. Amber was also part of the 13-14 relays earning valuable points.

Sam McCawley swam in his first long course JO's doing a great job. He dropped time in the 50 breast and 100 free. Sam was also part of the 10 & under boys relay teams.

Corrina Mullen just got back from her trip to Australia but still swam in her three qualifying events dropping time in the 100 free. Great job.

## Novice, White and Green Groups

Marin Mullen swam in seven events with drops in the 50 free, 200 free and 100 back. She made finals in the 100 breast earning team points. Marin was also part of the 13-14 relay teams.

Daniela Munoz had a good meet with drops in the 50 free, 200 free, 50 back, and 100 free. Daniela was also part of the 10 & under girls relay teams.

Julian Munoz swam in his JO event of the 50 fly with a 1.84 second drop. The fly is also what Julian swims for the 13-14 relay medley relays.

Jessica Nava is one of the best 12 year olds in the country and she didn't back down once earning four 1st places overall. She also placed 3rd overall in the 200 free and 200 fly. Jessica received the Runner-Up High Point Award. Congratulations.

Tatiana Radulovic swam in her JO event of the 50 fly dropping time. Tatiana gives it her best even though she is half the size of her 13-14 year old competitors.

Tesla Radulovic who is still 9 years old enjoyed his first long course JO's with best times in the 100 breast and 50 breast where he finished so close to the spots needed for finals. Tesla also swam on the 10 & under boys relay teams.

Alexa Rivera had fun focusing on the sprint events with best times in the 50 free and 100 back. She finished 2nd overall in the 50 free which was a 1-2 for PC and earned points in the 50 back as well. Alexa was part of the record breaking relay team.

Julianna Russell dropped time in five of her events with a huge 35.52 second drop in the 1500 free. She was so close to the top 8 with a 9th place finish in the 400 free and 1500 free and was also part of the 11-12 relay teams.

Rebecca Sadler swam in her last JO meet and last meet with Pine Crest Swimming. Unfortunately she will be missed greatly by everyone as she heads to California after the meet. Rebecca swam 100% best times with drops in the 50 free, 100 breast, 50 fly, 100 back, 50 back, and 50 breast.

Kaden Shover loves the sprint events for the free and breast. He swam a best time in the 50 free and will enjoy another year in the 13-14 year old age group.

Alexandra Slusarenko swam great times with a huge 15.67 second drop in the 100 back and 4.05 second drop in the 100 free. T-train ages up soon and will be swimming in the very competitive 13-14 age group at the next meet.

Francesca Smith enjoyed her first long course JO's swimming the 50 free and 100 free. She was also part of the 10 & under girls relay teams.

Hanna Elks Smith swam four best times with drops in the 50 free leading off the 10 & under relay, 100 back, 50 back, and 100 free. Hanna is still only 9 years old, so we are lucky to have her for a little longer in the 10 & under age group.

Christian Soderberg had a breakout meet with best times in all his freestyle events, 50 free, 100 free and 200 free. He works hard in practice and looks forward to possibly being on the 13-14 relay teams at Winter Champs.

Bailey Warren swam great with drops in the 100 breast, 200 free, 200 breast, and of course her well known event, the 1500 free where she dropped 18.21 seconds. This event also placed her 2nd overall earning points. She was also part of the 13-14 relay teams.

Noah Zylberberg swam 100% best times with a huge 10.63 second drop in the 400 free and 37.56 second drop in the 1500 free. The 1500 free was earned team points as he placed 5th overall. He was also part of the record breaking relay.

### Senior Championships at Coral Springs, July 27-29

Congratulations to the swimmers that attended this meet which required qualifying times. We had a small group attend as some of our swimmers were in Russia or were busy helping with camp.

Austin Evenson, Caroline Nava, Hannah Veale and Joseph Yakymiw.

## High School Season

### September

14-15 —Bolles, Jacksonville

19—American Heritage

21—Boca High & Ransom Everglades

29—Woodson Invitational

### October

3—Gulliver Prep & Miami Country Day

5—Saint Andrews

10—University School

17—North Broward Prep & Belen

19—Westminster Academy

20—Cardinal Gibbons

25—District Championships

### November

3—Regional Championships

10—State Championships

These dates are subject to change.

## Congratulations

Josefine Richter swam in a meet in Germany in June and placed one 1st, two 2nd's, and one 4th place for her events.



## US-Russia Bilateral Presidential Commission

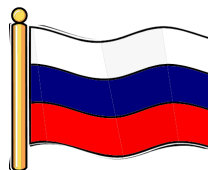
Pine Crest was chosen by USA Swimming and the US State Department for their US-Russia Bilateral Presidential Commission.

Several of our Senior swimmers, along with Coach Jay left on July 12 to first travel to Washington DC for a briefing and meet with other swimmers from around the US and then continue to Moscow for 13 days of training and cultural activities.

Twenty youth athletes and four coaches were chosen. Along with Coach Jay were: Kaelah Chaney, Alex Evenson, Casey Francis, Miriyam Ghali, Brittany Hammond, Kent Haeffner, Anastasia Hediger, Tyla Martin, and Lindsey Swartz.

They stayed in the Olympic Training Center just north of Moscow and did visit places such as the Kremlin and attend a Reception at the US Embassy.

Both Pine Crest Swimming, EmbroideMe and Nike provided some goodies for our team to wear with pride and also exchange with our new friends in Russia.



## Pine Crest Diving News

Our own Coach Steven Lobue has had a busy summer with stops around the world as he participated in the Red Bull Cliff Diving.

Our young divers: Kevin Mendez and Denny Gulia-Janovski who are both in 3rd grade at Pine Crest School are participating in the "2012 USA Diving Junior Nationals" on August 4-10 in Greensboro, North Carolina.

Coach Janet Gabriel was busy this summer attending several Diving Meets and running the Competitive Overnight and Day Diving Camp here at Fort Lauderdale. Part of the program this summer was the special guest coach for a few weeks of the camp "Dick Kiimball" who coached the USA Olympic Diving Team during the 1980's and 90's.



Hope you had a great summer, see you in a few weeks.

Green & Senior Group—Optional one training session a day during the week of August 6.

#### **PINE CREST SWIMMING**

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

Novice Groups restart—Week of August 20 (Boca & PCFL)

Age Groups restart—Week of August 13 (PCFL)

Age Groups restart—Week of August 20 (Boca)

Senior Group restarts—Week of August 13 (PCFL)

All Swim Lessons restart—Week of September 3



## **August**

### **August 7-11**

US Open, Indianapolis, IN

### **August 13-17**

Junior Nationals, Indianapolis, IN

## **September**

### **September 14**

8 & Under Sizzler, Sunrise

### **September 21-22**

FG Invitational, Martin County

## **October**

### **October 12**

8 & Under Sizzler, Pine Crest Fort Lauderdale

### **October 19-21**

FG Invitational, Lake Lytal