

Volume 51, Issue 51

March 2012



PINE CREST SWIMMING

Pine Crest Lane Lines

March Lane Lines Newsletter

March Sizzler: 19 Swimmer's attended from Pine Crest
29 Personal Best Times

14 & Under 49 Swimmer's attended from Pine Crest

Junior Olympics: 263 Personal Best Times
19 New Club Records, 2 New FGC Records
1 New FG Open Record

Southern Zone 18 Swimmer's attended from Pine Crest

Sectional Champs: 60 Personal Best Times

Follow Pine Crest Swimming!

With camp just around the corner, we are very active in our Social Networking sites to stay contacted with everyone.



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March Birthday Month

Marcel Betschart, Rachel Blieden, Christopher Colgan, Taylor Collins, Konrad Eisenberger, Brian Farias, Isabella Fine, Jamie Flores, Alana Friedlander, Abigail June, Matthew Kronengold, Amber Lubie, Jessica Nava, Nicole Nudelman, Matthew Petreski, Chloe Reeves, Annabel Seidemann, Sonali Vijay

Novice, White and Green Groups

Winter Sizzler at Pompano Beach, March 2

19 swimmer's attended the local Sizzler held at the Pompano Beach Aquatics Center. A windy evening but exciting as the Pine Crest swimmers really did show us some beautiful swimming.

Congratulations to our first time swimmers who attended their first swim meet—Clarice DeMayo, Tiago Pereira, Anna Zaniolo and Giancarlo Zaniolo.

Jake Contich continues to improve with 100% best times and placing 2nd overall in the 25 back and 25 free.

Nikita Dua swam all four events with a best time in the 25 fly with a 1.21 second drop. Nikita also swam in our girls relay later that night.

Brian Farias enjoyed his last Sizzler as he turned 9 the very next day. Brian finished in the top 9 for all his events and had a best time in the 25 breast.

Bella Guzzetta swam all four events with a smile on her face all night. Bella enjoyed hanging out with the girls.

Danny Jordan had a great 25 fly dropping 7.37 seconds and also had a best time in the 25 back with a 1.82 second drop.

Victor Lago had 100% best times with a best place finish of 6th overall in the 25 breast. Victor also swam in the relay later that night.

Sophia Lieuw-Kie-Song swam in her second meet with times very close to her best. Sophia is eager to swim more.

Daniel Morgan likes to swim his specialty events of 25 back and 25 free. Daniel finished 1st overall in the 25 back for the Boys 6 & Under.

Adrian Najarro had two best times with drops in the 25 back and 25 free. Adrian finished 9th overall in the 25 free.

Julia Podkoscielny is really getting excited as she now swims in the 8 & Under Girls with a 3.75 second drop in the 25 fly, 1.19 second drop in the 25 back and 1.12 second drop in the 25 free.

Alan Shkop had 100% best times with a

huge 5.20 second drop in the 25 back and another 5.30 second drop in the 25 free.

Hanna Elks Smith had a best time in the 25 back and placed in the top 7 for all her events. She will now be going to the Junior Olympics to swim in the 10 & Under Age Group.

Lauren Volkodav had three best times with a 3.27 second drop in the 25 fly and drops in the 25 back and 25 breast. Good job.

Ashlee Wenzel had 100% best times as she swam in her second Sizzler. Ashlee had a 2.27 second drop in the 25 back and 2.43 second drop in the 25 breast.

Shea Whitacre also had 100% best times with a 3.70 second drop in the 25 fly and 2.18 second drop in the 25 back. Shea finished in the top 8 places for all her events.

14 & Under Junior Olympics at Coral Springs, March 9-11

Pine Crest Swimming took 49 swimmers to this years JO's with one of the strongest teams ever.

Jack Anderton qualified for 7 events and had 3 best times in the 50 free, 200 free and 100 free. Jack was also part of both the 10 & under boys relays on Saturday night.

Seth Berke had 100% best times with a huge 4.92 second drop in the 100 back and 2.81 second drop in the 100 free. Seth was also part of both the 10 & under boys relays.

Brooke Bernstein had 100% best times with drops in both her 50 free and 100 free events. Brooke was also part of the 200 and 400 freestyle relays that scored vital points for the team.

Marta Ciesla had 100% best times with improvements in prelims and then again in finals at night. Marta was part of the 1-2-3 for Pine Crest in the 50 free going an incredible 23.85 placing 2nd overall. Marta also finished 4th in the 50 back and 6th in the 100 free.

Hank Contich was ready to race with

100% best times and making finals in all his events. Hank was JO Champion in the 50, 100 and 200 breast and broke the club record for all three events. Hank was also part of the three relays that also broke the club records.

Jillian Contich had 6 best times with a 1.13 second drop in the 50 free making finals and finished 9th place overall. Jillian was also part of the 13-14 relays teams that scored points.

Rachel Contich had 7 best times with a 4.08 second drop in the 200 free and made finals in 3 events. Rachel finished 6th in the 50 free, 9th in the 500 free, and 9th in the 200 free.

Ashley Crouse had a best time in the 50 free and was part of the 200 and 400 freestyle relay teams scoring points.

Konrad Ehmke swam in his first JO's qualifying for the 50 free. Konrad also anchored the medley relay for the 10 & under boys.

Jamie Flores swam fast in her last 11-12 age group as she celebrated her 13th birthday on the last day of JO's. Jamie had 14 best times and was JO Champion for the 50 free and 100 free. Jamie was also part of the 400 free and 400 medley relay teams that broke the club records.

Miriyaam Ghali had an outstanding meet with 12 best times and making finals in all seven of her events. Miriyaam was the JO Champion for the 50 back and was part of the FGC record breaking relay 200 freestyle relay for 13-14 girls.

Sabrina Gornisiewicz was on fire with 100% best times making finals in four events. Sabrina wanted to make the All-Star team and did so on Sunday with a 2nd place finish in the 1650 free and a 5th place finish in the 100 free in a time of 54.57. Sabrina was also part of the important relay teams.

Novice, White and Green Groups

14 & Under Junior Olympics at Coral Springs, March 9-11

Ryan Graff had 100% best times with a huge 12.81 second drop in the 200 breast finishing 4th place overall and also making finals in the 50 and 100 breast. Ryan was part of the "A" team relays that broke three club records.

Stephanie Grau had 100% best times with drops in the 50 free, 50 fly and 100 free. Stephanie was also part of the "B" 800 freestyle relay team that scored vital team points.

Anton Guneralov had a fantastic meet with drops in all his events. Anton made finals in the 200 back, 100 back and 50 back. Anton was also part of the "A" team relays that broke three club records.

Jimmy Hart had time to swim fast during his brother's birthday weekend. Jimmy dropped time in his 50 and 100 breaststroke events.

Nicholas Hediger had 100% best times with a huge 12.61 second drop in the 400IM. Nicholas was so close to making finals in the 200 breast placing him 11th overall which was 1st alternate.

Rak Hovart had a crazy fast weekend with 100% best times. Rak dropped 10.89 seconds in the 500 free and made finals in the 100 back and 50 back. Rak was also part of the "A" relay team that broke three club records.

Kyra Jovanovski attended her first JO's with two events. Kyra dropped 1.51 seconds in the 50 free and was part of the 200 freestyle relay team for 10 & under girls.

Amber Lubie had 6 best times with drops in the 50 back and 200 back where she placed 9th overall in finals for both events. Amber also lead off the 400 medley relay with a personal best time of 1:03.31.

Tyla Martin swam in her last JO's and was the JO Champion with a great time of 25.98 in the 50 fly breaking the club record. Tyla was also part of 3 of the relays teams that broke the club records.

Sam McCawley swam in his first JO's with a great team spirit to help Pine

Crest earn lots of points. Sam had a best time in the 50 free and then was the anchor on the 200 freestyle relay team for the 10 & Under boys which placed 5th overall.

Corrina Mullen had 4 best times with a 5.00 second drop in the 500 free. Corrina anchored the 11-12 girls 200 medley relay which placed 8th place overall.

Marin Mullen had 9 best times with a 6.04 second drop in the 200 back and made finals in 3 events. Marin placed 3rd place in the 100 breast and was part of 200 medley relay that broke the club record.

Daniela Munoz had 100% best times with a 8.99 second drop in the 500 free and 5.48 second drop in the 200 free. Daniela was also part of the 200 free and 200 medley relays for 10 & under girls.

Caroline Nava had the meet of her life. Caroline was JO Champion for the 50 free, 100 fly, 200 free, and 100 free. She became the first 14 & under girl in the history of the FGC to break 23 seconds and is currently ranked number one in the country. Her time of 22.91 broke the FGC record, FG Open, and both the 13-14 and Senior club records.

Jessica Nava did not want to be outdone by her big sister and was JO Champion for 6 out of 7 events. Jessica's times in the 200 back and 200 free place her number one in the country for her age. She also broke the club records for the 100 fly, 200 back, and 50 fly.

Crystal Navellier had 100% best times with a 2.96 second drop in the 50 free and broke 30 seconds for the first time. She was also part of the 400 free, 200 medley and 200 free relays earning valuable team points.

Brian Nudelman swam in his first JO's for Pine Crest with a best time in the 50 free. Brian will still be able to swim the summer JO's as a 12 year old.

Joao Vitor Pereira swam in his first JO's for Pine Crest with 5 best times. Joao dropped 2.43 seconds in the 100 free and was part of the "B" relay teams for 13-14 boys.

Matthew Petreski was our outstanding 10 & under boy. He made finals in 6 out of 7 events and was JO Champion in both the 50 free and 50 breaststroke. Matthew was also part of the 10 & under boys relay teams.

Tatiana Radulovic qualified for JO's in the 50 fly and swam close to her best time. Tatiana always comes to meets with a big smile ready to race against girls twice the size of her.

Tesla Radulovic swam in his first JO's with a best time in the 50 breast, dropping .68 seconds. Tesla is only 9 and we look forward to next year's JO's when he has more events.

Alexa Rivera is quiet but inside was fired up to swim fast. She had 100% best times with all of her events making finals. Alexa was part of the 1-2-3 dominating race of the 50 free finishing 3rd with a time of 24.55. She was also part of the 200 free relay that broke the FGC and club record and 400 medley that broke the club record.

Julianna Russell also had 100% best times with a 5.90 second drop in the 500 free and 44.40 second drop in the 1650 free which placed her 9th overall. She was also part of the three important "B" relay teams for 11-12 girls.

Rebecca Sadler had 4 best times with a great 3.69 second drop in the 100 breast. She also made finals in the 50 breast finishing 8th overall. Becca was also part of the 200 freestyle relay which placed 3rd overall.

Kaden Shover had 6 best times with a 1.58 second drop in the 100IM and a 1.31 second drop in the 50 breast making finals and finishing 10th overall.

Alexandra Slusarenko had 100% best times with a huge 5.21 second drop in the 200 free and 1.71 second drop in the 100 free. A-train was part of the important 200 free, 400 free, and 200 medley relays.

Hanna Elks Smith who is only 8 years old qualified for 4 events, swimming a best time in both the 50 free and 100 free. Hanna was also part of the 10 & under girls relays. We look forward to the next two years of JO's.

Novice, White and Green Groups

14 & Under Junior Olympics at Coral Springs, March 9-11

Christian Soderberg qualified in the 50 free and swam so close to his best time. Christian is still 13 years old, so he has another year of JO's.

Bailey Warren had 4 best times and also making finals in all 7 of her events. Bailey who excels in the distance events finished 3rd in both the 500 free and 1650 free. Bailey was also part of the club record breaking 400 free and 400 medley relays.

Savanna Yates has been continuing to improve at every meet and these JO's were no different. She had 100% best times making JO's for the first time and making finals in the 50 breast placing 5th overall. Savanna swam on the 10 & under girls relay teams and also qualified for the All-Star team.

Alexis Yribarren had 4 best times with a huge 10.74 second drop in the 1650 free. She has made finals in the 50 free placing 10th overall. Alexis was part of the club record breaking 400 free and 400 medley relays.

Noah Zylberberg had 7 best times with a huge 41.19 second drop in the 1650 free where he placed 7th overall. He was also part of the 13-14 relay teams. Noah is 13 years old and has another year of JO's.



Southern Sectionals

Congratulations to our swimmers that participated in the recent "2012 Spring Southern Zone Sectional Championships" in Orlando, March 15-18. We had a total of 60 personal best times and with Combined Team points, finished 5th overall.

Alex Behnam, Alana Berrocal, Marcel Betschart, Delaney Brock, Kaelah Chaney, Thomas Doolittle, Alex Evenson, Austin Evenson, Casey Francis, Niklas Friederici, Kent Haefner, Brittany Hammond, Mallory McKeon, Caroline Nava, Michal Rokita, Hannah Veale, Ryan Walter, and Joseph Yakymiw.

Special recognition goes to the swimmers who finished in the top 8 of finals at night for their individual event: Alana Berrocal, Austin Evenson, Casey Francis, Brittany Hammond, and Michal Rokita.

Our girls relay team finished in 3rd place in four out of the five relays. Alana Berrocal, Casey Francis, Brittany Hammond, Mallory McKeon, and Hannah Veale.

Pine Crest is ready for the Summer!

Pine Crest Swimming has five options for the summer:

1. **Overnight Competitive Swim Camp** at Fort Lauderdale. Starts June 10, 2012. (Age Group & Senior)
2. **Day Competitive Swim Camp** at Fort Lauderdale. Starts June 11, 2012 (Age Group & Senior)
3. **Rising Star Swim Camp at Boca Raton.** Starts June 4, 2012 (Lessons, Novice & Age Group)
4. **Rising Star Swim & Dive Camp at Fort Lauderdale.** Starts June 4, 2012 (Lessons & Novice)
5. **Weekly Summer Swim Lessons** at both campuses. Starts June 4, 2012.

Check out the camp website at
www.pinecrestswimcamp.com

Also our new Diving website at
www.pinecrestdiving.com

Pine Crest Swimming News

Swim Shop Supplies:

Latex Team Cap	\$6.00
Silicon Team Cap	\$15.00
Nike Goggles	\$17.00
Male Jammers	\$45.00
Female PC Suit	\$54.00
Team T-Shirt	\$12.00
Long Sleeve T-Shirt	\$16.00
PC Mesh Bag	\$30.00
Fins	\$25.00
PC Swim Towel	\$35.00

Internal Mini Meet at Boca Raton

We are gearing up for our 5th Annual Mini Meet on Saturday, May 12. This is offered for all the children in our Lesson Program and Novice Program from both campuses. Every child who participates will receive a ribbon for each race.

Sign-Up Now! Call the swim office for more information or look for the emails.



PINE CREST SWIMMING

BBQ & FUN DAY

Appreciation BBQ For:

Lessons/Novice/Age Group/Senior Group

**Swim Families in
the Pine Crest
Swimming Program**



**Waterslide. Games. Fun!
Food. Drinks. Snacks.**



**Saturday
May 12, 2012
12 noon-3:00 pm
Pine Crest Boca Campus**

**RSVP to boca.swim@pinecrest.edu or call 561-852-2825
swimming@pinecrest.edu Fax: 954-492-4169**



Please Return form to the Swim Office Boca Raton or Ft. Lauderdale

SWIMMER NAME: _____

NUMBER ATTENDING: (Family included) _____

PC SWIMMERS WHO QUALIFIED FOR THE FGC ALL STAR TEAM

PINE CREST SWIMMING

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Marta Ciesla

Hank Contich

Rachel Contich

Jamie Flores

Miriyam Ghali

Sabrina Gornisiewicz

Ryan Graff

Anton Gueneralov

Tyla Martin

Marin Mullen

Caroline Nava

Jessica Nava

Matthew Petreski

Alexa Rivera

Bailey Warren

Savanna Yates

Our own coaches will also join the All Star Team:
David Rodriguez—Head FGC All Star Team Coach,
and 13-14 Boys Coach
Andrea Guevara—10 & Under Girls Coach

April

April 13-15

FG Invitational, Jupiter

April 20

8 & Under Sizzler, Sunrise

April 21

Swim Miami—Open Water, Miami

April 28-29

Area 2 Developmental, Davie

May

May 10-12

Grand Prix Series, Charlotte, NC

May 12

Team BBQ & Mini Meet

May 12

Fran Crippen Memorial—Open Water,
Fort Lauderdale

May 18

8 & Under Sizzler, PC Fort Lauderdale

May 18-20

FG Invitational, Coral Springs

June

June 8-10

FG Invitational, NPB at Plantation

June 8-10

Mutual of Omaha SwimVitational, NE

June 21-24

Swim Fort Lauderdale International
Classic, Fort Lauderdale

June 25—July 2

US Olympic Trials, Nebraska