

Volume 60, Issue 60

March 2013



PINE CREST SWIMMING

Pine Crest Lane Lines

March Lane Lines Newsletter

Developmental 36 Swimmer's attended from Pine Crest
Champs: 155 Personal Best Times

Junior Olympic 36 Swimmer's attended from Pine Crest
Champs: 207 Personal Best Times
9 New individual Club Records
4 New relay Club Records
1 New FGC Record

FGC All Star Team!

Marissa Brannan, Marta Ciesla, Julia Chui, Sabrina Gornisiewicz, Anton Gueneralov, Michael (Rak) Hovart, Daniela Munoz, Halie Murphy, Jessica Nava, Crystal Navellier, Joao Vitor Pereira, Tesla Radulovic, Alexa Rivera, Bailey Warren, Savannah Yates, Noah Zylberberg.

These swimmers were selected for the Florida Gold Coast Team that will travel to Fort Pierce and swim against our state rival LSC, Florida Swimming.

Good luck!

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March Birthday Month

Taylor Collins, Bella Egizi, Brian Farias, Zoe Fermanian, Isabella Fine, Bobby Hart, Jackie Kaskel, Matthew Kronengold, Amber Lubie, Jessica Nava, Nicole Nudelman, Matthew Petreski, Chloe Pezaris, Chloe Reeves, Athan Riesz, Sam Rosenthal

Novice & Age Groups

Developmental Championships at Sunrise, February 2—March 4

This Championship meet ends the season for our non-JO swimmers with a prelims and finals format and also gives the children a last chance to qualify for their first or add more JO cuts to their resume. We had 36 brave swimmers who stepped up to the challenge of the extremely cold and miserable weather to bring back 155 personal best times and 26 NEW JO cuts.

Sophia Alvarado had 3 best times with drops in the 50 fly, 50 free, and 50 back. She also swam the 100 breast and 100 free for the first time.

Christine Baker had 7 best times, with 4 of the events making finals at night. She added three more JO cuts, 50 free, 100 free and swimming the 1650 free for the first time where she not only got a JO cut but placed 1st overall.

Seth Berke had 5 best times with a 5.95 second drop in the 100 fly which was a new JO cut and placed 2nd overall and made finals in 4 of his events. A drop in the 100 free was also a new JO cut.

Lauren Briggs swam on Saturday only with 2 best times with a 2.52 second drop in the 100 breast and 0.41 second drop in the 50 free.

Carter Carlson had 2 best times with drops in the 50 fly and 50 breast where he placed 2nd in both events. Good job on making your first JO cut in the 50 breast.

Christian Carlson had 3 best times with drops in the 50 free, 100 free, and 50 breast. He made finals in the 100 free, 50 back, and placed 2nd overall in the 50 breast.

Karina Charanjiva had 4 best times with drops in the 50 free, 200 free, 100 free, and 50 breast. Great job.

Taylor Collins had 3 best times with drops in the 100 back, 50 free, and 200 free. She made finals in the 50 free placing 6th overall and 200 free placing 7th overall.

Jake Contich had a fantastic meet with 100% best times. He dropped in all 7 of his events with a significant drop of 7.20

seconds in the 100 free. Jake returned to finals at night in the 100 breast, 50 free, 50 back and 50 breast. Awesome.

Rachel Contich was also on fire with 9 best times. She made finals in the 50 fly placing 4th overall and a new JO cut, 100IM placing 3rd overall and a new JO cut, 200IM placing 3rd overall and a new JO cut and 100 fly placing 1st overall and another new JO cut.

Max Dudak attended his first Developmental Champs swimming the 50 free for the first time. Hopefully the next meet will be a little warmer for him.

Noemi Fekete had 2 best times with drops in the 100 breast where she earned a 1st place and new JO cut, and dropped 3.68 seconds in the 100 fly. She swam the 50 free and 200 back for the first time, earning new JO cuts.

Isabella Fine had 4 best times with drops in the 100 breast, 100IM, 100 free, and 50 breast. She made finals in the 100 breast, placing 5th, 50 free, placing 7th, 100 free, placing 6th, and 50 breast, placing 5th overall.

Hannah Fowler had 100% best times with a 6.30 second drop in the 100 free, 7.92 seconds in the 50 back, and 4.21 seconds in the 50 breast. She also made finals in the 50 back, placing 7th overall.

Bella Guzzetta had 2 best times with a huge 16.62 second drop in the 50 fly, and 2.75 second drop in the 100IM. Great job.

Abby Hart had 100% best times also with huge drops of 15.99 seconds in the 100 breast, 4.66 seconds in the 50 free, and 15.01 seconds in the 100IM. Wow.

Jimmy Hart loves to race the freestyle and breaststroke events. He made finals in the 100 breast, 50 breast, and placed 1st overall in the 200 breast.

Chloe Jones had 2 best times with drops in the 100 breast and 200 free. She made finals in the 200 free and placed 7th overall.

Kyle Jones had 7 best times with drops in the 50 free, placing 4th overall, 200 free, placing 6th overall, 100IM, placing 5th overall, 100 free, and 50 back.

Sophia Lieu-Kie-Song had 2 best times with a 2.29 second drop in the 50 fly and 0.54 second drop in the 50 free. She also swam the 100IM for the first time.

Christopher Martinez had 2 best times with a 1.19 second drop in the 100IM, and 1.84 second drop in the 100 free. He made finals in the 100 breast where he placed 8th overall.

Jeremy Morris dropped 2.22 seconds in the 100 breast and looks forward to swimming long course with not as many turns.

Corrina Mullen had 8 best times and a new JO cut in the 100 back. She made finals in the 100 back, 50 back, 100 fly and placed 5th in the 200 back.

Julian Munoz had 100% best times with a great 100 back placing him 1st overall and made finals in the 50 free, 100 free, 50 back, and 100 fly. He dropped time across the board and edged that much closer to the JO cuts.

Lejla Najarro had 3 best times with drops in the 50 fly, 100 free, and 100 fly where she also reswam them at night in finals. Her best place finish was the 50 fly with a 3rd place overall.

Crystal Navellier had 3 best times with a 4.76 second drop in the 100 back where she placed 3rd overall and a new JO cut, and a 1.69 second drop in the 100 breast.

Tiago Pereira had 6 best times with a 3.38 second drop in the 200 free, 4.59 second drop in the 200IM, and drops in the 50 back and 50 breast. He earned JO cuts in the 200 free, 200IM, and 50 back.

Kaden Shover had 100% best times with drops in the 100 breast, 50 free, 500 free, 200IM, and 200 breast. He earned a new JO cut in the 50 free.

Alexandra Slusarenko also had a fantastic meet with drops in the 50 free, 200 free, 500 free, 100 free, 50 back, and 100 fly. She earned JO cuts in the 200 free and 100 free and placed in the top 4 for all her events.

Novice & Age Groups

Francesca Smith dropped time in the 100 free and was so close to her best times in the other events. She gets to stay in this age group for another year, as she is still 11 years old.

Hannah Elks Smith had 3 best times with drops in the 100 breast, 200IM, and 50 breast. She earned another JO cut in the 200IM and made finals in all her events.

Emily Visconti had 2 best times with drops in the 100 breast and 100IM. Emily did very well in the distance events placing 2nd in the 1650 free, 9th overall in the 200 breast and 7th overall in the 500 free.

John Visconti had a great meet with 5 best times, dropping in the 100 back, 50 free, 100IM, 100 free, and 50 breast. He made finals in both the 100 back and 50 free where he placed 3rd overall.

Savannah Yates also had a great meet with 100% best times and earned new JO cuts in the 50 fly, 100 free, 200IM and 200 breast. She placed 1st overall in the 200 breast, 200IM, 50 fly and 100 free.

Junior Olympic Championships at Coral Springs Aquatic Center, March 8-10

This was the last meet in short course for our 14 & Under's (does not include Sizzler's) for the season. The meet was over three days with prelims in the morning and finals in the late afternoon, so for many of our swimmers and coaches, it was a long day from 7:45am to 9:00pm with a few hours of rest in between prelims and finals.

It was well worth the long hard training leading up to this important Championship meet as the team did AWESOME! We took 36 individual qualifiers and 13 relay only swimmers to the meet, where we had 207 personal best times and many new club records and even a new FGC record.

Christine Baker was the freestyler specialist with a best time in the 500 free and 1650 (also known as the mile). She was also on our 11-12 relay teams.

Seth Berke had 4 best times with drops in the 50 free, 100 fly, 50 fly, and 100 backstroke relay lead off. I'm sure he will be excited to make finals in next year's 11-12 age group.

Brooke Bernstein had a best time in the 50 free and 50 fly and was an important part of our 13-14 age group relays.

Marissa Brannan came to the meet tough as she was unwell during the meet and still had best times in the 100 back, 200IM, and 1650 free. She was also part of our 13-14 relay teams.

Carter Carlson competed in his first JO's with his focus on the 50 breast and did great.

Julia Chui had 6 best times and made finals in the 50 free - placing 5th, 100 fly—placing 4th, 500 free—placing 10th, 200 free—placing 3rd, 200 fly—placing 4th, and 100 free—placing 10th. She was also part of our 13-14 relay team.

Marta Ciesla is always ready to race which showed with 13 best times where she improved in the prelims session and again did best times at night during the finals session. Marta was the Junior Olympic Champion in the 50 fly, 50 free, and 100 free. Marta made finals in all 7 of her events.

Jillian Contich qualified in 7 events and swam 2 best times in the 50 fly and 50 back. She was also part of the 13-14 relay teams.

Rachel Contich had 6 best times with drops in the 50 free, 100 fly, 200 free, 50 fly, 100 free and an incredible 22.29 second drop in the 500 free. Rachel was our flyer on the medley relays.

Noemi Fekete who is still quite new to the team and also has the challenge of learning the English language, had 100% best times. She dropped in all 7 of her events and was part of the 11-12 relay teams.

Sabrina Gornisiewicz had 2 best times with drops in the 200 free and 1650 free. She also made top 10 in 500 free, 200 free, 100 free, and placed 2nd in the 1650 free.

Anton Gueneralov had a busy weekend with 7 events and was the lead off for the relay teams with his backstroke

talent. Anton dropped time in the 100 back and 50 back and placed in the top 10 for 4 of his events.

Rak (Michael) Hovart had a great meet with 9 best times dropping in prelims and finals for his events. Rak really brought it home as the anchor on the relay teams which were club record breaking times.

Kyle Jones who is another newbie to the team and did really good with 100% best times, dropping in the 50 free, 100 breast, 50 back, 50 breast and 100 free. Kyle was part of the 11-12 relay teams.

Amber Lubie really broke through on her backstroke events dropping time in that 100 back and helped the 13-14 medley relay with a great start. Amber made finals in the 100 back and 200 back.

Corrina Mullen had 2 events, the 50 free and the 500 free where she swam close to her best times and looks forward to the long course season.

Marin Mullen stepped it up with 9 best times, making finals in 6 of her events. Marin was also part of the 13-14 relay teams as the breaststroker in the medley events.

Daniela Munoz had the meet of her life with 100% best times and making finals in 6 of her events. She was the JO Champion in the 50 back and 100IM and was part of the 10 & under relay teams. Daniela scored enough points which earned her the 2nd place High Point Award for 10 & under girls.

Julian Munoz enjoyed his last short course JO's with a best time in the 50 fly and also time trialed in the 100 free where he also dropped time. Julian was part of the 13-14 relay teams.

Halie Murphy had 10 best times and made finals in the 200 back, 100IM, 100 back, 400IM, 200IM, and 50 back. She was also part of the "A" relay team for the 11-12 age group. Halie's parents are also committed to the sport as they volunteer as officials for FGC.

Age Groups

Lejla Najarro enjoyed her first JO's with the 50 free event and was also part of the 10 & under relay teams. Lejla will also be part of the 10 & under long course JO's.

Jessica Nava again dominated the 11-12 age group at JO's. She was the JO Champion in the 200 back, 100 fly, 200 free, 50 fly, 100 back, 200IM, and would have won the 200 fly event if she didn't miss it. Instead she time trialed the event and not only did a best time but added that event along with the other 6 events which broke all the club records. The 50 fly event was also fast enough to break the FGC record with a time of 25.67. Jessica also earned enough points as the 2nd place High Point Champion.

Crystal Navellier was ready to race and had 9 best times and made her first finals in the 50 free and 50 fly. She anchored our 11-12 relay teams, where they were JO Champions in the 400 free, 200 medley and 400 medley relays.

Joao Vitor Pereira had a fantastic meet with 100% best times. He made finals in the 50 free, 100 back, and 50 back events and was part of the club record breaking 13-14 relay teams.

Tiago Pereira had 5 best times in the 50 free, 100 fly, 200 free, and 200IM. He was also part of the 10 & under relay teams and still gets to enjoy the 10 & under's for another year as he is only 9 years old.

Matthew Petreski is always so excited to race and sometimes that nervous exciting energy can catch up with you on the starting blocks. Matthew dropped time in 7 events and made finals in the 100 breast and 100 fly. His signature event was the 200 breast where he swam a best time of 2:34.94 in prelims which earned him a new club record.

Tesla Radulovic swam in the 50 and 100 breast and did great making finals in the 100 breast, his first JO finals which placed him 6th overall. Tesla was also part of the 10 & under relay teams.

Josefine Richter had fun at her first JO's doing great in the 50 free with a best time and getting so close to making finals in the 50 breast, placing 11th overall. She was also part of the 10 & under relay teams and gets to enjoy another year of JO's at this age group.

Alexa Rivera had a great meet with 9 best times and made finals in the 50 free, placing 3rd, 100 fly, 50 fly, 400IM, 200IM, and 100 free. She was also part of the 13-14 relay teams.

Kaden Shover also had a great meet with 5 best times and improved again in his freestyle events, leading off on the 800 and 400 free relay teams.

Alexandra Slusarenko swam 3 events with a best time in the 100 free and will look forward to another year in the 13-14 age group of JO's.

Hanna Elks Smith had an amazing meet with 100% best times and made her first JO finals in the 50 free, 100 back, and 50 back. Hanna was also part of the "A" 10 & under relay teams.

Christian Soderberg who is still fighting back from an injury did great with 3 best times, dropping in the 50 free, 200 free and lead off the 200 free relay team with another best time in the 50 free.

Bailey Warren had 5 best times and made finals in the 200 breast and placed 5th overall in the 1650 free. She was also part of the 13-14 relay teams.

Savannah Yates has really taken off in the 11-12 age group with 10 best times and made finals in the 200 breast where she dropped over 6 seconds coming from the outside lane and placed 5th overall in the 50 breast. She was also part of the 11-12 relay teams.

Noah Zylberberg ended his last JO's with a bang! He had 100% best times and made finals in all 7 of his events. Noah placed 2nd in the 500 free and 3rd place for the 200 breast, 400IM, and 1650 free. He also broke his brother's pool record for the Boca campus.

We would also like to recognize our relay only swimmers who did great and helped earned team points:

10 & Under's—Jake Contich, Ethan Flores, Jourdan Henry, Jackie Kaskel, Victor Lago, Julia Podkoscielny, John Visconti, and Giancarlo Zaniolo. Also special recognition to Abby Hart and Jack Hovart for stepping up to the plate to be a last minute addition to the relay teams because of some illnesses with two swimmers.

11-12 Age Group—Isabella Fine and Taylor Collins

13-14 Age Group—Christian Carlson

Junior Olympic Champions and Club Record Breakers

Congratulations to our JO Champions in the following events:

Individual Events

Marta Ciesla—50 free, 50 fly, 100 free

Daniela Munoz—100IM, 50 back

Jessica Nava—200 back, 100 fly, 200 free, 50 fly, 100 back, 200IM

Relay Teams

11-12 Age Group

400 Free Relay—Jessica Nava, Halie Murphy, Rachel Contich, Crystal Navellier

200 Medley Relay—Halie Murphy, Savannah Yates, Jessica Nava, Crystal Navellier

400 Medley Relay—Halie Murphy, Savannah Yates, Jessica Nava, Crystal Navellier

13-14 Age Group

200 Free Relay—Marta Ciesla, Alexa Rivera, Julia Chui, Brooke Bernstein

400 Free Relay—Marta Ciesla, Julia Chui, Alexa Rivera, Sabrina Gornisiewicz

800 Free Relay—Julia Chui, Alexa Rivera, Marissa Brannan, Sabrina Gornisiewicz

200 Medley Relay—Marta Ciesla, Marin Mullen, Alexa Rivera, Julia Chui

400 Medley Relay—Anton Gueneralov, Noah Zylberberg, Joao Vitor Pereira, Rak Hovart

Congratulations to our Club Record Breakers in the following events:

Marta Ciesla—50 fly—25.74

Matthew Petreski

200 breaststroke—2:34.94

Jessica Nava

200 back—2:09.21

100 fly—57.38

200 free—1:56.83

50 fly—25.67 & FGC Record

100 back—1:00.17

200IM—2:12.22

200 fly—2:09.18

200 Free Relay—Anton Gueneralov, Joao Vitor Pereira, Noah Zylberberg, Rak Hovart

400 Free Relay—Noah Zylberberg, Anton Gueneralov, Joao Vitor Pereira, Rak Hovart

800 Free Relay—Noah Zylberberg, Rak Hovart, Joao Vitor Pereira, Anton Gueneralov

400 Medley Relay—Anton Gueneralov, Noah Zylberberg, Joao Vitor Pereira, Rak Hovart

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

Summer Swim Lessons:

www.pinecrestswimming.com

Under Swim Lessons tab

Rising Star Swim & Dive Camp:

Starts June 10

Boca Raton Campus—

www.pinecrest.edu under Summer / Boca Raton

Fort Lauderdale Campus—

www.pinecrestswimcamp.com



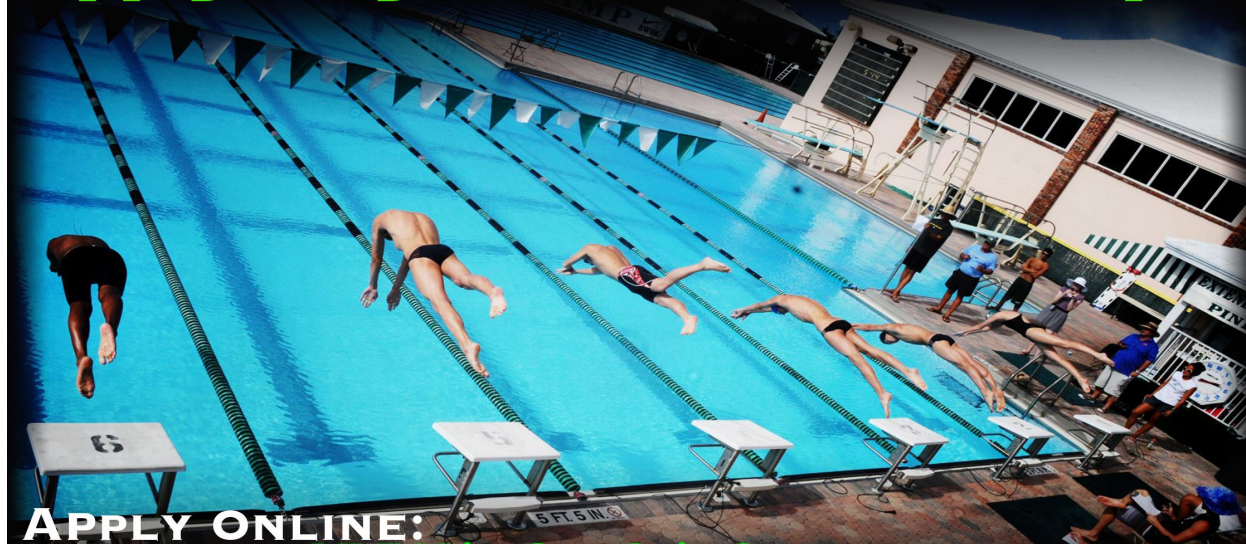
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Pine Crest Swim Camp
1501 N.E. 62nd Street
Ft. Lauderdale FL



Aquatics Director:
Jay Fitzgerald



SAVE THE DATES!

**Saturday, April 13 (Age Groups)
Joint Practice & Putt Putt Golf**



PINE CREST SWIMMING

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**Saturday, May 11
(Lessons & Novice Groups)
Annual Mini Meet**



**Saturday, May 11 (Everyone)
Annual Team BBQ**

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

Sign up on-line at www.pinecrestswimming.com

April

April 6

Swim Miami Open Water, Miami

April 6-7

FGC—FS All Star Dual Meet

April 13

Age Group Joint Practice & Putt Putt

April 19

8 & Under Sizzler, Sunrise

April 19-21

Jupiter Invitational, Jupiter (Age Group)

April

April 19-21

Davie Invite, Davie (ONLY for Senior Group)

April 26

8 & Under Sizzler, Pompano Beach

May / June

May 4-5

Florida Keys Invitational, Islamorada

May 11

Annual Mini Meet and Team BBQ

June 20-23

International Classic, Hall of Fame at Fort Lauderdale