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May 2013



PINE CREST SWIMMING

# Pine Crest Lane Lines

## May Lane Lines Newsletter

**Florida Keys** 42 Swimmer's attended from Pine Crest  
**Open Invite:** 135 Personal Best Times  
24 New Junior Olympic Cuts

### A beautiful morning at PCFL for 6am practice!



#### Inside this issue:

Novice / Age Groups	2-4
Swimming & Diving News	5
Pine Crest Swim Camp	6
Upcoming Events	7

#### May Birthday Month

Ingela Alvarado, Rachael Alvarado, Julia Chui, Nina Firic, Brittany Hammond, Chloe Jones, Amelia Lipscomb, Anna Mandriak, Helio Nathaniel, Mathias Neumann, Hanna Elks Smith, Christian Soderberg, Hannah Veale, Alina Virga, Bailey Warren, Shea Whitacre, Anna Zaniolo

# Novice & Age Groups

## Florida Keys Open Invite at Islamorada, May 4-5

A fantastic weekend with 42 of our swimmers that drove south to Islamorada for a two day meet. Great weather and team bonding during a team lunch and afternoon activities was enjoyed by all.

Samantha Blackwood had 3 best times and swam two new events. She dropped over 13 seconds in the 50 breast and almost 8 seconds in the 50 free.

Marissa Brannan had 2 best times with drops in the 400 free and 200 free. She also swam the 400IM for the first time placing 2nd overall.

Tiana Brannan had an awesome meet with 4 best times and a new JO cut. She dropped in the 100 back, 100 free, and dropped an incredible 24.09 seconds in the 200 and made a JO cut in the 50 free.

Julia Chui swam in her first long course meet with Pine Crest and did great with a 1st place finish in the 200 fly.

Hank Contich swam in 5 events with a drop in the 50 free and placed 5th overall.

Jake Contich had 3 best times and swam in 3 new events. He improved in the 50 breast, 100 back and 50 free where he made his JO cut. Congratulations.

Jillian Contich had a best time in the 50 back where she dropped 6.69 seconds and placed 6th overall.

Rachel Contich had 100% best times with drops in all 7 events. She dropped over 6 seconds in the 100 free and almost 4 seconds in the 100 fly to earn two new JO cuts.

Brian Farias had 4 best times with a huge 22.07 second drop in the 100 back and drops in the 50 fly, 200 free and 50 free.

Anton Generalov had 2 best times with drops in the 100 free and 50 free. He placed in the top 8 for four of his events.

Sabrina Gornisiewicz had a best time in

the 50 fly and placed 8th overall in the 50 free.

Bella Guzzetta had 5 best times with huge drops of 18.24 seconds in the 50 breast, 10.69 seconds in the 100 back and 7.56 seconds in the 100 free.

Abby Hart had 2 best times with a 2.55 second drop in the 50 breast and a huge 15.24 second drop in the 100 free.

Jimmy Hart swam 2 events only with a 5.21 second drop in the 100 back and placing in the top 9 for both his events.

Nicholas Hediger had 4 best times with a big 6.16 second drop in the 200 free and also drops in the 50 fly, 100 free, and 50 free.

Kyle Jones had 5 best times with drops in the 50 fly, 100 free, 200 free, 50 back, and 50 free. He also earned new JO cuts in the 100 and 200 free. Great job.

Sophia Kabbej had 2 best times with drops in the 100 back and 100 free where she dropped 8.99 seconds.

Matthew Kronengold swam in 4 events for the first time in a long course meet. Great job in the 200 back where he placed 6th overall.

Amber Lubie swam 6 events close to her best time and placed 6th overall in the 200 backstroke.

Corrina Mullen had 6 best times with drops in the 50 fly, 100 free, 200 free, 50 back, 200 back, and 50 free which was a new JO cut.

Marin Mullen had a best time in the 200 back and placed 4th overall for the 50 breast.

Daniela Munoz is leaving the 10 & under age group next month with a birthday, but she swam this meet with a big bang, placing 1st in 7 of her events. She had 100% best times and will be looking for JO cuts in the 11-12 age group.

Julian Munoz had a great meet with 6 best times in 100 back, 100 free, 200 free, 50 back, 100 fly, and 50 free.

Lejla Najarro had 7 best times with huge drops of 20.30 seconds in the 100 back and 19.64 seconds in the 200

free. Her highlight was the 3.14 second drop in the 50 free where she earned her first JO cut. Awesome.

Jessica Nava swam in 5 events with a huge 42.43 second drop in the 400 free which was also a JO cut. She placed 2nd overall in the 200 fly.

Joao Vitor Pereira had 5 best times with drops in the 100 back, 50 fly, 100 free, 50 back, and 50 free. He also placed 2nd overall in the 200 back.

Tiago Pereira had 2 best times which one of them was a huge 23.70 second drop in the 100 back. He placed in the 8 for all his events.

Julia Podkoscielny swam in her first long course meet, even though she is still 8 years old, with great results. She placed 3rd overall in the 50 breast which was her first JO cut.

Josefine Richter also had a great meet with 5 best times and also swam the 200 breast for the first time. She dropped time in the 50 back which earned a 3rd place finish and new JO cut.

Alexa Rivera had 5 best times with a huge 13.20 second drop in the 200 breast and earned new JO cuts in the 200 breast, 50 fly, and 200 back. She also placed 1st overall in the 400IM.

Kaden Shover swam on Saturday only with 3 best times, dropping in the 50 breast, 200 breast, and 100 free.

Francesca Smith had 5 best times with a huge 11.02 second drop in the 100 back and 7.72 second drop in the 50 breast. She placed 7th overall in the 50 free.

Hanna Elks Smith had 3 best times with drops in the 100 back, 50 fly, and 50 free. She loved the 2nd place finish as that happened in 6 of her events.

Christian Soderberg had 2 best times with a 5.33 second drop in the 100 back, and a fraction faster in the 50 free. He also swam the 50 fly, 50 back and 400 free for the first time.

## Novice & Age Groups    **Alexa Rivera—Puerto Rico National Champ**

### Florida Keys Open Invite at Islamorada, May 4-5

Isabella Tuoto had 2 best times dropping the exact same time in both the 50 breast and 50 free, edging closer and closer to those JO cuts.

Christian Urbanek had a great meet with 5 best times dropping in the 100 back, 100 free, 100 breast, 50 back, and 50 free. He also swam the 50 fly for the first time.

Emily Visconti had 100% best times with a huge 4.82 second drop in the 50 fly and 6.08 second drop in the 200 free. She also swam the 400 free and 100 fly for the first time.

John Visconti had 3 best times with drops in the 50 breast, 100 free, and 50 free. John still has the whole summer in the 10 & under age group.

Bailey Warren had a best time in the 50 breast and placed 3rd overall in the 400IM and 4th overall in the 200 breast.

Melody Yates swam in her first long course meet with 6 events. She placed 9th overall in the 100 breast.

Savannah Yates had 100% best times with a huge 20.76 second drop in the 200 free and 10.30 second drop in the 100 breast. She also earned 4 new JO cuts in the 50 breast, 200 breast, 200 free, 100 breast, and 50 free.

Noah Zylberberg had 6 best times with a huge 10.64 second drop in the 200 back and placed 3rd overall in both the 100 breast and 400IM.

Congratulations to Alexa Rivera (Green II Group) who travelled to San Juan to swim in the "Campeonatos Nacionales Mayores 2013" held May 30 to June 2, 2013.

Alexa earned the title "13-14 Girls National Champion for Puerto Rico" and came home with 8 golds, 2 silvers, and 1 bronze.

Here are her results:

50m Backstroke - 32.28 (1st place)

200m Breaststroke - 2:55.99 (1st place)

100m Butterfly - 1:07.92 (1st place)

100m Backstroke - 1:11.50 (1st place)

50m Breaststroke - 38.70 (2nd place)

50m Butterfly - 30.76 (1st place)

200m Backstroke - 2:33.35 (1st place)

400m Freestyle - 4:51.05 (2nd place)

100m Breaststroke - 1:23.47 (3rd place)

50m Freestyle - 28.47 (1st place)

400IM - 5:27.13 (1st place)





## May Madness Winners!

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Congratulations to all our May Madness winners. These swimmers made sure they came to practice as often as possible during the month of May.

### Boca Raton Campus:

Novice Groups: Elaine & Ava Balsam, Anna Zaniolo (Champions)

White / Green I Groups: Karina Charanjiva, Francesca Smith, Tiago Pereira (Champions)

### Fort Lauderdale Campus:

Novice Group: Gabriel & Katerina Zambrano (Champions), Daniel Morgan (Runner-Up)

White Group: Victor Lago (Champion), David "Kipp" Ciampini (Runner-Up)

Green I Group: Rachel Contich (Champion), Tiana Brannan (Runner-Up)



Gabriel & Katerina Zambrano



Kipp Ciampini & Victor Lago  
with pizza

## Miami Herald Honors the High School Swimmers & Divers

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Congratulations to our High School Swimming & Diving Team that was honored at the Miami Herald Athletic Awards Breakfast on Friday, May 24.

The Pine Crest athletes selected were:

Carolyn Chaney (diving), Kaelah Chaney, Casey Francis, Miriyam Ghali, Brittany Hammond, Tyla Martin, Lindsey Swartz, Hannah Veale and Connor Gerrits (diving).

A special congratulations to **Brittany Hammond** for the "Girls' Swimmer of the Year"

and to **Jay Fitzgerald** for "Girls' Team Coach of the Year"



## Pine Crest Swimming News

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### 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](http://www.pinecrestswimcamp.com)

### Summer Swim Lessons:

[www.pinecrestswimming.com](http://www.pinecrestswimming.com)

Under Swim Lessons tab

### Rising Star Swim & Dive Camp:

Starts June 10

#### ***Boca Raton Campus—***

[www.pinecrest.edu](http://www.pinecrest.edu) under Summer / Boca Raton

#### ***Fort Lauderdale Campus—***

[www.pinecrestswimcamp.com](http://www.pinecrestswimcamp.com)





**WE MAKE THE DIFFERENCE!**

**CAMP DATES:**  
**JUNE 16TH- AUG 3RD, 2013**

FULL 7 DAYS A WEEK. OLYMPIC COACHES. OLYMPIC ATHLETES

BEACH NIGHT. DISNEY TRIPS. SPECIAL EVENTS

**Apply Early To Guarantee Your Spot**



**APPLY ONLINE:**

**[WWW.PineCrestSwimCamp.com](http://WWW.PineCrestSwimCamp.com)**

ARUBA.AUSTRALIA.AUSTRIA.BAHAMAS.BELIZE.BRAZIL.CANADA.CAYMAN ISLANDS.CHINA.COLOMBIA.  
 CZECH REPUBLIC.DENMARK.DOMINICAN REPUBLIC. ECUADOR.ENGLAND.FRANCE.GERMANY.HONDURAS.  
 HONG KONG.INDIA.INDONESIA.IRELAND.ITALY.KUWAIT.MACEDONIA.MEXICO.NETHERLANDS.PANAMA.  
 PARAGUAY.POLAND.PUERTO RICO.RUSSIA.SCOTLAND.SPAIN.ST LUCIA.SWEDEN.SWITZERLAND.  
 UNITED KINGDOM.UNITED STATES.VENEZUELA.ZAMBIA.



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



Aquatics Director:  
 Jay Fitzgerald



# **A SUPER DAY FOR PC SWIMMING AT THE MINI MEET & TEAM BBQ MAY 11, 2013**

## **PINE CREST SWIMMING**

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



## **June**

### **June 8-9**

**NPB Summer Kickoff Classic at  
Plantation**

### **June 20-23**

**International Classic, Hall of Fame at  
Fort Lauderdale**

## **July**

### **July 6-7**

**Developmental Champs at FLA Boca  
Raton**

### **July 12-14**

**14 & Under Long Course Junior  
Olympics, Plantation**

### **July 26-28**

**Senior Championships , Coral Springs**

### **July 30—August 3**

**Southern Zone Championships,  
Greenville, SC**

**US Open, Irvine, CA**

## **August**

### **August 5-9**

**US Junior National, Irvine, CA**

**Summer Break**