



October & November Lane Lines Newsletter

Pre-JO 25 Swimmer's attended from Pine Crest

Developmental: 85 Personal Best Times
11 New Junior Olympic Times

8 & Under 19 Swimmer's attended from Pine Crest

Sizzler at PCFL: 28 Personal Best Times

Mike Horgan 24 Swimmer's attended from Pine Crest

Fall Invitational: 48 Personal Best Times

Last Chance Sub JO 16 Swimmer's attended from Pine Crest

at North Palm Beach: 40 Personal Best Times, 13 New JO Cuts

8 & Under Sizzler 16 Swimmer's attended from Pine Crest

at Sunrise: 14 Personal Best Times

High School Swimming & Diving Ends!

The High School Swimming & Diving is over after seven weeks of dual meets, double dual meets, Invitationals, and of course the State Series—Districts, Regionals, and States.

Pine Crest Swimming & Diving had two events with State Champions: Carolyn Chaney—Diving, and our 200 free relay team of: Kaelah Chaney, Casey Francis, Hannah Veale, and Brittany Hammond.

Pine Crest Boys were District Champs, Pine Crest Girls were Regional Champs, and at States we finished 3rd for Girls and 5th for Boys.

October Birthday Month

Maria Anjos, Olivia Avny, Kaelah Chaney, Hayden Ciampini, Marta Ciesla, Jillian Contich, Clarice DeMayo, Alex Evenson, Lina Faberge, Abby Hart, Jack Hovart, Alexander Molchanov, Madison Mulkey, Lejla Najarro, Maxwell Periu, Alan Shkop, Mia Vota

November Birthday Month

Sara Pearl Adler, Susanna Behnam, Carter Carlson, Cecily Fine, Luca Georgescu, Lucas Green, Jimmy Hart, Maddie Hurt, Ryan Karp, Bryce Katari, Alex Morgan, Halie Murphy, Adrian Najarro, Alexa Rivera, Jake Rosenthal, Lior Silberman, Christian Urbanek, Vin Virga, John Visconti, Andrea Volkodav

Novice & Age Groups

Pre-JO Developmental at Sunrise, October 6-7

We had 25 swimmer's attend this Developmental Meet where many of our children were competing for the first time.

Seth Berke swam Saturday only with 3 best times with an 8.16 second drop in the 100 breast and 4.08 second drop in the 100 fly where he finished 2nd place overall.

Karina Charanjiva also swam Saturday only with 3 best times, dropping in the 50 back, 100 breast, and 50 free. She finished 7th overall in the 50 back, great job.

Taylor Collins had an exceptional meet with 100% best times. Her biggest drop was 12.40 seconds in the 200 free and had a best place finish of 5th in the 100 back.

Cecily Fine also had 100% best times with a 10.72 second drop in the 50 back and 20.05 second drop in the 100IM. She had a best place finish of 9th in the 50 breast. Awesome.

Isabella Fine had 100% best times with a 15.02 second drop in the 200 free and 8.81 second drop in the 100IM. Isabella also swam the 100 breast for the first time.

Bella Guzzetta gets to enjoy both Sizzlers and Pre-JO meets as an 8 year old as she swam 3 best times. Bella also swam the 100 backstroke for the first time. Great job.

Maddie Hurt had a great first meet with Pine Crest as she attended both days swimming in 5 events as a 9 year old. Maddie looked awesome with her strokes and we look forward with many more fun weekend meets.

Kyra Jovanovski swam Saturday only with 2 best times dropping 7.65 seconds in the 100 fly and 1.31 second drop in the 50 back. Kyra finished 3rd overall in the 50 free.

Jeremy Morris came on Saturday to swim 2 events close to his best time and added the 100 breast to his agenda for the first time. Great job.

Lejla Najarro had 3 best times with a

great 5.89 second drop in the 100 back and placed in the top 5 spots for her 50 back, 100 back, and 50 breast. Awesome.

Crystal Navellier swam Saturday only with 3 best times dropping huge numbers in the 100 breast with 8.77 seconds and the 200IM with 9.44 seconds. Crystal also won the 50 back with a time of 35.13 just missing that JO cut. Definitely next time.

Joao Vitor Pereira had a great meet attending on Saturday only with 4 best times. Joao dropped 7.72 seconds in the 200IM and 4.14 seconds in the 200 back, and placed 1st overall in the 50 back. Fantastic.

Tiago Pereira had a great meet as he had 4 best times, swam the 200IM for the first time and got a JO cut in the 50 free. He also placed 3rd overall in four of his events. Awesome.

Matthew Petreski also had a great meet with 3 best times dropping 7.74 seconds in the 100 back and also earned a JO cut in the 50 fly. Great job.

Josefine Richter is enjoying these meets as she dropped 8.06 seconds in the 100 free, and 4.36 seconds in the 100IM. Of course the highlight was the 50 breast where she dropped 1.99 seconds earning her first ever JO cut. Fantastic.

Julianna Russell swam Saturday only with 3 best times dropping 9.21 seconds in the 200IM and earned JO cuts in the 100 fly and 200IM. Wow.

Kaden Shover had a fantastic meet with 100% best times in all 8 events. A massive 26.86 second drop in the first event of the 100 fly set the tone for the rest of the weekend. Kaden also earned JO cuts in the 200 free and 100 free.

Alexandra Slusarenko had 7 best times with a huge drop of 30.33 seconds in the 200IM and 11.78 seconds in the 100IM. A-Train finished in the top 7 places for all her events.

Francesca Smith had 5 best times with drops in the 100 fly, 100 breast, 200IM, 200 free, and 100 free. She also earned JO cuts in the 100 and 200 free-

style. Awesome.

Hanna Elks Smith had 100% best times with drops in the 100 breast and big drops in the 100 fly and 200IM where she earned more JO cuts. Great job.

Emily Visconti who does a great job keeping up with the 12 and under girls, dropped 2.29 seconds in the 100 breast and 7.27 seconds in the 200 free.

John Visconti had 3 best times with drops in the 50 fly, 50 breast, and 100 free. He also placed in the top 10 for all his events. Great job.

Ashlee Wenzel attended one of her first non-Sizzler events now that she turned 9 years old doing a great job. Ashlee dropped 2.40 seconds in the 50 back and swam the 100 breast, 100 back, 100 free and 100 IM for the first time. Great job.

Shea Whitacre came to the meet on Sunday only with a great race in the 50 breast dropping 3.88 seconds. She also swam the 100 free for the first time. Great job.

8 & Under Sizzler at Pine Crest, October 12

We were excited to host the only 8 & Under Sizzler in the area this past Friday as 11 teams and 163 swimmers attended from the FGC teams. Our coaches were busy in the bullpen and don't always get to see the kids swim, but we love seeing the results.

Aitor Arrese-Igor had a best time in the 25 breast and finished in 6th and 8th place overall in the 25 fly and 25 breast. He was also part of the 100 freestyle relay.

Nikita Dua had 2 best times with drops in the 25 fly and 25 free. She was also part of the 100 freestyle relay for the girls.

Carys Edwards had a best time in the 25 fly and was part of the 100 freestyle relay.

Hadley Edwards had 3 best times with drops in the 25 fly, 25 back, and 25 free.

Novice & Age Groups

8 & Under Sizzler at Pine Crest, October 12

Bella Egizi came to her first Sizzler ever with great times in all four events. She came home with her first ribbon ever as she placed 8th overall in the 25 fly.

Bella Guzzetta had 2 best times with over 3 seconds in both the 25 fly and 25 breast. Bella was also part of the 100 freestyle relay.

Abby Hart also had 2 best times with drops in the 25 back and 25 breast. She was also part of the 100 freestyle relay.

Denzel Louis who is new to the team and attended his first Sizzler ever did fantastic in all four events. He also swam on the 100 freestyle relay.

Kyra Meyer got to swim in her first Sizzler ever doing a great job in front of her family.

Sophia Montague was another first time Sizzler swimmer doing a great job in all 4 of her events. Sophia was also part of the 100 freestyle relay.

Daniel Morgan continues to improve with drops in the 25 fly and 25 back as he aged up to the 8 & under boys.

Adrian Najarro had 2 best times with drops in the 25 fly and 25 breast. He swam on the 100 freestyle relay and finished in 7th and 8th place for two of his events.

Samantha Omslaer was excited to swim in her first Sizzler as a 6 year old and did a great job in all four of her events.

Chloe Pezaris was another newbie Sizzler swimmer for our 6 year old girls doing a great job.

Julia Podkoscielny loves to race as she dropped times in both the 25 back and 25 breast and placed 1st overall in the 25 fly and 2nd overall in all her other events.

Liam Riesz dropped 2.31 seconds in the 25 fly, wow and also got to swim in the 100 freestyle relay for the boys.

Lior Silberman had 3 best times with drops in the 25 back, 25 breast and 25 fly. She also swam on the 100 freestyle

relay.

Ava Tarzian had 3 best times with a 1.24 second drop in the 25 fly and also drops in the 25 back and 25 free.

Anna Zaniolo had best times across the board as she dropped 2 to 6 seconds in all her events. Wow.

Mike Horgan Invitational at Lake Lytal, October 19-20

Christine Baker had a great meet swimming Sunday only getting all 4 best times in the 100 Free, 50 Back, 200 IM, and 100 Fly dropping over 4 seconds in the 100 Free and 200 IM.

Seth Berke who swam Saturday Only earned best times in the 50 Fly and 200 Free dropping almost 3 seconds.

Marissa Brannan had a great meet winning the 500 Free and earning 2nd place in the 400 IM. She also earned 3rd place overall in the 200 Back.

Tiana Brannan did a great job having just aging up and racing the 11 and 12 girls.

Rachel Contich got all best times dropping over 3 seconds in the 100 Back and 100 Breast. Way to go Rachel.

Jimmy Hart swam Saturday only getting all best times placing 4th in both the 50 Breast and 50 Free.

Corrina Mullen swam 7 races in the 2 days of swimming and earned best times in the 50 Back and 200 IM.

Marin Mullen swam the max amount of races 8 and placed in the top 9 in the 200 Breast, 200 IM, 100 Back, 100 Breast, 200 Back, 100 Fly.

Daniela Munoz swam the 50 Breast for the 1st time and did Awesome while getting a best time in the 50 Fly and 100 Breast.

Big Brother Julian Munoz also got all best times with his largest drop of over 7 seconds in the 200 Back.

Halie Murphy once again swam great earning 2nd place in the 200 Breast and getting best times in the 100 IM, 100 Back, an 100 Breast.

Lejla Najarro keeps dropping more time and inching closer and closer to her earning a JO Time dropping time in 50 Breast, Fly, Free and 100 IM. Keep it up.

Crystal Navellier dropped almost 10 seconds in her 500 Free earning 8th place and swimming a great 200 Free dropping 4 more seconds. Crystal also had a great 100 and 200 IM.

Joao Pereira had a great 100 Free while getting best times in the 200 Back and 100 Fly.

Tiago Pereira earned best times in the 50 Fly and 100 Free while swimming a great 50 Free and 100 Fly.

Matthew Petreski earned best times in the 100 Breast and 200 IM dropping over 4 seconds and swimming the 50 Back for the 1st time.

Tatiana Radulovic had a great meet getting best times in all of her races 200 Free, 200 IM, 50 Free, 100 Free and 100 Breast.

Tesla Radulovic also had a great meet getting best times in the 100 Free and dropping over 4 seconds in the 100 Breast.

JoJo Richter had a great meet swimming in the 50 Breast, 100 IM, 50 Free, 100 Back, 100 Breast and 50 Back inching closer to a few more JO times.

Julianna "Rusty" Russell dropped over a full second in the 200 free. Rusty also earned 6th place overall in the 50 Back.

Kaden Shover had a awesome 200 IM dropping almost 5 seconds and just missing a best time in both the 50 Free and 50 Breast.

Francesca Smith swam the max events of 8 and did a great improving the 200 Free, 50 Free, 100 Breast, and 200 IM.

Hanna Elks Smith swam the 200 Free, 100 IM, 50 Free and 100 Back earning top 15 in both the 50 Free and 100 Back.

Bailey Warren kept chipping away at her times in the 200 Breast, 200 IM, 100 Back, and 100 Free, she also earned 2nd place in the 200 Breast.

Novice & Age Groups

Last Chance Sub JO at North Palm Beach, November 4

Pine Crest Swimming attended the afternoon only session so that everyone could swim at the same time and hopefully add more JO cuts before heading to the Winter Championships.

Christine Baker had 4 best times with drops in the 200 free, 50 back, 100 back, and 50 free. She finished in 4th place overall in the 200 free, great job.

Marta Ciesla continues to improve with JO cuts in all 3 events, 100 breast, 200 breast, and 200 back. Awesome.

Taylor Collins had 3 best times with drops in the 50 back, 100 free, and 50 free where she placed in the top 10 for all 4 events.

Gabriella Garlicki had 2 best times with a 5.94 second drop in the 50 back and a huge 10.03 second drop in the 50 breast. She also swam the 50 fly for the first time.

Corrina Mullen had 2 best times with a 1.21 second drop in the 50 back and 2.03 second drop in the 100 back where she earned another JO cut.

Halie Murphy came to improve and not only that but took home 1st place finishes for all her events. Halie earned new JO cuts in the 50 back, 100 back, 200 back, 50 breast, and 50 free. Wow.

Lejla Najarro had 2 best times with drops in the 50 back and 50 fly. We are lucky that Lejla only just turned 10 so has another year in the 10 & under age group.

Crystal Navellier had 4 best times and 1 new JO cut. She dropped times in the 100IM, 50 breast, 200IM, and 100 fly where she earned the JO cut. Fantastic.

Matthew Petreski came to swim only 2 events and did with great results earning another 2 new JO cuts in the 50 back and 200 breast.

Tatiana Radulovic swam 4 events with a best time in the 100IM dropping 1.78 seconds. She also finished in the top 4 places for all her events.

Tesla Radulovic swam very well with

drops in the 50 back and 100IM and swam the 200 free for the first time. Great job.

Alexandra Slusarenko had 100% best times with drops in the 50 back, 100IM, 100 free, and 50 free. A-train was on fire as she finished in 1st place in all her events.

Francesca Smith had 2 best times with drops in the 50 back and 50 breast. Smitty will now get ready to swim in the 10 & under relay at JO's.

Emily Visconti had 4 best times with drops in the 200 free, 100 free, 50 free and a huge 40.78 second drop in the 200IM. Great job.

John Visconti had 2 best times with a 2.32 second drop in the 50 back and .80 second drop in the 100 free where he finished 4th place overall.

Savanna Yates had 3 best times with drops in the 50 back and 100IM and a 2.64 second drop in the 100 breast where she earned a new JO cut.

8 & under Sizzler at Sunrise, November 2

Our last Sizzler for the year 2012 brought a great night for Pine Crest Swimming and it's 16 swimmers.

Sara Pearl Adler continues to build confidence with each meet and had a best time in the 25 free and finished in the top 8 places for all her events.

Aitor Arrese-Igor had 2 best times with drops in the 25 breast and 25 free. He also finished in the top 7 places for all his events.

Carys Edwards was having fun with friends and enjoyed a best time in the 25 fly and swam on the 8 & under girls relay team.

Hadley Edwards swims in the same age group as her older sister, Carys, and also enjoyed a best time in the 25 breast.

Denzel Louis likes to compete and dropped 2.30 seconds in the 25 fly finishing 6th overall and also participated in the 8 & under boys relay team.

Kyra Meyer had a great meet with 3 best times, dropping 2.64 seconds in the 25 back and 1.73 seconds in the 25 breast.

Daniel Morgan is really starting to improve in the 25 breast where he dropped 3.41 seconds. Daniel never misses a practice and is truly a year-round swimmer. Awesome.

Andreas Neumann swam in his first Sizzler ever with great results in the 25 fly, 25 back, and 25 free. He finished in 4th place overall for his 25 back. Great job.

Mathias Neumann also participated in his first Sizzler ever, swimming all four strokes. He continues to improve in practice and we look forward to the next meet.

Liam Riesz, Lior Silberman and Melody Yates all enjoy to race and swam close to their best times in all four strokes.

Ava Tarzian had 3 best times with drops in the 25 fly, 25 breast, and 25 free. Ava is always coming up with ideas during practice and is enthusiastic to improve.

Alexis and Andrea Volkodav came to their first Sizzler and did great earning their swim ribbons in several events.

Lauren Volkodav showed her younger sisters why it is fun to race and dropped time in the 25 free and was part of the 8 & under girls relay team.

High School Swimming & Diving

Congratulations to our Club Swimmers who recently finished the High School Swimming & Diving Season.

After a weather delay due to Hurricane Sandy, the District Championships were held on Saturday afternoon, October 27 with timed finals only. Our District Champions were:

Kent Haeffner—200 free, 500 free

Caroline Nava—50 free, 100 free

Connor Gerrits—Diving

Brittany Hammond—500 free

Lindsey Swartz—100 breast

200 Free Relay—Kent Haeffner

The Regionals Championships were held on Saturday, November 3. Our Regional Champions were:

Casey Francis—200IM

Caroline Nava—50 free

Brittany Hammond—500 free

Kent Haeffner—500 free

200 Free Relay—Kaelah Chaney, Casey Francis, Hannah Veale, Brittany Hammond

400 Free Relay—Tyla Martin, Casey Francis, Hannah Veale, Brittany Hammond

The State Championships were held on Saturday, November 10 in Orlando.

The podium finishes for 1st—3rd were:

Brittany Hammond—500 free (3rd place)

Tyla Martin—100 fly (3rd place)

Caroline Nava—50 free (2nd place)

Kent Haeffner—500 free (3rd place)

200 Free Relay—Kaelah Chaney, Casey Francis, Hannah Veale, Brittany Hammond (1st place)



Records & Signing

Congratulations to our Club Swimmers who recently broke Club Records for their age group during the Winter Championships or High School Season.

11-12 Age Group:

Jessica Nava—100 fly (59.07), 200 fly (2:11.11), 400IM (4:47.39)

Matthew Petreski—200 breast (2:40.91)

Open Group:

Casey Francis—200IM (2:03.24)

A full report on the Winter Championships will be written in next month's issue.

Congratulations to our year-round Club swimmers Brittany Hammond and Casey Francis, both Seniors at Pine Crest School who signed on National Signing Day, of November 14 with Division I Schools.

Brittany Hammond —

University of Missouri



Casey Francis —

Penn State University



Junior National Team

Our Junior National Team will be traveling to Knoxville, Tennessee to participate in the "2012 Speedo Junior National Championships" on December 6-8 at the University of Tennessee. These are the top 18 & under's in the country where our swimmer's qualified for both individual events and five relays.

Marta Ciesla—50 free

Casey Francis—200, 500, & 1650 free, 200IM & 400IM, and 200 fly

Brittany Hammond—200 & 500 free, 200IM & 400IM

Caroline Nava—50, 100 & 200 free, 100 fly

Tyla Martin—100 & 200 fly, 200IM

Kent Haeffner—200, 500 & 1650 free



New Swim Lessons Program



Pine Crest Swimming is made up of two divisions- Pine Crest Swim Team (Novice, White, Green I, Green II and Senior Groups) and Swim Lessons. It is our pleasure to inform you that Pine Crest lessons will introduce starting October 1, 2012 the "Swim 4 Life" lesson program. This newly designed lesson program structure and award system was developed by our swim coaches under the direction of Coach Tonya Hammond, Swim 4 Life Coordinator.

The Swim 4 Life lesson program structure will consist of 8 levels each with it's own set of criteria. Once the level criteria is mastered the lesson coach will inform our, Lead Instructor. The Lead Instructor will review the skills and approve advancement if level criteria is met. At the successful completion of level 8 the swimmer will be able to advance to the Novice group- the first level of the swim team.

The Swim 4 life award system is a positive reinforced system for completing a level. A Swim 4 Life certificate will be given to each swimmer by the end of the month. This certificate will have each level on the front and each level criteria on the back. At the successful completion of each level a "Panther Paw" will be given to the swimmer to be placed on their certificate.

Annual Holiday Party

**PINE CREST,
FORT LAUDERDALE
CAMPUS:**

**THURSDAY, DECEMBER 13,
2012**

6:00PM-8:00PM

NUTTER DINING HALL



**PINE CREST,
BOCA RATON
CAMPUS:**

**THURSDAY, DECEMBER 13,
2012**

6:30PM-8:30PM

MAZER FAMILY DINING HALL

October Fest Contest Winners

PINE CREST SWIMMING

2700 St. Andrews Boulevard
Boca Raton, FL 33434
561-852-2825
Email: boca.swim@pinecrest.edu

1501 Northeast 62nd Street
Fort Lauderdale, FL 33334
954-492-4173
Email: swimming@pinecrest.edu

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



Congratulations to our champions and Runner-Ups:
Novice, Fort Lauderdale—Maddie Hurt and Daniel Morgan, Champions and Denzel Louis, Runner-Up
Novice, Boca Raton—Liam Riesz, Felipe Sauce and Anna Zaniolo, Champions
White & Green Groups, Boca Raton—Francesca Smith, Champion and Taylor Collins, Runner-Up

November

November 2

8 & Under Sizzler, Sunrise

November 15-18

Winter Championships, Plantation

December

December 6-8

Speedo Winter Junior National Championships, Knoxville TN

December 13

Annual Holiday Party at Fort Lauderdale and Boca Raton

December 15

Pompano Santa Claus Meet (12 & Under's Only), Pompano

January

January 25-27

Saint Andrews Invitational, Boca Raton