

Volume 63, Issue 63

June-July 2013



PINE CREST SWIMMING

Pine Crest Lane Lines

Summer Lane Lines Newsletter

NPB Summer 40 Swimmer's attended from Pine Crest
Kickoff Invite: 105 Personal Best Times
18 New Junior Olympic Cuts
1 New Club Record

International 62 Swimmer's attended from Pine Crest
Classic Invite: Club and Camp
177 Personal Best Times
9 New Junior Olympic Cuts
3 New Club Records

Area 1 24 Swimmer's attended from Pine Crest
Developmental 103 Personal Best Times
Championships: 28 New Junior Olympic Cuts

Long Course 23 Swimmer's attended from Pine Crest
Junior Olympic 124 Personal Best Times
Championships: 3 New Club Records

June Birthday Month

Josephine Barry, Brooke Bernstein, Lauren Briggs, Carys Edwards, Hannah Fowler, Anton Generalov, Sabrina Gornisiewicz, Nicholas Hediger, Sam Kassel, Christos Kokinakos, Gaby Moroz, Daniela Munoz, Jacob Silberman, Thomas Veale, Noah Zylberberg

July Birthday Month

Alex Behnam, Rachel Contich, Lauren Dawson-Scully, Nikita Dua, Ethan Flores, Scarlett Goldberg, Bella Guzzetta, Kent Haeffner, Sasha Hediger, Mark King, Tyla Martin, Sophia Montague, Daniel Morgan, Corrina Mullen, Peter Nathaniel, Brian Nudelman, Pete Perri, Liam Riesz, Jake Venezia, Savannah Yates, Gabriel Zambrano

Novice & Age Groups

NPB Summer Kickoff at Plantation, June 8-9

We had a great time for this long course meet at the end of the school year hosted by North Palm Beach at Plantation with 40 swimmers.

Christine Baker had 6 best times and 2 new JO cuts. Great drops in the 200 free, 100 back, 50 free, 200IM, 100 free and 50 back. She earned JO cuts in the 200 free and 100 free.

Brooke Bernstein swam in 5 events with new swims in the 100 fly and 200IM. She placed 6th overall in the 50 free.

Marissa Brannan had 3 best times with drops in the 200 free, 100 free, and 400 free. She also swam the 100 fly for the first time with PCS and placed in the top 6 for all her events.

Tiana Brannan had 100% best times with drops in the 200 free, 100 breast, 200 back, 200IM, 100 free, and 100 back. Like her sister, Tiana swam the 100 fly for the first time.

Carter Carlson had a best time in the 50 free and placed in 8th place overall in the 100 breast and swam several events for the first time.

Christian Carlson also had a best time in the 200 breast and several new events. He placed 3rd in the 200 breast and 4th in the 100 breast.

Marta Ciesla had 2 best times with drops in the 200 free and 100 free. She continues to dominate the 13-14 age group in the freestyle with a 1st place in the 50 free and 100 free.

Hank Contich was working on his free and breast events with a 3rd place finish in the 200 breast and 5th place finish in the 100 breast.

Jake Contich had 2 best times with drops in the 100 free and 50 back. He also swam the 50 fly for the first time.

Rachel Contich had 4 best times with drops in the 200 free, 50 fly, 200IM, and 100 free. She finished 4th place in the 50 free.

Lina Faberge had 2 best times with drops in the 50 free and 50 breast. She also swam the 100 breast and 100 free

for the first time with PCS.

Brian Farias had 5 best times with a huge 13.71 second drop in the 200 free, and 18.46 second drop in the 200IM. Other drops were the 50 fly, 50 breast and 50 back.

Isabella Fine had 2 best times with a 5.24 second drop in the 200 free and 2.75 second drop in the 100 breast.

Bella Guzzetta had 5 best times with a huge 10.28 second drop in the 200 free, and other drops in the 50 fly, 50 free, 100 free, and 50 back. She also placed 5th overall in the 50 back.

Jourdan Henry had 3 best times with a huge 13.18 second drop in the 100 back, 1.46 seconds in the 50 fly, and 5.29 seconds in the 100 free.

Kyle Jones had 2 best times with drops in the 200 free and 100 free which were new JO cuts, as well as the 200IM which was a first time swim and also a JO cut.

Matthew Kronengold had 3 best times with drops in the 200 back, 100 free, and a huge 11.40 seconds in the 100 back. His best place finish was the 200 back in 6th place.

Victor Lago had 100% best times with drops in the 100 breast, 50 free, 100 free, 50 breast and a new swim in the 50 fly.

Amber Lubie had a best time in the 100 free and placed 5th overall in the 200 back.

Corrina Mullen had 5 best times with drops in the 200 free, 200 back, 50 free, 200IM, and 100 free. Her new JO cut was in the 100 free.

Marin Mullen is now a Senior swimmer and training to improve on her Sectional cuts. She swam 8 events with finishes in the top 7 in 4 of the events.

Daniela Munoz just aged up to the 11-12 age group and had a best time in the 50 fly. She also earned a new JO cut in the 50 free.

Julian Munoz had 4 best times with drops in the 100 fly, 50 free, 200IM, and 100 free. His best place finish was 5th in the 100 fly.

Annabelle Musa swam 6 events doing great for the first time in the long course pool.

Joao Vitor Pereira had 3 best times with drops in the 50 free, 100 free, and 100 back. He also swam the 200 fly for the first time and earned a new JO cut and placed 2nd overall.

Tiago Pereira had 5 best times with drops in the 50 fly, 50 free, 200IM, 100 free, 100 fly and swam the 50 breast for the first time. He also earned new JO cuts in the 200IM and 100 fly.

Matthew Petreski swam 5 new events in the long course pool and was on fire with top 10 finishes in all the events. He also earned 5 new JO cuts in the 100 fly, 400IM, 200IM, 200 breast and 200 fly. The highlight of the weekend was the 200 breaststroke with a 1st place finish and broke the Pine Crest Club Record with a time of 3:00.99.

Kaden Shover had 4 best times with drops in the 200 free, 100 breast, 100 free and a huge 15.83 second drop in the 200IM.

Alexandra Slusarenko had 3 best times with drops in the 200 free, 100 breast, and 100 fly. She also finished 9th overall in the 400 free.

Francesca Smith had 3 best times with drops in the 200 free and 100 free. But her best was the 18.49 second drop in the 200IM.

Hanna Elks Smith had 2 best times with drops in the 100 back and 100 free. She also swam the 200IM for the first time and placed 3rd overall in the 10 & under age group.

Emily Visconti had 100% best times with drops across the board in the 200 free, 100 breast, 50 fly, 100 free, 50 breast, 50 back, and a huge 15.00 second drop in the 200IM.

John Visconti had 2 best times with a 9.01 second drop in the 50 fly and improvement in the 50 free. He also swam the 200IM and 100 fly for the first time in the long course pool.

Novice & Age Groups

Bailey Warren had 5 best times with drops in the 100 fly, 50 free, 200IM, 100 free, and 100 back. She earned a new JO cut in the 50 free.

Savannah Yates had 4 best times with drops in the 100 breast, 50 fly, and 100 fly. Her standout performances were the 28.93 second drop in the 200IM earning a new JO cut and also in the 50 fly.

Anna Zaniolo swam 3 events on Saturday and did great as this was her first time in the long course pool.

Giancarlo also swam 3 events on Saturday and dropped in both the 200 free and 50 free. He also swam the 100 breast for the first time.

Noah Zylberberg continues to improve with 100% best times in the 200 free, 100 breast, 100 fly, and 400IM. He finished in 1st place overall for three of those events.

International Classic at Fort Lauderdale Aquatic Complex, June 20-23

Christine Baker had a best time in the 200 free with a 2.56 second drop, and close to her best time in the 50 free.

Brooke Bernstein had a best time in the 200IM with almost a 2 second drop and swam close to her best times in 3 other events and swam 2 new events.

Marissa Brannan had 8 best times and swam the 800 free and 50 breast for the first time. She placed in the top 8 for the 800 free, 200 free, 400 free, 200 back and 100 free.

Tiana Brannan swam 3 events, working on her freestyle and doing a great job.

Carter Carlson had 3 best times with drops in the 100 breast, 50 fly, and 100 free.

Christian Carlson had a best time in the 50 breast with a 1.36 second drop and also swam the 50 back for the first time.

Marta Ciesla had a full weekend with 7 events, and 5 of those events she swam a second swim in finals at night. Marta also the 50 free with a time of 26.95 which is a new FGC record.

Jake Contich had a best time in the 50 breast dropping 2.35 seconds and doing a great job in the 10 & under age group, as Jake is still 9 years old.

Jillian Contich had a best time in the 100 breast and looks forward to the upcoming meet.

Rachel Contich had an awesome weekend with 6 best times. She dropped a whopping 26.23 seconds in the 400 free which was a new JO cut along with JO cuts in the 100 back, 200IM, and 50 fly.

Rak Hovart had a crazy fast meet with 12 best times with big drops in the 400IM and 200IM. He also earned a new JO cut in the 200IM. He swam in finals in 5 events.

The Hovart family will be missed greatly as they move north later this month. We wish them the best of luck.

Kyle Jones had 2 best times with drops in the 50 fly and 100 free. He also swam in finals in the 100 breast and 50 breast.

Daniela Munoz had a fantastic 400 free, dropping 24.07 seconds and earning another JO cut for the 11-12 age group.

Julian Munoz swam 5 events with close to his best times.

Halie Murphy had a full plate with 10 events, and getting 3 best times. She swam in finals in the 100 back, 200IM, and 50 back.

Jessica Nava another swimmer with a loaded weekend of 10 events. She had 10 best times as she not only earned best times in the morning but also again at night during finals. She made finals in 7 of her events.

Joao Vitor Pereira was on fire all weekend with 12 best times and made finals in the 200 free, 50 fly, 100 back, 50 back, 100 fly, 200 back, and 100 free.

Tiago Pereira also had a great weekend with 6 best times and earning a new JO cut in the 50 back. He made finals in the 200IM, 50 fly, and 100 free.

Matthew Petreski had 100% best times in all 9 of his events. He made finals in 7 of his events and smashed all three breaststroke Club Records in the 50,

100, and 200 breaststroke events. His times now stand at 2:54.85 for the 200, 1:18.67 for the 100, and 36.71 for the 50 breaststroke.

Alexa Rivera gave herself a challenge by swimming in the Open events instead of her age group of 13-14. She did amazing with 7 best times and making finals in the 400IM, 50 fly, 50 free, 200IM, and 50 back.

Kaden Shover had 100% best times with drops in the 200 free, 50 free, 50 breast, and 100 free. He also earned two new JO cuts in the 200 free and 50 breast.

Bailey Warren had a best time in the 100 fly edging closer to that JO cut for the 13-14 age group. She also swam 5 other events close to her best time.

Savannah Yates had an amazing weekend and we really saw how much she loves to race with 10 best times. Her highlights were the breaststroke events of the 50, 100 and 200 where she improved again at night in finals and was challenging those top spots.

Congratulations also to our 15 & over swimmers who had best times and/or made finals: Alexander Behnam, Hank Contich, Austin Evenson, Anton Generalov, Sabrina Gornisiewicz, Ryan Graff, Kent Haeffner, Nicholas Hediger, Matthew Kronengold, Amber Lubie, Tyla Martin, Christian Soderberg, Lindsey Swartz, Hannah Veale, Thomas Veale, and Noah Zylberberg.

Area 1 Developmental Championships at FAU Complex, July 5-7

This Championship Meet was formatted different from past years, with Prelims being swum in a 25 yard course and then switched to Finals in a 50 meter course. Therefore some of our swimmer's got either or both LCM or SCY JO cuts.

Christine Baker had a fantastic meet with 10 best times and also swam the 200 yard back for the first time. She qualified with a JO cut in the 200IM yard event.

Novice & Age Groups

Elaine Balsam swam in her first Developmental Champs with 3 events doing a great job in the 100 free, 50 back, and 50 breast.

Seth Berke had 8 best times dropping a huge 5.23 seconds in the 50m breast and making JO cuts in the 50y free and 50m free.

Tiana Brannan had 8 best times dropping some big times. She dropped 26.50 seconds in the 500y free and 10.16 seconds in the 200y free. She also earned JO cuts in the 200 free, 500 free, and 100 free.

Karina Charanjiva swam in her first Developmental Champs in the 13-14 age group and did great in the 3 events; 100 free, 50 back and 50 breast.

Taylor Collins had 7 best times with over 6 second drops in the 200y free and 200IM yard. She also qualified JO cuts in both the 50y free and 50m free.

Carys Edwards had a best time in the 50y back and also swam the 100y free and 50y breast for the first time.

Lina Faberge had 4 best times with drops in the 50y fly, 50y free, 100y free and 50y breast. She also swam the 200y free, 200IM and 100y back for the first time.

Sophia Kabbej had 2 best times with drops in the 100y back and 50y free. She was 1st alternate in the 50y breast.

Victor Lago had 4 best times drops in the 100y breast, 50y free, 100y free, and 50y back.

Sophia Lieuw-Kie-Song swam in her first Developmental Champs meet with 2 best times, dropping over 4 seconds in the 50y back and 50y breast.

Madison Mulkey swam in her meet with PCS and did great in the 100y free, 50y back, and 50y breast.

Corrina Mullen was on fire with 9 best times and 8 new JO cuts. She made finals in 3 events and placed 1st in the 50m back and 100m fly. She made JO cuts in the 200IM, 200y back, both yards and meters in the 50 fly, 50 back, and 100 fly.

Daniela Munoz had 7 best times with some huge drops in the 200IM yard and 100m fly. She also made finals in the 100m back, 50m fly and 100m fly. Daniela made JO cuts for the 11-12 age group in the 200IM yard, 400IM yard, and 100m back.

Julian Munoz was another swimmer that was on fire with 100% best times. He placed 1st in the 200IM yard, 50m fly, 50m free, and 100m fly. He also made JO cuts in the 200IM yard, 200 yard free, 50m fly, 50m free, 50m back, 100m fly, and 200m fly.

Alexandra Slusarenko had 7 best times. She made finals in the 100 back, 50 free, 50 back, 100 fly and placed 2nd overall in the 500y free.

Francesca Smith had 4 best times with drops in the 200y free, 100y back, 50y fly, and 50y back.

Akanksha Surve had 2 best times with drops in the 50y back and 50y breast. She also swam the 100y free for the first time.

Emily Visconti had 6 best times with a huge 9.77 second drop in the 100y fly and 61.82 second drop in the 1650y free, where she placed 5th place overall in the 11-12 age group.

John Visconti had 4 best times with a huge 11.70 second drop in the 200IM yard, and 5.70 second drop in the 50y fly. He made finals in 4 events for the 10 & under's.

Both Alexis & Andrea Volkodav swam in the Sizzler meet which was held between prelims and finals on Saturday. Alexis had 3 best times and Andrea had 2 best times with the 25 yard events.

Lauren Volkodav had a best time in the 25y free and also swam the 100y breast and 50y free for the first time.

14 & Under Long Course Junior Olympics, July 12-14

Pine Crest Swimming had 23 that attended this exciting end-of-the-season Long Course Championships. Unfortunately due to the summer Florida thunderstorms, both the Friday and Saturday night finals were cancelled, which

affected both the individual events and relay events. Pine Crest Swimming ended up in 2nd place overall for the Girls Team, 6th place overall for the Boys Team, and 4th place overall for the Combined Team Points.

Christine Baker had 3 best times with an incredible 89.79 second drop in the 400 free. Her best place finish was the long 1500 free in 8th place.

Seth Berke had 3 best times with drops in the 100 fly, 50 fly, and 100 free. I'm sure Seth will be trying to make finals next year as a 12 year old.

Marissa Brannan had 5 best times with drops in the 400 free, 200 free, 100 back, and 100 free. She made finals in the 400 free and 100 free.

Tiana Brannan had 2 best times with drops in the 400 free and 200 free. She will be looking forward to being at the top of the age group for the 11-12 age group.

Carter Carlson had a best time in the 50 breast with a 2.39 second drop.

Christian Carlson also had a best time in the 50 breast with a 0.86 second drop.

Marta Ciesla had 2 best times with drops in the 200 free and 100 free. She also made finals in 5 of her events. She placed 1st overall in the 50 free.

Taylor Collins qualified in one event doing a great job in the 50 free, swimming close to her best time.

Jake Contich also qualified for one event, dropping 1.05 seconds in the 50 free. Jake is still 9 years old and will enjoy next year's 10 & under age group.

Jillian Contich had 3 best times with drops in the 50 free, 100 breast and 50 back. She was so close to making finals in the 50 back as 1st alternate.

Rachel Contich had an awesome meet with 6 best times and a huge 14.85 second drop in the 400 free.

Noemi Fekete had 5 best times with drops in the 50 free, 100 free (relay lead off), 200 free, 100 back, and 100 free (individual).

Novice & Age Groups

Rak Hovart swam for the last time with Pine Crest Swimming doing a fantastic job. He had 100% best times and was JO Champion in the 200 free. He made finals in 6 of his events. We will miss both Rak and his entire family.

Kyle Jones had 6 best times drops in the 50 free, 100 breast, 200 free, 200 breast, 50 breast, and 100 free. He was 2nd alternate in the 50 breast.

Corrina Mullen had a great meet with 5 best times, dropping a whopping 11.99 seconds in the 200 back and 12.38 seconds in the 200IM.

Daniela Munoz continues to improve at every meet with 5 best times. She dropped a huge 12.55 seconds in the 400 free and 22.14 seconds in the 200IM.

Julian Munoz just finished the Developmental Champs with great results and did it again at JO's with 6 best times. He dropped a huge 7.85 seconds in the 200 free and 8.68 seconds in the 200IM.

Halie Murphy had 6 best times with four of her events placing in finals at night. She earned team points in the 200 back, 200IM, 50 back, and placing 1st in the 100 back.

Jessica Nava also had 6 best times with first place finishes in the 100 fly, 50 fly, and also helped lead off the 800 free relay. Also earning team points in the 200 back, 200 free, and 100 back.

Crystal Navellier had 100% best times with some huge drops across the board. She dropped 10.19 seconds in the 100 fly, 14.14 seconds in the 200 free, 10.12 seconds in the 100 back, and 16.80 seconds in the 200IM.

Joao Vitor Pereira had 8 best times with drops in the free, back, and fly events. He finished finals in the 50 fly, 100 back, 50 back, and 100 free.

Tiago Pereira had 4 best times with a huge 7.28 second drop in the 100 fly and 3.13 second drop in the 200 free. Tiago was our only 10 & under boy at JO's this summer.

Matthew Petreski had 6 best times with a huge 16.19 second drop in the 400IM, and placed first overall in his known

events, the 100 and 200 breaststroke. He also placed in finals in 4 other events.

Alexa Rivera had 2 best times with drops in the 100 back and 100 free. She placed in finals in the 50 free, 100 fly, 50 fly, 100 back, and 50 back.

Kaden Shover had 100% best times with drops in the 50 free, 200 free, 50 breast, and 100 free. Kaden still has Winter Champs and Short Course JO's before he turns 15 years old.

Alexandra Slusarenko also had 100% best times with drops in the 200 free, 50 fly, and 100 free. We are lucky to have A-train for another year in JO's.

Francesca Smith swam in her first Long Course JO's in the 11-12 age group doing a great job in the 50 free.

Bailey Warren had 6 best times with drops in the 100 breast, 200 breast, 200IM, 50 breast, 100 free and placed 7th overall in the 400 free.

Savannah Yates finished off the long course season with 8 best times. She dropped an amazing 6.53 seconds in the 200IM and loved racing her favorite events in finals doing a fantastic job in the 50, 100, and 200 breast.

the Junior National bonus cut and placed 3rd overall doing it.

Jillian Contich had a best time in the 100 free even after just finishing JO's earlier.

Halie Murphy had 6 best times and finished in finals in the 200 back, 50 back, and 100 back, even though she is still 12 years old swimming in the Senior division.

Jessica Nava swam out of her mind in her only event, the 100 fly. She not only finished 1st overall in the Senior division but did a time of 1:02.77 which qualified her for the summer Junior National Championships happening early in August.

Senior Champs at Coral Springs, July 26-28

This meet was the last long course for many of our swimmers, with both age group, senior group and even some alumni and camp counselors attending.

Congratulations to all 15 & over swimmers that made finals in one or more events: Brooke Bernstein, Hank Contich, Austin Evenson, Casey Francis, Anton Generalov, Sabrina Gornisiewicz, Ryan Graff, Kent Haeffner, Amber Lubie, Tyla Martina, Lindsey Swartz, Hannah Veale, and Thomas Veale.

Marissa Brannan had 7 best times and placed in finals in the 200 free, 50 fly, and placed 3rd overall in the 1500 free for the 14 & under age group.

Marta Ciesla came to Senior Champs to accomplish one thing, drop time in her 100 free. She did just that and made

Pine Crest Swimming and Diving Club News

Congratulations to Josefina (JoJo) Richter who recently competed in a meet in Germany, while visiting family. Apparently it was quite cold and rainy, but she came home with a string of medals around her neck.

1st place in the 50m free and 50m back

2nd place in the 50m fly, 100m breast-stroke and 50m breaststroke



Congratulations to Coach Janet Gabriel and her Pine Crest Boys Diving team that did so well this summer at Junior Nationals for Diving. Way to go Coach Janet and PC Divers! **Kevin Mendez, Pine Crest, wins a spot on the 2013 Junior Pan Am Games Diving Team**

Pine Crest 4th grader, Kevin Mendez won two USA Diving National titles in the 11&Under Boys Platform and 1-meter springboard diving events. He won the pre-lims of the 11&Under Boys 3-meter springboard and placed 3rd in the finals. Another Pine Crest 4th grader, teammate, Denny Gulia Janovski finaled in all three 11&Under Boys events, placing 5th in 3-meter and Platform and 9th in 1-meter.

In 11& Under Boys combined Individual rankings, Kevin Mendez is the Individual High Point Award winner with 41 team points and Denny Gulia -Janovski with 22 team points ranked the 4th place 11&Under male overall.



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

Pine Crest High School Swimming & Diving Schedule:

Sept 13—Lake Highland & Bolles
Sept 14—Bolles Invitational
Sept 18—NBP & Chaminade
Sept 20—Gulliver Prep & Bolles
Sept 21—50th Woodson Invitational
Sept 25—Ransom Everglades

Oct 2— Boca High
Oct 4—Belen & University
Oct 9—American Heritage

Oct 16—Westminster Academy
Oct 17—Saint Andrews
Oct 25—District Championships

Nov 2— Regional Championships
Nov 8—State Championships

PC SWIMMERS MAKING WAVES THIS SUMMER!

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

Marta Ciesla—Zone Team & Junior National Team

Kent Haeffner—Junior National Team

Tyla Martin—Junior World Team for Trinidad & Tobago

Jessica Nava—Zone Team & Junior National Team

Joao Vitor Pereira—Zone Team

Lindsey Swartz—Junior National Team

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

August

September

October

August 5-9

USA Junior National, Irvine, CA

Club Meets will be posted soon.

Club Meets will be posted soon.

August 5-16

Summer Break / Optional Training

August 14

High School Swimming & Diving
Training Begins

August 19

Club Practice Restarts at normal
times

August 26-31

FINA Junior World Champs, Dubai