



# November Lane Lines Newsletter

The month of November was full of both High School State Series and Club Meet Championship Meets. See the great results below:

**Sizzler:** 21 Swimmer's attended from Pine Crest  
18 Personal Best Times

**Davie Developmental:** 51 Swimmer's Attended from Pine Crest  
**Meet:** 114 Personal Best Times  
8 Swimmer's (10 Events) Achieved a Junior Olympic Time

**Winter Champs:** 63 Swimmer's attended from Pine Crest  
279 Personal Best Times  
37 Swimmer's (140 events) made Top 10

## Pine Crest High School Swimming!

Pine Crest High School Swimming & Diving State Series Results:

Oct. 30—FHSAA District 10 Championships. Girls **WON** PC 541, SAS 508, Coral Springs Charter 306, Westminster 238, NBP 129, Pompano 114, FAU 93, Pope John 82, Grandview 46, Trinity 26, Kings 25, Wellington 17. Boys **WON** PC 606, SAS 417, Westminster 252, Pompano 222, Grandview 166, Coral Springs Charter 117, Kings 97, American Heritage 91, Trinity 53, NBP 1

Nov. 4—FHSAA 4-1A Regional Championships. Girls **WON** PC 382, SAS 314, American Heritage 244, Ransom Everglades 160, Westminster Academy 158. Boys **WON** PC 450, American Heritage 224, Cardin Gibbons 222, SAS 219, Westminster Academy 160.

Nov. 11—FHSAA Class 1A State Championships. Girls Bolles 420.5, **Pine Crest RUNNER-UP 221**, American Heritage 179, Lake Highland Prep 171.5, Saint Andrews School 165, Tampa Prep 141. Boys Bolles 503, **Pine Crest RUNNER-UP 280.5**, American Heritage 162, Lake Highland Prep 160, Cardinal Gibbons 142, Saint Andrews School 114.

Look for more results inside on Page 6.

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### November Birthday Month

Windsor Anderton, Amaia Arrese-Igor, Aj Barbar, Cecily Fine, Davila Fiorella, Jimmy Hart, Michael Jelinek, Alec Kain, Petrana Radulovich, Lily Rivere, Jake Rosenthal, Grant Siegel, Sabrina Zingg

# Novice I, Novice II, White & Green Groups

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## **Broward North Sizzler at Lauderdale, November 5**

On a super cold evening, our swimmer's sat waiting for their races with everything from sweat shirts, swim parka's, extra towels and pants. Since it was so cold and a few of the events with very few swimmer's, the meet went very fast and therefore our swimmers were not sitting long between events. In fact the entire meet finished within 40 minutes.

Pine Crest had 21 swimmers attend from both Boca Raton and Ft. Lauderdale with the intention on swimming fast to get their warm towel and candy.

Pine Crest Boca had 13 swimmer's attend the last Sizzler; Amaia Arrese-Igor, Miranda Cutler, Lauren Dawson-Scully, Ethan Flores, Jacqueline Fogel, Scarlett Goldberg, Abby Hart, Jimmy Hart, Genevieve Krieger, Dylan Mathosian, Lejla Najjarro, Tesla Radulovic, Lily Rivere. The kids swam very well on a very cold and windy night. Between races they did a very good job of staying warm and racing hard all while trying not to freeze.

Jourdan Henry had 3 best times with the biggest drop in the backstroke with over 5 seconds.

Josh Lopez came to his first Sizzler on a very cold night, but swam great with his best being a 4th place finish in the 25 Butterfly.

Patrick McCawley had four 1st place finishes even if his breaststroke was a solo swim.

Sam McCawley came to his first Sizzler and finished in the top 5 for all his events.

Judith Murciano stayed warm with her sweatshirt between events and had her best place finish in the 25 Butterfly.

Nicholas Reeser swam with a best time in the 25 Butterfly with a 3.17 second drop and in the 25 Breaststroke with a .50 drop.

Josefine Richter is continuing to improve with her strokes and had a best time in the 25 Backstroke with a .38 drop and finished in the top 5 for both

the Butterfly and Freestyle.

Grant Siegel came to his first Sizzler and went out on top with a first place finish in the 25 Breaststroke.

**White Group**—We would like to welcome to the Green I Group in Ft. Lauderdale, Jack Anderton who has moved up from the White Group.

## **Area 2 Developmental at Davie, November 6-7**

Congrats to the following swimmers that swam in the Developmental Meet on November 6-7 with both days being very cold and adjusting to the Daylight Saving Time.

Jack Anderton dropped 9 seconds in his 100 free, which got him his FIRST JO cut of a 1:15.04. He also dropped a second in his 50 breast, 10 seconds in his 100 back, 1 second in the 50 free, 5 seconds in the 100 breast, and 5 seconds in the 50 back.

Windsor Anderton dropped 2 seconds in the 50 free which also got her JO cut of a 29.74. She also dropped a second in the 50 back, 16 seconds in the 200 free, 4 seconds in the 100 free, 1 second in the 50 fly, and 26 seconds in the 200 IM.

Jorge Canedo wrapped up in his new swim parka came to his first swim meet ready to race. He swam in four events and is ready to improve at his next meet.

Anton Generalov dropped 2 seconds in the 50 free which got him his 50 free JO cut of a 28.70, and also a JO cut in the 100 free, dropping 2 seconds to get him a time of 1:04.66. He also dropped .63 in the 100 IM, 8 seconds in the 200 free, .21 in the 50 breast, and a second in the 200 IM.

Nicholas Hediger, who dropped .69 in the 100 free, 2 seconds in the 100 breast, .59 in the 50 free, and 4 seconds in the 200 IM.

Matt Lopez just finished watching his younger brother swim at the Sizzler and he came to swim both days with a total of 6 events. His best event was the 100IM which was a new event in a meet for him.

Camilla Osorio continues to improve at every meet. She had a 5.30 second drop in her 100 free, 3.49 second drop in her 50 Breaststroke, 1.43 second drop in her 50 Freestyle, and 1.67 second drop in her 50 Backstroke. Her best place finish was the 100 Breaststroke which was a new event for her. Camilla hardly ever misses a practice. Great job.

Jabari Owens was excited to swim in his first meet. He swam 3 events on Saturday and had his best place finish in the 100 Backstroke.

Nicholas Reeser just finished swimming in the Sizzler the night before, and came to this meet ready to add some more events to his agenda. He dropped .05 seconds in his 50 Breaststroke.

Vivian Spencer, who dropped 4 seconds in her 200 free which got her JO cut with a 2:34.97, and dropped .49 seconds to also get her JO cut in the 50 free with a time of 33.24. She also dropped .06 in the 50 breast, 8 seconds in the 50 fly, 4 seconds in the 50 back and 3 seconds in the 100 IM.

Mia Vota, who dropped 4 seconds in the 100 breast, .92 seconds in the 100 IM, and .80 in the 50 fly.

Special Congrats to Kylie Cawley and Rayna Lunn as this was their first swim meet ever.

We had quite the turn out for our Developmental Swim Meet in Davie. Eleven swimmer's participated from White Group in Boca and every swimmer improved their times! Not only did they improve their times; they improved on technique, as well.

Brian Anderson competed in the 50 FR, 100 BR and 50 BK. He dropped over 14 seconds in the 100 BR!

Christine Baker participated in the 50 FR, 50 BK and 100 IM. She grabbed the water tenaciously in the 100 IM by dropping nearly 10 seconds.

Our Karina Charanjiva swam the 100 FR, 50 FR and 50 BK with good improvement, as well. She dropped over 2 seconds in the 100 FR. This is not an easy task.

## White, Green I and Green II Groups

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Alan Goff, (new to our group) competed in the 100 FR and 50 BR where he improved in both. He dropped over a second in both events.

Bobby Hart swam a fast 50 Breast by dropping over 3 seconds. Well done.

Sophia Kabbej continues her efforts in the 50 Free and 50 Back. She never gives up. She continues to drop her times, as well.

Corrina Mullen competed in the 100 FR, 50 Fly, 200 FR, 50 FR, 50 BK and 100 IM. She dropped times in all her events! Corrina improved her 200 Free by dropping over a minute. That felt good!

Crystal Navellier participated in the 50 Free, 50 Back and 100 IM. She dropped over 2 seconds in the 50 Free and made her first JO time. Way to go!

Brian Nudelman swam his heart out in the 50 Free and 200 Free. He dropped over 11 seconds in the 200.

Jacob Silberman competed in the 50 FR. and 50 BK. His fast twitch muscles allowed him to drop over 11 seconds in the 50 Back and over 2 seconds in the 50 Free.

Lastly, our Jon Shashoua participated in the 100 Free, 50 Breast and 50 Fly. He dropped over 4 seconds in the 100 Free and competed in his first 50 Fly ever! Rock on, Jon. Let's give a big hand to all our swimmer's. Well done!

Rachel "Meatball" Blieden had a very nice meet earning another JO TIME in the 50 Free, while just missing the JO TIME in the 200 IM and 100 Fly. She also dropped time in the 50 Fly, while also swimming the 200 Free and 50 Back.

Yamile "YODOG" Godoy swam great Saturday only, dropping time in the 100 Free, 100 Breast and the 200 Free.

Jimmy Hart swam Saturday only as well and dropped 5 seconds in the 100 Free as well as swimming both the 50 Breast and 100 Back.

David Isenberg just barely missed his best time in the 50 Free while dropping time in the 50 Back and swimming the 100 IM for the 1st time.

Ronni just like her brother swam a great 50 Free and dropped over a second in the 50 Back while also swimming the 100 IM for the 1st time.

Alec Kain in his 1st meet for Pine Crest ever swam the 100 Free, 50 Breast, and 100 Back all for the 1st time, Great Job Alec!

Samantha Moroz in her 1st meet as a 9 year old did awesome, swimming a great 50 Free, 50 Back and wonderful 100 Breast.

Lejla Najarro had an adventurous 100 Free, while dropping almost 4 seconds in the 50 Back, and swimming the 50 Breast, 50 Fly, and 100 IM all for the 1st time, and just missing a best time in the 50 Free.

Nicholas Prigoda swam in his 1st meet for Pine Crest and did awesome. Nicholas swam the 50 Free, 100 Breast, and 50 Back. Way to go Nicholas!

Alejandro Ramirez had some nice drops in the 50 Free, 200 Free, 100 Free, while swimming the 50 Back, and 50 Fly for the 1st time.

Kaden Shover showed how much he likes the distance races dropping time in the 200 Free and 11 seconds in the 500 Free.

Alexandra "A- TRAIN" Slusarenko dropped over 3 seconds in the 50 Free and 50 Breast, A- Train also dropped time in the 50 Back, 100 Free and swimming the 200 Free for the 1st time.

Francesca Smith had a meet of 1st swimming the 100 Free, 50 Breast, 100 Back, and 100 IM all for the 1st time while dropping time in the 50 Free and 50 Back. Way to go "SMIDDY"!

Emily Visconti was another swimmer who swam in her 1st meet as a 9 year old swimming the 100 Free, 50 Breast and 100 Back all for the 1st time, way to go Emily! I want to say Thank you to all the parents and kids for swimming through the Cold Saturday morning, it showed a lot of toughness.

The Green II swimmers from Boca were in attendance to attempt to qualify in more Winter Championship events.

Jamie Flores showed up to swim 2 events the 100 breast and 400IM. He swam to a best time in the 100 breast by dropping over 9 seconds and qualified for Winter Champs in the 400IM.

Stephanie Grau swam awesome with 100% best times in the 5 events she swam. She had huge drops in the 100 and 200 free to get her closer and closer to the JO cuts. Great swimming Steph.

Alan Kozedub swam great again with best times 5 out of 6 events with a blazing 200IM. He was in the top 10 in all his events.

Peter Lin has been training great and it showed as he bettered 100% of his times and a 10th place finish in the 100 fly. Peter broke the 1 minute barrier in the 100 free with a great swim of 59.38 and a great 50 free with a time of 27.72.

Marin Mullen swam one event and just missed the Winter champ cut in the 200 fly.

Tatiana radulovich swam to 100% best times in her six events. She swam incredible with huge drops in the 50 back, 100IM and 200IM. Great swimming.

Bailey Warren swam 3 events with best times in all three. She dropped nearly 5 seconds in her 100 fly and qualified for Winter Champs in the 400IM.

Lexi Yribarren has been on fire lately and it showed again with 100% best times in the 100 breast, 50 back and 100IM. Great meet for the Green II group as now we will start fine tuning our swims for the Winter Championships to be held in two weeks.

### **Winter Championships at Plantation, November 19-21**

Pine Crest Swimming took 83 swimmer's for individual or relay events at this year's Winter Championships, held at the Plantation Aquatic Complex. Except for a cool night on Friday evening, the weather was kind to us but it was totally packed into three full days instead of the normal four days as per previous years.

## White, Green I, Green II and Senior Groups

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Congratulations to our 2010 Winter Champions:

Kaelah Chaney—200 Breaststroke

Jessica Nederlanden—100 and 200 Backstroke

Lindsey Swartz—100 Breaststroke

Also to our swimmer's who made it in the Top 10 at night for Finals, earning valuable team points:

Armand Aguirre, Anthony Barbar, Marcel Betschart, Delaney Brock, Kaelah Chaney, Ashley Crouse, Gotti Eisenberger, Alex Evenson, Austin Evenson, Jamie Flores, Miriyam Ghali, Laura Gonzalez, Brittany Hammond, Anastasia Hediger, Descartes Holland, Rak Hovart, Hailey Kelly, Zeineb Khalafallah, Amber Lubie, Mallory McKeon, Stephanie Moeller, Chad Moody, Marin Mullen, Jessica Nava, Jessica Nederlanden, Michal Rokita, John Rudnik, Austin Saunders, Charlotte Spencer, Lindsey Swartz, Hannah Veale, Thomas Veale, Ryan Walter, Bailey Warren, Alexis Yribarren, Noah Zylberberg, and Shawn Zylberberg.

Our Relay Champions were the 13-14 Girls in the 200 Freestyle Relay, 200 and 400 Medley Relay, the team consisted of:

Lindsey Swartz, Hannah Veale, Caroline Nava, and Miriyam Ghali.

This group of 13-14 girls also broke the team record for the 200 Freestyle and 200 Medley Relay.

Also to Lindsey Swartz who broke three (3) team records in the 50 and 200 Breaststroke, and 100IM.

50 Breaststroke—31.24

100 Breaststroke—2:21.82

100 IM—1:01.50

Miriyam Ghali also broke a team record in the 50 yard Butterfly

50 Butterfly—26.99

Congratulations to all of the swimmers in the Senior Group that swam in the Winter Championship Meet. There were a lot of best times as well as top

10 placements in finals, especially since they just came of the High School Swimming season. Congrats!

Congrats to the following Age Group Swimmers of Green I and Green II from PCFL that swam in the Winter Championship Meet.

Ainsley Anderton who swam the 50 free, Jack Anderton who swam the 100 free, and Windsor Anderton in the 50 free.

Ashley Crouse, who made it to finals in 4 events, she placed 2<sup>nd</sup> in the 50 free, dropping .41 seconds, placed 8<sup>th</sup> in the 200 free, 5<sup>th</sup> in the 100 back dropping 8 seconds, and 3<sup>rd</sup> in the 100 free dropping a second.

Anton Generalov, who swam the 50 free and dropped .47 seconds in the 50 free, 4 seconds in the 100 back, a second in the 50 back, and a second in the 100 free.

Sabrina Gornisiwicz, who dropped .88 in the 50 free, 7 seconds in the 500 free, .08 in the 200 free, 3 seconds in the 50 breast stroke, and a second in the 100 free.

Rak Hovart, who made it to finals in 6 events, he placed 3<sup>rd</sup> in the 200 back, placed 4<sup>th</sup> in the 500 free dropping 4 seconds, placed 7<sup>th</sup> in the 200 free, placed 10<sup>th</sup> in the 100 back, 8<sup>th</sup> in the 50 back and 9<sup>th</sup> in the 100 free dropping .21 seconds.

Amber Lubie, who also made it to finals, placing 7<sup>th</sup> in the 200 back dropping 10 seconds, and 7<sup>th</sup> in the 100 back dropping 2 seconds.

Caroline Nava who dropped .31 seconds in the 50 free, .79 in the 100 fly, .84 in the 50 fly, and a second in the 50 back and 2 seconds in the 100 free.

Charlotte Spencer who dropped .52 in the 50 free, .07 in the 100 breast, .13 in the 200 free, and placed 5<sup>th</sup> in the mile.

Vivian Spencer, who swam the 50 free, 200 free and the 100 free.

Mia Vota, who dropped .24 seconds in the 50 free, a second in the 200 free, 3 seconds in the 100 back, 2 seconds in the 200 IM, .77 seconds in the 50 back and 2 seconds in the 100 free.

Congrats to everyone that swam!

Congratulations to the following swimmer's Boca's White Group.

Brian Anderson led the way for our 10 & under boy's 200 Medley Relay and co-incidentally, made the JO cut in the 50 Back.

Our Seth Berke anchored the Medley with a fast 50 Free!

Karina Charanjiva, Corrina Mullen and Crystal Navellier represented our 200 Medley Relay and 200 Free Relay in the 10 & under.

Our Jacob Silberman had a fun swim in the 200 Free Relay (by barely getting out of the car) with teammate Brian Anderson!!

Adrenaline was high in that race! Thanks to Brian Nudelman in the 11-12 200 Free Relay. He swam with good speed.

Lastly, Crystal Navellier swam in her first JO individual event in the 50 Free. She dropped one second!! Way to go team! We are very proud of you.

We had 3 swimmers from the Green I group make individual events for Winter Champs and we had 1 relay only swimmer.

Rachel "Meatball" Blieden swam the 50 Free, 100 Free, as well as dropping over a second the 100 Back and dropping over 30 seconds in her 500 Free. Rachel also lead off both "B" Relays for the 10 & U girls, breaking 40 seconds in the 50 Back for the 1st time.

Christopher McCauley showed how talented and tough he really is. Chris got all best times in his 1st meet of the season missing swimming in the top ten in finals for the 50 Free (13th) and 100 Free (15th). With a nice season of training look for Chris McCauley to make a lot of noise this spring at Junior Olympics for Pine Crest. Chris was also part of both "A" Relays for the 10 and u boys.

Kaden Shover just barely missed joining the 15/30 club swimming the 50 Free in 30.05 dropping almost a full second. Kaden also swam on the "B" 200 Free Relay on Sunday morning as



## White, Green I, Green II and Senior Groups

### Winter Championships at Plantation, November 19-21

well.

Alejandro Ramirez swam on the "B" 200 Free Relay on Sunday for the team while sick and did a great job, way to step up Alejandro.

WOW!!!! What a 2010 GREAT Winter Championship. Nine swimmers from the Green II group showed up and swam incredible at the Winter Championships. The main objectives and goals for this season were all accomplished and the swimmers were incredible the whole weekend.

Shawn Zylberberg swam to best times in all his events including breaking the Boca pool record in the 200 breast. His time of 2:22.19 broke the record of 2:22.22 which was held by Coach Eddie Wolling. This was one of Shawn's goals for some time now and it was great to see him break the record. He placed fourth in this event and also placed in the top 10 in the 100 breast, 500 free and 1650 free. He also broke the 2 minute barrier in the 200 free for the first time with a fast swim of 1:55.76. Great meet!!!

Brother Noah had another great meet with best times in his 50, 100 and 200 breast events and the 200 and 500 free (over a 17 second drop). His great swim in the mile earned him 10th place and his major contribution to all the relays earned big points for PC. In addition, he broke his own Boca pool record in the 200 breast by bettering his record by over 2 seconds. Great Swimming!!

Lexi Yribarren swam incredible in all her individual events and all relays. She placed 7th in the mile with a great swim of 20:34 and bettered her time in four other events. She lowered her 50, 100 and 200 free again with blazing swims and lowered her 500 free by 6 seconds. Great season Lexi!!

Bailey Warren swam so fast all weekend and scored big points for the team in the 1650 free Sunday afternoon with a 4th place finish. She swam a great race coming on strong at the end to break the 20 minute barrier with a time

of 19:56.17. She also placed 9th in the 200 free with a great swim of 2:09 (3 second drop) and 10th place in the 500 free. She dropped nearly 5 seconds in the 400IM just missing out of the top 10 with a 12th place finish. She also contributed to all of our strong 11 and 12 relays including a best time in the 50 free lead off for the 200 free relay. Great Job Shaggy!!!

Tatiana Radulovich swam to best times in three events and swam very fast for the relays. Her 100 fly on the 400 medley relay was a thing of beauty and she dropped over 18 seconds in the 500 free with a time of 6:16.60. She also broke the 40 second barrier in her 50 breast with a great time of 39.93. Great meet Tatiana!!

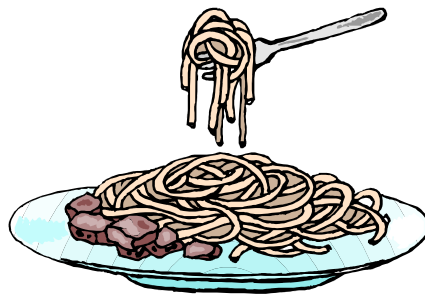
Marin Mullen had the meet of a lifetime with amazing swims in all her events. She showed up ready to race, especially at night for finals, to score 33 points for Pine Crest Swimming. She placed in 5 out of 9 events and contributed big time in all relays. She placed 7th in the 100IM, 2nd in the 100 breast with an amazing time of 1:13.15, 3rd in the 200 breast with a time of 2:38.92 only 3 seconds off the Boca pool record, 7th in the 400IM with a time of 5:11 and 3rd in the 50 breast with a time of 34.43. Great Meet Marlin!!

Sean McCauley swam incredible with 100% best times and huge drops in all his events. He swam on all of the relays for the 11 and 12 boys. He lowered his best times by over 5 seconds in the 100 fly, 200 free and 200IM. Sean is a great swimmer and we love him in the program. Great swimming MAC.

Alan Kozeudub swam to the best of his ability being sick, fighting his way through the weekend. Alan tried so hard to swim his best times and he wanted to make sure he was there for his teammates and muscled his way through the 50, 100, 200 and 500 free. What's amazing is he was just off his best times so I can't wait till he is healthy. Thanks Dubber!!

Jamie Flores swam to best times in 8 out of 9 events with top 10 finishes in 7 events. She lowered her best time by 15 seconds in the 200 back to take 2nd

place. She split the race perfect and her time of 2:19 currently places her 16th in the country for 11 year old girls. She placed 9th in the 50 free with a fast time of 26.91. She bettered her 500 free by over 4 seconds to place 5th and she placed 5th in the 100 back. Another 5th place in the 50 back with a time of 30.97 gets her even closer to that Boca pool record. She placed 7th in the 100 free and swam incredible in the 1650 free with a 19:49 to place 3rd. She scored 41 points for Pine Crest Swimming the most points scored by a



Boca swimmer. Great meet Jamie.

I am so proud of the job the entire Green II group did this season. We have learned a lot and now we will build on that for 2011.

Big Hands for the following families that contributed to the pasta dinner at the Boca campus—Flores, Warren, McCauley, Yribarren, Blieden, and Zylberberg.

And a big Thank You to our servers: Coach Christina, Donna Flores and Cindy McCauley.

A special Thank You to Chef Don and staff for helping us with the preparation of the food.

## Pine Crest Swimming Novice and Age Groups love October!

### OctoberFest Winner's!

Both Boca Raton and the Ft. Lauderdale campuses had loads of fun with both OctoberFest and Halloween Parties!

Both campuses enjoyed scary pizza, eyeball punch, ghost lollipops, games and more ending the month of October for their Novice Groups and Age Groups.

We also had a contest of the most attended practices during the month of October where a trophy was presented during the pizza parties for the Champion and Runner-Ups.

See the below Champions and Runner-Ups.



Boca Raton & Ft. Lauderdale Novice Groups during their pizza parties on October 28.



### OctoberFest Winner's!

Congratulations to the following swimmer's for the OctoberFest Awards:

#### Ft. Lauderdale

White Group: Champion—Jacob Couture, Runner-Up—Camilla Osorio

Green I Group: Champion—Vivian Spencer, Runner-Up—Rayna Lunn

Green II Group: Champion—Mia Vota and Rak Hovart, Runner-Up—Ashley Crouse



#### Boca Raton:

Novice I Group: Champion—Lejla Najarro, Runner-Up—Dante Macean

Novice II Group: Champions—Ethan Flores and Maxwell Periu

White Group: Champions—Alan Goff, Corrina Mullen, Sophia Kabbej, and Karina Charanjiva

Green I Group: Champion—Rachel Blieden, Runner-Up—Eden Lenner

Green II Group: Champions—Peter Lin and Lexi Yribarren



## High School Swimming Ends!

Pine Crest Swimming and Diving closed out the High School season on a very high note with another outstanding TEAM performance as the Panthers were State Runner Up in both the Girls and Boys State Championship meet, this past week.

The Panthers finished the dual meet season with an 8-1 record in boys and an 8-1 record in girls, with their only loss to Bolles. Pine Crest was the District Champion for boys and District Champion for girls; Region Champion for boys and Region Champion for girls; State Runner Up for boys and State Runner Up for girls. The scores in a dual meet or championship meet are separate for each team as each team is an independent part of the overall Athletic program.

Congratulations to our State Champions and High School All Americans:

Thomas Veale, State Champion/ High School All American in the 500 Free; State Runner Up/ High School All American and new school record in the 200 Free.

State Champion/ High School All American and new school record 200 Free Relay; Marcel Betschart, Gotti Eisenberger; Descartes Holland; Thomas Veale

High School All Americans:

200 Medley Relay- Marcel Betschart; Michal Rokita; Adam Dear; Descartes Holland

200 Free- Alina Schulhofer

50 Free- Marcel Betschart; Gotti Eisenberger

500 Free- Rebecca Aiello; Alina Schulhofer; Brittany Hammond

200 Free Relay- Alina Schulhofer, Rebecca Aiello, Stephanie Moeller, Brittany Hammond

100 Back- Marcel Betschart

100 Breast- Michal Rokita

400 Free Relay- Alina Schulhofer, Rebecca Aiello; Hannah Veale; Brittany Hammond

400 Free Relay- Delaney Brock; Gotti Eisenberger; Ryan Walter; Thomas Veale

Congratulations to all our High School State Finalist:

200 Medley Relay- Stephanie Moeller; Lindsey Swartz; Miriyam Ghali; Kaelah Chaney

200 Free- Brittany Hammond; Armand Aguirre, Austin Evenson

200 IM- Rebecca Aiello; Mallory McKeon; Adam Dear; Michal Rokita; Ryan Walter

50 Free- Stephanie Moeller; Marcel Betschart; Gotti Eisenberger

100 Fly- Miriyam Ghali

100 Free-Gotti Eisenberger; Armand Aguirre

500 Free- Austin Evenson; Ryan Walter; Mallory McKeon

100 Back- Stephanie Moeller; Marcel Betschart; Adam Dear

100 Breast-Lindsey Swartz; Kaelah Chaney; Michal Rokita

Congratulations also goes out to our club swimmers that swim or dives on their High School Team:

Caroline Alfano—Spanish River High School

Ainsley Anderton—South Florida Heat

Alexander Behnam—St. Thomas Aquinas

Shannen Bravo-Brown—St. Thomas Aquinas

Caroline Israels—Westminster Academy

Patti Kranz—Westminster Academy—State Champion (4 years in a row)

Jade Lubie—Dr. Krop

Caroline Nava—Westminster Academy

Alyssa Moeller—Saint Andrews School

Jessica Nederlanden—Westminster Academy

Shawn Zylberberg—Spanish River High School

## Pine Crest Swimming News

### Swim Shop Supplies:

Latex Team Cap	\$6.00
Silicon Team Cap	\$15.00
Color Team Cap	\$20.00
Nike Goggles	\$17.00
Male Jammers	\$36.00
Female PC Suit	\$54.00
Team T-Shirt	\$12.00
Mesh Bag	\$12.00
PC Mesh Bag	\$30.00
Fins	\$25.00
PC Swim Towel	\$30.00

### SWIMMING FACT

#### **DID YOU KNOW.....**

Pine Crest Swimming has 6 swimmer's participating in the upcoming 2010 Speedo Short Course Junior National Championships, being held at Georgia Institute of Technology in Georgia on December 9-11.

Please congratulate our swimmer's Marcel Betschart, Gotti Eisenberger, Jessica Nederlanden, Michal Rokita, Austin Saunders, and Thomas Veale.

You can follow the results on [www.usaswimming.org](http://www.usaswimming.org) under Events, then National. Individual results will be written in our next newsletter.

Good Luck!



# *Pine Crest Swimming Annual Holiday Party*

## **PINE CREST SWIMMING**

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954-492-4173  
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*Thursday, December 16*

*5:30pm—7:00pm (Ft. Lauderdale)*

*6:30pm—8:00pm (Boca Raton)*

*Everyone Welcome*

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

## **December**

### **December 9-11**

Short Course Junior National  
Championships, Georgia Tech Aquatic  
Center, Atlanta

### **December 16**

Annual Holiday Party

## **January**

### **January 28-30**

Open Invitational, St. Andrews

### **January 14-16**

Senior Circuit (LCM), Davie

## **February**

### **February 18-21**

Grand Prix (LCM), University of  
Missouri, Columbia, MO

### **February 19-20**

FG Invitational, Coral Springs

### **February 25-27**

Area 1 Developmental Champs, Lake  
Lytal