

CHEW ON THIS

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Sub Jo @ Pine Crest

By Coach Terrell

Congratulations to all the Plantation swimmers who competed in the Sub JO meet at the Pompano Beach Aquatic Center October 18-19. Special congrats to **Amanda Kassdikian, Damian Suski, Joey Grossman, Matt Swirsky** and **Parker Strickman** who attended their first ever swim meet!

PST added another spectacular meet to our already impressive list of accomplishments in 2008. **Allison Abad** put on quite a show, going 8 for 8 in the best time category. Allison cut 16 seconds off her 200 IM time and 19 seconds in the 200 Breast. Younger sisters **Meagan** and **Victoria** also swam extremely well taking 16 seconds and 22 seconds off their 200 IM times. Not to be out done, the sister combo of **Delali** and **Emefa Amoah** both had an amazing meet,

cutting a total of 75 seconds off there 12 combined events, including a 30 drop by **Emefa** in the 200 IM. **Ben McClenney** showed his true form, going 7 for 8 in the best time category. **Sofia Oliva** chopped 21 seconds off her 200 IM time and 13 seconds off her 200 Free time. **Asha Tilak** stayed with the pattern of huge time drops in the 200 IM, taking 26 seconds off her previous best. In the running for **Swimmer of the Meet** was **Leila Witcher**. Leila swam to 100% best times and was 12 seconds under her previous best in the 200 IM. Besides the massive amounts of time taken off personal bests, many PST swimmers achieved new Junior Olympic time standards. These swimmers include **Laryssa Bedley** (50 Breast), **Skye Downey** (50 Fly, 200 Back), **Elad Fraiman** (50 and 100 Fly), **Mikaela Michalowicz** (200 Fly) and **Jeff Parkinson** (100 Fly, 100 Back).



GOOD LUCK



To all of our High School Swimmers that advanced to Regions:

Jeff Parkinson, Courtney Randolph, Jessica Randolph, Krissa Robinson, Veronica Riviere, Ashley Hicks, Sivan Fraiman, Dylan Marsolek, Vitor Rodrigues, Christine Garrido, Krista Marin, Isabella Marin, Michael Tucci, Alec Wathen, Lucie Cardet, Taylor Prohaska, Derek Guensler, Cheriesse Campbell, Mikaela Michalowicz, Matthew Williamson, Isabel Cardozo, and Diego Cabrera

Swimmer's of the Month



12 & Under
Leila Witcher

Leila swam to 100% best times at the Pine Crest Sub JO, including a 12 second drop in the 200 IM. She has also had nearly perfect attendance for the month of October!



13 & Over
Mikaela Michalowicz

Mikaela was 6 for 8 in the best time category, including a new Junior Olympic time standard in the 200 Fly at the Pine Crest Sub JO.



Halloween Party



October 30th



Our entire swim team enjoyed Ice cream sundae's courtesy of the Booster Club



Polar Bear Club

Offered to all swimmers in the 3:45 group and Coach Terrell's 5 PM group that would like to swim through the colder weeks of the year. (Of course, the pool is HEATED!)

To reward these swimmers for "bearing" the cold, they will be recognized at our Team Banquet and receive a Polar Bear Club sweatshirt.

To be eligible, you must sign up in the coaches office or by email with Coach Terrell (terrellwpst@aol.com) ASAP, then swim November 3rd through January 30th, 2009.

PST COACHING STAFF:

Jimmy Parmenter, Head Coach, jimmyppst@aol.com

Dave Wathen, National Coach, davewpst@aol.com

Dolores Campbell, Age Group 1, Blue Group travelswim@aol.com

Terrell Woods, Red, White, Age Group & Masters Groups terrellwpst@aol.com

Tom Cuticchia, Red, Blue & Sprint tomcpst@aol.com

MEET SCHEDULE

November

- 3-8 High School Region Week
- 8-9 Sub-Jo @ FLA
- 13-15 High School States
- 14 8 & under Sizzler @ Lauderhill
- 20-23 Winter Champs @ Plantation

December

- 4-7 Short Course Nationals
- 13-14 County Champs @ CSSC
- 20 Holiday Party

Plantation Swim Team Booster Club needs your help

Thursday, November 20th through Sunday, November 23rd, we will be hosting the

2008 Winter Championships

We need **every PST family** to help out in our biggest meet of the year with over a 1000 swimmers attending. Please contact the Booster Club President, Dennis Foster fdiamondbar@aol.com and let him know where you are able to help: Hospitality, Concession Stand, Timing and Raffle Baskets.