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## SEVEN PIRANHAS TRAVEL TO MISSOURI GRAND PRIX

By Coach Dave



Courtney Randolph lead 7 PST Piranhas and one former Piranha (Katie Davidson) to an excellent showing in the Missouri Grand Prix meet held at the University of Missouri February 13-16.



Grand Prix meets are the level above Sectionals and several Olympians including Ryan Lochte, Katie Hoff, Eric Shanteau and Mary Decenza competed. Courtney made finals in 4 events, finishing 8th in the 400 IM, dropping 5.5 seconds. She finished 20th in the 200 IM, dropping over 3 seconds and also finished 20th in the 200 fly with a best time. Courtney was 19th in the 200 breast. Cheriesse Campbell dropped over a second in the 100



fly, almost 2 seconds in the 400 free and 5.5 seconds in the 800 free, finishing 13th. Dylan Marsolek dropped almost a second in the 200 free and split 55.7 in his leg of the 400 free relay which finished 11th. Said Mosquera, Michael Tucci, who swam a great anchor leg, and Alec Wathen joined Dylan to finish 6th in the 800 free relay and 10th in the 400 medley relay. Other individual best times were achieved by Alec

Wathen in the 400 IM and 100 fly, Katie Davidson did her best ever 200 free and Said Mosquera set a personal best in the 100 back. Jessica Randolph was ready to have an excellent meet, but caught a bad cold and had to scratch from several events. After the meet, the team visited the Gateway Arch in St. Louis for some educational and photo opportunities.



## ~ DYLAN MARSOLEK CHOSEN FOR ZONE CAMP ~



Dylan Marsolek was one of only 28 13-14 year old boys in the USA to be chosen for the Southern Zone Select camp to be held in Louisville, KY, May 21-24. There are three other camps held throughout the country in the Eastern, Western and Central Zones. Only 2 other swimmers from the Florida Gold Coast were selected to participate in this prestigious camp. Dylan, who has since turned 15, was chosen for his 400 meter free swim of 4:13.29 last summer at the Zone Championships. "Dylan is one of the hardest workers on our team, so I am proud and excited for him to have this opportunity," said Coach Dave.

### 12 & Under Swimmer of the Month Taylor Ginsberg

Taylor dropped huge amounts of time at the Comets meet. Coach Dolores said, "Taylor raced intently in a competitive manner."



Attention Parents,  
If you haven't been  
receiving emails from  
Coach Terrell, please  
let him know at:  
[terrellwpst@aim.com](mailto:terrellwpst@aim.com)

### MEET SCHEDULE

#### March

- 6 8 & Under Sizzler @ Pine Crest
- 13-15 Div II @ Jupiter
- 17-21 Junior Nationals @ Orlando
- 19-22 Sectionals @ Fort Lauderdale
- 27-29 FGC JO's @ Coral Springs

#### April

- 4-5 All Star Meet
  - 17 8 & Under Sizzler
  - 15-17 All Levels @ Plantation
- Check out the Spring Meet Schedule for the 2009 at [www.swimpst.com](http://www.swimpst.com)