



March Lane Lines Newsletter

Great results from our recent Championship swim meets:

Division II Champs: 30 Swimmer's Attended from Pine Crest, Boca Raton
 59 Personal Best Times
 9 New Junior Olympic Times

Junior Olympics: 33 Swimmer's Attended from Pine Crest
 134 Personal Best Times
 6 Finishes in 1st place overall for relays
 65 Finishes in the Top 10 (individual events)
 7 Finishes in 1st place overall for their individual event

Congratulations to: Jamie Flores, Brittany Hammond, and Nikki Jacobs our Junior Olympic 2010 individual event Champions and to: Jamie Flores, Brittany Hammond, Nikki Jacobs, Jessica Nava, Brenna Ruth, Charlotte Spencer, Lindsey Swartz, Hannah Veale, Alexis Yribarren, Bailey Warren our Junior Olympic 2010 relay event Champions.

Pine Crest Swimming finishes JO Runner-Ups

Combined Team Scores

1. Lake Lytal Lighting 692, **2. Pine Crest Swimming 679.5**, 3. Fort Lauderdale Aquatics 540, 4. Saint Andrew's Swimming 492, 5. Metro Aquatic Club of Miami 469, 6. Unattached 05—454.5, 7. Blue Marlins Of Hialeah Garden 424.5, 8. Miami Dade County Aquatic Club 380, 9. Rockway Swimming Team 363, 10. Plantation Swim Team 354, 11. Jupiter Dragons Swim Team 299, 12. Unattached 03—288, 13. Unattached - 10 283 14. Broward Aquatics 273, 15. Heritage Aquatic Team 219.5, 16. AK Sharks 171, 17. City Of Hialeah Storm Swim 158, 18. North Palm Beach Swim Club 116, 19. Miami Swimming 110.5, 20. Unattached 02—105, 21. Florida Keys Swim Club 92, 22. Lauderhill SwimTeam 86, 23. Unattached 77, 24. Unattached 29—65, 25. Unattached 27—56, 26. Atlantis Swimming Club 55, 27. Unattached 52, 28. Miami Beach Seahawks 46. 29. SwimFast 43, 30. North Miami Swim Team 42.5, 31. Midtown Weston Aquatics 40, 32. Devilray's Swim Club 36, 33. YMCA of South Palm Beach Count 21, 34. Davie Nadadores Swim Team 13, 35. Swim Gym Swim Team 10, 36. Flying Fish Swim Club 9, 37. Unattached 33—7, 38. Unattached 35—4, 38. Big Gator 4, 38. Unattached 01—4, 41. Lighthouse Point Aquatic Club 3

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March Birthday Month

Rachel Blieden, Gabrielle Castillo, Martina Cavard, Zoe Fermanian, Jamie Flores, Bobby Hart, Natali Markowitz, Dylan Mathosian, Sofia Navas, Charlotte Owensby, Chloe Reeves, Jake Rymer, Annabel Seidemann, Jon Shashoua

Novice II, White and Green I Group

Division II North Championships at Lake Lytal, March 5-7

Division II is a championship meet for swimmers who haven't yet qualified for Junior Olympics (14 and under) and Senior Champs (15-19). It's a prelim/final meet meaning, you swim in the morning and if you place in the top 10 you qualify to swim at night in finals. I just want to explain how cold it was Saturday and Sunday morning 44 degrees and windy you could feel driving a car. Despite the elements the kids swam amazing.

Brian Anderson had 5 best times with his largest drop was the 50 Fly dropping over 6 seconds. Brian also got to swim in finals 4 times in the 50 and 100 Free and 50 and 100 Back.

Christine Baker had to get the courage award. She was sick all week leading up to the meet missing school and missing her Saturday's events. Came Sunday and swam her heart out because she wanted to at least try and did a great job.

Rachel "Meatball" Blieden or the girl with the pink cast up until day before the meet swam very well. Despite kicking for the last couple of weeks just missed her best times and qualifying for JOs. She also qualified for the finals in the 50 Back and got 5th place.

Karina Charanjiva swam Saturday only dropping 3 seconds in the 50 Free and dropped 6 seconds in the 50 Breast and got to see Taylor Swift, talk about a GREAT weekend!!!

Samuel Colaiacova swam in his first meet of the season and he made it count. He dropped 3 seconds in the 50 Free. Samuel also dropped 17 seconds in the 50 Breast, but in finals dropped another 2 seconds (19 total) and WON the 50 Breast and to top it off achieved his 1st ever Junior Olympic Time Standard. Congratulations Samuel who also is one of the hardest working swimmers in our program.

Maddie "Mad-Dog" Fowler had a great meet getting 4 best times miss-

ing her best time in the 50 Free by .05. Her largest drops were over 4 seconds in the 100 Back and dropping over 2 seconds in the 100 Free.

Yamile Godoy swam Sunday only and did a great job for just coming back to swimming. She dropped over 2 seconds in both the 100 Free and 100 Back.

Stephanie Grau had a very good meet showing off her Backstroke skills. She placed 7th in the 50 Back. Steph was an alternate in the 100 Back and her name got called and she dropped 15 seconds from her morning swim to place 6th place. Good Job Steph!!! Stephanie also got 5th in the 50 Free.

Brothers Bobby and Jimmy Hart with a combined weight of maybe 95 lbs did a great job swimming in the freezing cold dropping time in the 50 Free while also having great swims in the 50 Breast.

Sophia Kabbej had great swims swimming the 50 Breast, Free and 100 IM for the 1st time.

Eden Lenner swam the 50 Breast and 50 Free. She dropped over 4 seconds in the 50 Breast while swimming in Finals. Eden also dropped time in her 50 Free earning herself her 1st Junior Olympic Time Standard by .01. She also got to swim in finals in the 50 Free. Congratulations Eden 1st one is always is the best.

Jake Lieberfarb also had a great meet swimming the 50 Breast, 50 Free and the 100 IM. In his 100 IM he dropped over 28 seconds in the 100 IM, way to go Jake!

Peter Lin made finals in the 50 and 100 Back placing 10th and 8th, and 100 Fly placing 8th. While winning the 500 Free and dropping over 2 seconds.

Christopher McCauley had 4 best times and swam in finals in 5 events. Chris got 6th in the 50 Back, 5th in the 200 IM, 3rd in the 100 Back, and 2nd in the 100 Fly and 100 Breast.

Victoria Monteiro had a great meet making 4 finals in the 50 and 100

Free as well as the 50 and 100 Breast. Victoria got 8th in 50 Breast, 6th in the 100 Breast, 4th in the 50 Free and 3rd in the 100 Free getting best times in the 50 and 100 Free and 100 Breast.

Corrina "Cuckoo" Mullen had a best time in the 50 Breast and narrowly missing best times in the 50 Free and 50 Back.

Crystal Navellier had great Saturday placing 11th in the 50 Free, but due to scratches she had another chance in Finals to swim again and she got best time in the 50 Free and moving up all the way to 6th. Great Job!

Alejandro Ramirez got 11th in the 50 Breast going a best time as well as dropping over 6 seconds in the 50 Free swimming Saturday Only.

Kaden Shover swam Sunday only and got a best time in the 50 Fly earning 6th place, he also got 9th place in the 50 Back in finals, while winning the 500 Free and earning another Junior Olympic Time, congratulations Kaden!

Jacob Silberman made finals in the 50 Breast earning 7th place dropping over 3 seconds, he also dropped time in the 50 Free dropping over second and a half.

Brandon Stein had a great meet, making 4 finals in the 100 Breast, 50 Free, 200 IM, and 100 Back. Brandon got all best times placing 9th in the 100 Breast and 200 IM, and 100 Back while taking 2nd place in the 50 Free.

Sydney Stein had a great meet getting all best times in the 50 and 100 Back, 50 and 100 Breast, and 50 and 100 Free with her biggest drop coming in the 100 Free dropping over 5 seconds.

Christina Varela swam in her 1st meet in quite some time and she dropped tons of time. She swam the 100 Free and dropped 21 seconds and swam the 100 Back dropping over 37 seconds, that is almost a minute of time she dropped in just 2 events, way to go Christina.

White, Green I and Green II Groups

Division II North Championships at Lake Lytal, March 5-7

Six Green II swimmers attended the Division II Championships at Lake Lytal and swam outstanding with 8 new JO cuts.

Caroline Alfano swam to 4 best times with top 10 swims in 4 events. She has improved so much since the season began and her 2 second drop in the 100 free gave her a 6th place finish. She also placed in the 100 breast, 100 back and the 200 breast where she took 3rd overall. Great meet!!!

Hailey Kelly swam 3 best times with JO cuts in the 1650 free and the 200 back. She placed in the top 10 in all her events which included a first place finish in the 200 back.

Sean McCauley had another great meet with 4 best times, 2 new JO cuts and winning the 200IM. He finished in the top 10 in all his events and he is only 11 years old, so with more hard training he will be a force at JO's this year and next.

Jessica Smigielski swam a great meet with 3 top 10 finishes and improving her 100 back time by a second.

Marin Mullen has been on fire lately and there was smoke on the water after she swam to all best times and making JO cuts in the 100IM and 400IM and the 50 fly. She swam the 400IM and 200 breast for the first time and did an outstanding job. We look forward to seeing "marlin" swim at JO's.

Shawn Zylberberg continues to improve at alarming rates (hard work pays off) and that showed in the 1650 free with a 18:45 time. The Green II group is made up of 12 swimmers with 9 making JO cuts. Great season Green III!!!!!!

FGC Junior Olympics at Coral Springs, March 11-14

Junior Olympics is our Championship meet for 14 and Under's and the last meet of the season to swim short course yards. After this meet we switch gears to long course meters.

Samuel Colaiacova swam in his first Junior Olympics and dropped even more time. He also was on the "B" 200 Free and 200 Medley Relay swam Saturday night and Sunday morning.

Alan Kozedub had his best meet to date getting 100% best times. Alan's biggest drops came in the 200 Free and 200 IM dropping over 4 seconds in both. Alan just missed making finals in the 200 Free placing 11th. Alan made finals for the 1st time ever at Junior Olympics in the 50 Free placing 9th in the morning going 30.00. Alan got to lead off the 200 Free Relay (as well as the 200 Medley Relay) later that night and went a 29.29 which was awesome. Then 30 or so minutes later he swam the 50 Free again and broke 29 seconds going 28.92 wow what a swim. Great Job Alan looking forward to this summer when he will make finals in most of his events.

Eden Lenner was another 1st time Junior Olympic participant swimming the 50 Free. She was just off her time but also swam on the 200 Free Relay Sunday morning and dropped more time off her best, way to do it for the team Eden!

Christopher McCauley was a bit under the weather and sounded like he had a frog in his throat but still had a great meet. He got all best times in the 50 Free, 50 Fly and 100 Free. His 100 Free was his largest drop, dropping over a second and half. Chris was also on the 200 Free and 200 Medley Relays.

Kaden qualified for the max amount of events but could only swim Saturday and Sunday getting 3 best times. Kaden's largest drops came in the

500 Free dropping 7 seconds and breaking 7 minutes. Kaden was also on the 200 Free and Medley Relays with Alan and Chris for our 10 and under boys.

Alexis Yribarren had a great meet (even in her favorite event the 200 Free) getting 6 out of 7 best times. Alexis also made finals in the 50 Breast and 50 Free dropping time in finals and also moving up in place. She got 7th in the 50 Free and 8th in the 50 Breast. Alexis also got 11th in both the 200 Free and 100 Breast just missing getting to swim in finals. Alexis was also part of the 200 Free Relay that WON the 10 and under girls age group that narrowly missed setting the Florida Gold Coast record. Alexis was also on the 200 Medley relay that placed 4th place swimming a great Breaststroke leg.

We also had relay only swimmers. Tatiana Radulovich was our knight in shining armor, swimming in the 400 Free, 400 Medley, 200 Medley relays going her best times in all of them.

Also Jordan Moldow was on the 200 Free and 200 Medley Relays completing the all Boca group for our 10 and under "A" relays for Boys.

Rachel "Meatball" Blieden was our Backstroker in our "B" Medley relay that got 4th with Victoria Monteiro Anchoring.

Victoria Monteiro along with her anchor Crystal Navellier swam on the "B" 200 Free Relay that got "5th" overall. Crystal, Rachel and Victoria were all a very important part of our 10 and under girls winning high point at the Junior Olympics. Way to go ladies!!!

White, Green I and Green II Groups

FGC Junior Olympics at Coral Springs, March 11-14

Nine Green II swimmers qualified and attended the biggest meet of the short course season- the Junior Olympics. As always the meet was held at the Coral Springs Aquatic Complex and for the first year ever only included the 14 and under age groups. The Green II swimmers trained very good since September 2009 getting ready for this meet and were ready to show their stuff.

It kicked off Wednesday night with the 1650 free where Shawn Z and Hailey Kelly swam to best times. Hailey Kelley scored points for PC with a 7th place finish which also qualified her for the All-Star Team.

Shawn Z dropped over 8 seconds from the week prior and placed 13th.

The following day was an off day at JO's but at PC we had the traditional Pasta Party to get the troops ready for the next 3 days of intense racing.

The 9 swimmers from Green II showed up on Friday ready for intense racing and the intense rain. The rain didn't stop the following swimmers in achieving their goals and making the 2010 Short Course JO's one of the best JO's in PC history.

JB Baker had 3 best times with a top 10 finish in the 200 back scoring points for PC.

Jamie Flores was more than ready for this meet and it showed as she took 2nd overall in the high point standards with 7 great swims and 2 solid relays. She scored the most points out of anybody from PC Boca with 60 total points and 7 best times and top 10 finishes including 3 gold medals in the 50 free, 50 and 100 back. She also placed 2nd in the 100 free and 4th in the 100IM. Her swims in the 50 back and 50 free broke two Boca Team records which were held by two outstanding swimmers. Great meet Jamie we are all so proud, keep up

the good work as she will move into the 11 and 12 year old age group.

Sean McCauley swam to 4 best times with an incredible 8 second drop in the 500 free. Great swims!!!

Marin Mullen had another great meet with two best times in the 50 fly and 400IM. She just missed top 10 in the 400IM which will be her strength in the coming years. She also was on all relays that scored very high for PC. Great meet Marlin.

Brenna Ruth had a great meet with a 9th place finish in the 1000 free with a 7 second drop. She also placed 9th in the 200 back with a great time of 2:21. Brenna was also on relays the placed first and scored huge points for PC.

Bailey Warren, showed up with the racing attitude and exploded with 6 best times. She placed in the top 10 in 6 out of 6 events swum and was a key swimmer in both relays that scored 1st place. She was the anchor leg of the 200 free relay that won going away and just missing the JO record by .19 seconds. This relay broke the long standing overall Pine Crest record for 10 and under girls.

The 10 and under girls won the overall high point as a team at these JO's. Congrats to the 10 and under girls and stop by the office to see your trophy.

Noah Zylberberg swam like a champ in all his events with huge drops in the 200 free, 200 breast and 100 breast. He placed 7th in the 200 breast at a young age of 11years old just missing his brothers Boca pool record by 7 tenths. He was also a key swimmer in all relays that scored many points, Great season Noah.

The hardest worker in the program Shawn Zylberberg swam an incredible meet with all new best times in 7 events. He dropped 3 seconds in the 100 breast to place 8th, dropped over 3 seconds in the 100 free, dropped 7 seconds in the 200 breast to place 5th and just off Coach Eddies 200

breast Boca record by 3 seconds. He also place tenth in the 50 breast and contributed to points on all relays.

The 2010 Short Course JO's will go down in history as one of the best JO's that Boca swimmers have had. We are so proud of the swimmers success this season and also want to thank the parents for their commitment to the program!

White Group

We would like to welcome Sophia Kabbej, Christian Nering, and Jake Silberman who has moved up from our Novice II Group.

Green I Group

We would like to welcome Christina Barber, Jake Lieberfarb, Victoria Monteiro, Alejandro Ramirez, and Christina Varela to the Green I Group.

Green II Group

We would like to welcome Alexis Yribarren, Peter Lin, Tatiana Radulovich, and Brandon Stein to the Green II Group.

Panther Hockey

On a stormy evening, 32 swimmer's, coaches and friends headed to the BankAtlantic Center on February 5 to see the Florida Panther's play the Calgary Flames.

The evening started off with games in the gym and a traditional pizza party, then headed to the stadium with our own Coach Michael at the wheel of the bus.

You would have thought the kids had swum 6,000 yards, because they snacked all night with popcorn, nachos and goodies.

Of course visits to the Panther souvenir shop to buy some very cool whistles just made the cheering that much louder.

From the upper levels of the stadium the Panther's heard us cheering, unfortunately it wasn't enough, they lost 2-1,

The kids had a lot of fun and were well behaved. Special thanks to Coach Michael who drove the school bus up from PCFL with their swimmer's through a night of stormy weather while he was under the weather himself.

Spaghetti Night

JO Spaghetti Dinner—March 11

With over 8lbs of spaghetti, 140 meatballs, and 10 loaves of bread helped fill the tummy's of our hungry swimmer's in the White and Green Groups. This annual tradition has been going on since Coach David and Coach Eddie trained here as teenagers and continues today with a good dinner and good luck to all our Junior Olympic swimmer's. A big thank you to Mrs. Briggs, Mrs. Baker and the Flores Family who helped in the kitchen. We finished off with a birthday cake for Jamie Flores who turned 11 years old.

“FGC All Star Team“

Congratulations to the following swimmer's from Pine Crest who were selected to represent Florida Gold Coast at the annual All Star swim meet happening April 10-11 at the Indian River Community College. The FGC All Star Team will take on Florida Swimming for a huge dual meet.

Jamie Flores, Miriyam Ghali, Brittany Hammond, Descartes Holland, Hailey Kelly, Alan Kozedub, Charlotte Spencer, Lindsey Swartz, Bailey Warren, Hannah Veale, Alexis Yribarren, Shawn Zylberberg

The team is made up of the best of the best all of the swimmer's from different swim teams in the Florida Gold Coast.

Pine Crest Swimming News

Swim Shop Supplies:

Latex Team Cap	\$6.00
Silicon Team Cap	\$15.00
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.....

Actually it has nothing to do with swimming but it is a **Did You Know** fact that.....

Our very own Coach Eddie Wolling raised over \$3,500 for the St. Baldrick's Foundation.

Coach Eddie was the highest fundraiser for the Pine Crest Team!

Special thanks to all the swimmer's and families who donated and supported him.

On March 17, other swim team family members such as Jeff Shover (father to Kaden) and Pete Perri (lesson swimmer) also went under the shaver.

Congratulations and thank you for supporting such a fantastic cause!

2010 Short Course Junior Olympics Team

PINE CREST SWIMMING

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<i>Caroline Alfano *</i>	<i>Brittany Hammond</i>	<i>Crystal Navellier *</i>
<i>Ainsley Anderton *</i>	<i>Nicholas Hediger</i>	<i>Tatiana Radulovich *</i>
<i>JB Baker</i>	<i>Holland Descartes</i>	<i>Brenna Ruth</i>
<i>Rachel Blieden *</i>	<i>Nikki Jacobs</i>	<i>Kaden Shover</i>
<i>Regan Byrne</i>	<i>Hailey Kelly</i>	<i>Charlotte Spencer</i>
<i>Samuel Colaiacova</i>	<i>Alan Kozedub</i>	<i>Lindsey Swartz</i>
<i>Ashley Crouse</i>	<i>Eden Lenner</i>	<i>Hannah Veale</i>
<i>Alex Evenson</i>	<i>Peter Lin</i>	<i>Bailey Warren</i>
<i>Yani Fabre</i>	<i>Chris McCauley</i>	<i>Alexis Yribarren</i>
<i>Jamie Flores</i>	<i>Sean McCauley</i>	<i>Noah Zylberberg</i>
<i>Anton Generalov</i>	<i>Jordan Moldow *</i>	<i>Shawn Zylberberg</i>
<i>Miriyam Ghali</i>	<i>Chad Moody</i>	
<i>Sabrina Gornisiewicz</i>	<i>Victoria Monteiro *</i>	<i>* Relay Only</i>
<i>Ryan Graff</i>	<i>Marin Mullen</i>	<i>Swimmer's</i>
<i>Kent Haeffner</i>	<i>Jessica Nava</i>	

April

March 27– April 5

Spring Break—Pool Closed

April 9—Broward Sizzler, Davie

April 10-11—FGC All Stars, Ft. Pierce

April 15—Ice Cream Day (Novice/
Lessons)

April 17

Combined Practice (White/Green)

Boomers Trip/Hot Diggity Dog Day

April 23-25— FGC Invitational, Jupiter

May

May 7

Broward North Sizzler, Sunrise

May 14-16

FGC Invitational, Plantation

May 20

Mini Meet at 4pm, Boca Raton

May 22

Family BBQ / Fun Day, 11am to 2pm

Coach David—

**After-School Lessons, White
Group, and Privates**

Coach Eddie—

**In-School Lessons, Novice II,
Green I Group, and Privates**

Coach Kim—

After-School Lessons

Coach Tom—

**Swim Study Hall, and Green II
Group**

Coach Tonya—

**In-School and After-School
Lessons, Novice I, White Group,
Privates and Masters**