



CHEW ON THIS

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Seniors Class of 2008

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Katie Laichak
Florida Gulf Coast

Roger Montenegro
University of Florida

Raquel Caysido
Santa Fe Community College
Nursing

Matheus Rodrigues
University of Florida
Engineering

Sergio Jacas
Florida Atlantic University
Major in Biology - Dentist

Alex Cianci
Florida Gulf Coast
Business

Dan Lupo
Florida Atlantic University
Commercial Music

Swimmer's of the Month



Alejandra Cardozo

Age Group 1

Hard work paid off for Alex, as she achieved her first ever Junior Olympic standard in the 200 Free at the Coral Springs Invite.



Jack McClenney

Sprint Group

Jack did a wonderful job at the Coral Springs Open Invite, achieving 6 new personal best times.

Looking for Volunteers:



PST needs many volunteers to help with our May 30-June 1 Meet hosted at Central Park. Please volunteer to time races, help with concessions or lend a hand with hospitality. Students can earn service hours by helping out, too! Contact: Tom Prohaska at prohaskat@aol.com or Lydia Tucci at lydiat@bellsouth.net

PST COACHING STAFF:

Jimmy Parmenter, Head Coach, jimmypst@aol.com

Dave Wathen, National Coach, davewpst@aol.com

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

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

Tom Cutiachia, Red, Blue & Age Group 2

Speedo Tip of the Month:

Unfortunately, most athletes look at their next seasons as extensions of their last ones. Perhaps, they have been following this pattern for years: their goals are not related to any particular time period or race but just exist as ideals disconnected from their actual training. If this sounds like you, now, would be a great time to toss out old expectations and establish some new goals for the coming season.

* Set a long-term goal. Pick a race date at the end of the season and a goal time for that race that you can use as a basis for your training and motivation throughout the summer.

* Identify some short-term goals for training and competitions between now and your end-of-the-season competition. You will need short-term goals throughout the season to provide feedback on your training and build self-confidence as you knock them down in pursuit of your long-term goal.

MEET SCHEDULE

May 9	8 & Under Sizzler @ Coral Springs
May 16-18	Pre Jo @ Sunrise
May 30-June 1	FGC Open Inv. @ PST
June 8	8 & Under Sizzler @ Pine Crest
June 13-15	Sub Jo @ Comets
June 13-15	Sunshine States Games @ Winter Haven
July 11-13	Division II @ FAU
July 17-20	Sectionals @ Fort Lauderdale
July 24-27	Jr. Olympics @ PST & Sunrise

Make sure to give your coaches your meet **Sign Up Sheet** and keep one copy for yourself. For a copy, go to www.swimpst.com and click on 2008 Summer Meet Schedule.