

Chew on this

The Newsletter of the Plantation Piranhas Swim Team

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Breakout Boys

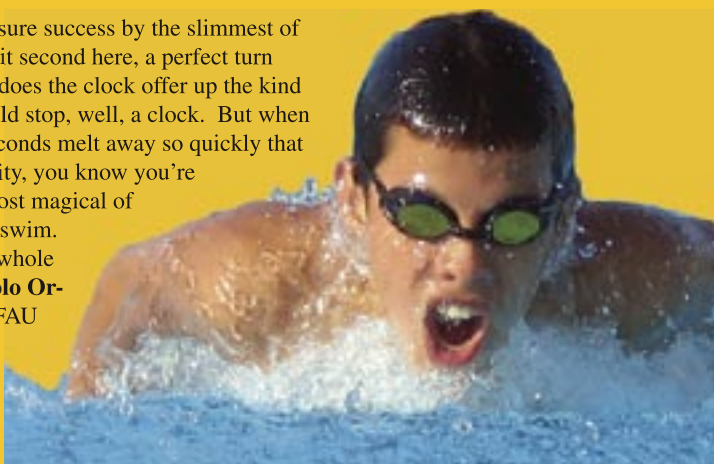
Swimmers measure success by the slimmest of margins—a split second here, a perfect turn there. Rarely does the clock offer up the kind of surprises that could stop, well, a clock. But when it does, when the seconds melt away so quickly that it's borderline insanity, you know you're experiencing that most magical of races: the breakout swim.

Sometimes it's a whole meet of magic: **Pablo Ortiz** came out of the FAU Spring Invitational 6 percent faster than he went into it. Best times in bunches every single race.

Sometimes it's the role player stealing the spotlight from a star teammate: **Michael Tucci** willed his way to a win over team record holder **Said Mosquera** in the 100 breaststroke at PST's Sunset Invitational.

And sometimes it's your first time dusting off an Olympic champion, which is what **Jeff Raymond** did on his way to a 7th place finish in the 1500 meter freestyle in Ann Arbor, Michigan. He finished one place ahead of Athens gold medalist **Klete Keller**.

Who will pull off the breakout swims in Tennessee? Division II's? Junior Olympics? Here's a prediction you can bank on: it will be the swimmers who show up to practice every day, push themselves as hard as they can, and do more than their coaches ask of them. Breakout performances are the result of back-breaking work. Making it appear effortless requires great effort. What price are you willing to pay to be the Breakout Boy or Breakout Girl of the summer?



Pablo Ortiz whopped his lifetime bests on all 10 swims at FAU and went home a full 6% faster than the "old" Pablo.



Jeff Raymond was livin' large in Ann Arbor, outlasting Olympian Klete Keller in the 1500 free.



Michael Tucci barreled to a dramatic 100 breaststroke win--and some new-found respect.



Cheriessa Campbell and Alex Cianci landed a 1-2 punch at the Sunset Meet.

New Piranha Stars Come Out at Night

When the sun finally set on PST's May 19-21 Invitational, it was a new crop of PST stars who shone the brightest.

Up-and-comer **Cheriessa Campbell** led 23 Piranhas into the overall top ten with a high point win in the 13-14 girls division. The individual medley/distance freestyle ace picked up a surprising--and her only--win in the 50 free, complementing a strong performance across all nine contested events.

Matthew Wathen and **Said Mosquera**, two "old reliables" at the age of 10 and 14, see "STARS," page 3

TECHTIP

Focus on

Staying Long

Slim, Sleek & Streamlined: You can't go wrong when you focus on swimming long.



1 Streamlining works It's not just every coaches most over-used phrase. "Streamlining" allows you to maximize your speed while minimizing your workload. You really *can* go faster, spending less energy, if you slip into streamlined positions on your starts and turns--even during individual strokes.

The most important time to maintain perfect streamlining is when you're tired, because that's when every last ounce of energy is a precious resource. That's also when you're least likely to do it. Make a habit of coming off the *last* turn of each practice repeat with a great, extended streamline. Remember: the way you practice is the way you'll race.

2 Less is more The best swimmers, especially the best male swimmers, take the longest strokes. They've learned to sneak, snake and slip through the water with long, slippery body movements. That can be something as simple as finishing your breast-stroke kick or something as complicated as taking your freestyle breaths with a fully extended lead arm.

Longer strokes means fewer strokes; fewer strokes means less turbulence, less resistance, less splash and thrash. That's what efficient swimming is all about: wringing the maximum benefit from every move.

3 Be patient Most young swimmers are in a big hurry to do something--anything--with their arms and legs. But sometimes the best thing you can do is wait. Hold onto your glide when you hit the water on your start. Stay long through the first stroke



of each length. Limit your breathing on short races because lifting your head for air breaks that sleek streamlined body position.

4 Squeeze Loose, limp streamlining robs you of speed and distance. It's also THE most common bad habit on virtually every swim team. Practice squeezing and extending through your shoulders to make yourself as long and narrow as possible.

Be careful not to squeeze so tightly that you "lock up." You want to be fluid and flexible even as you squeeze yourself into the narrowest shape possible. Use just enough squeeze to get the job done and you'll be the longest, leanest speedster in the pool!

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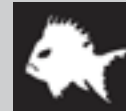
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FAST Notes

WELCOME ABOARD! The Plantation Swim Team is growing bigger every day, with enthusiastic new members joining us in the pursuit of competitive excellence. If you're new to our family, please stop by the swim team office for a quick introduction to our staff, team website and meet sign-up procedure. We encourage open communication with our staff and welcome the opportunity to help you have the best experience possible. Please feel free to drop a line via the above listed emails, leave a message on the office phone or simply pop in prior to or after a scheduled practice. Our swimmers and their families are our top priority!

READY FOR YOUR CLOSE-UP?

Coach Gary Fahey is looking for swimmers of all ages and swimming levels interested in appearing in an instructional dvd. Athletes will be filmed swimming, performing drills and demonstrating racing skills. If you're ready to be a star, see Coach Gary, call (954.629.7724) or email Gary at gfahey@aol.com.

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College PREP

Most college students look forward to a lazy summer working for tips, hanging out with friends and channeling their energy into the next big party.

PST's newest--and oldest--recruits will rise at the crack of dawn and endure mile after mile of Coach **Dave Wathen's** grueling longcourse workouts to ready themselves for the upcoming NCAA Division I college season.

Jameson Kuper, 18, a top freshman prospect for Southern Illinois University, decided to spend this summer far away from his Cape Girardeau, Missouri home. But not, as it turns out, too far removed from a familiar face: he swam for Piranha Coach **Jason Cravens** for two seasons with the Gator Swim Team back home.

The tow-headed Kuper will see an awful lot of Central Park, with two-a-day workouts and a part-time lifeguard gig to keep him busy. He'll add a real shot in the arm where PST needs it most: breaststroke. His 58 second 100 breast is a good four seconds faster than the nearest Piranha, and brings instant credibility to our senior medley relays.

He might be working relay exchanges with Michigan State junior **Jason Badney**, 21, a recent Plantation transplant who is rebounding from a shoulder injury. Badney was a Big Ten finalist for the Spartans



Jameson Kuper, 18, and Jason Badney, 21, catch a breather during morning workout at Central Park. Kuper, a freshman at Southern Illinois University, and Badney, a third-year swimmer at Michigan State, will train and compete with PST this summer.

his freshmen year, including an 8th place finish in the 500 free (4:26). But one torn labrum tendon later he's nursing a new career in the sprint freestyle/butterfly events. A year removed from surgery, he knows it's still a long way back.

"I know this is going to be a lot of hard work, but it's what I have to do to get back in shape," the Taylor Hill, Kentucky native said. "I'm evolving into a sprinter out of necessity."

Kuper thinks the heavy aerobic training this summer will pay off when he suits up for the Salukis this fall. His first week of workouts has been tough "but I'm getting into the swing of things."

The biggest difference between college swimming and the high school/club scene? "It's all about team," Badney says. "It's all about being a team, about 'us' as a team."

Get out your notepads, young Piranhas.

STARS

continued from page 1

respectively, brought home the top award in their age groups. But some fresh faces also landed near the top of the heap.

Alex Cianci splashed to the runner-up high point in the open girls division, with newcomer **Adriana Correa** coming in third and **Raquel Caysido** snagging fourth. **Pablo Ortiz** was second to Mosquera in the 13-14 boys age group, with top ten back-up from **Michael Tucci**, **Ricardo Aching** and **Vitor Rodrigues**.

Krissa Robinson (3rd overall) and **Lorenzo Cabrera** (7th) gave PST a

10 & Under boost, while **Dylan Marsolek** (5th) and **Alec Wathen** (6th) earned meet t-shirt awards in the 11-12 age group.

Runner-up high point **Davin Harding** was one of six senior boys in the top ten, including **Brandon Hicks** (3rd), **Shane Arbrmister** (5th), **Taylor Robinson** (7th), **Diego Cabrera** (8th) and **Jeff Grockowski** (10th).

Lifetime bests fell fast and furiously over the three-day meet. A whopping 21 Piranhas nailed personal bests on every swim: **Ahmed Awad**, **Alvaro Brice**, **Lorenzo Cabrera**, **Kaitlin Cardet**, **Matt**



Diamond, **Jose Duque**, **Jeff Grockowski**, **Ryan Henderson**, **Paige Hicks**, **Dylan Marsolek**, **Isabella Marin**, **Brian Montenegro**, **Georgia Montano**, **Andre Oliveira**, **Cristina Oliveira**, **Tyler Osborne**, **Daniel Parkinson**, **Jessica Randolph**, **Veronica Riviere**, **Krissa Robinson** and **Vitor Rodrigues**.

Congratulations to first longcourse swimmers **Victoria Abad**, **Meagan Abad**, **Emily Aron**, **Karl Cowart**, **Rachel Emberlin**, **Jesus Flores**, **Luis Flores**, **Jordan Hultquist**, **Sergio Jacas**, **Leora Kowen**, **Ryan Mellinger**, **Sophia Oliva**, **Jeff Parkinson**, **Sean Parkinson** and **Taylor Smith**.

GRAND PRIX Primitime



Jeff Raymond just missed his US Olympic Trials cut in the 1500 free and is within striking range in the 200 and 400 freestyles. The Olympic Trials will determine the

Raymond Tops Olympian; Just Off Trials Cut

Jeff Raymond beat one Olympian but came up just short of an Olympic Trials qualifying time at the Grand Prix Meet in Ann Arbor, Michigan.

His 15:54.34 was just 0.75 second off the time standard for the 2008 Trials. There were four swimmers in the events top 8 with 14 Olympic medals between them: winner Peter Vanderkaay, runner-up Erik Vendt, some guy named Michael Phelps (5th) and Klete Keller (8th).

Raymond won the "B" final of the 200 free in 1:55.68, good for ninth place, and was 12th in the 400 free (4:03.89).

Ashley Hicks earned matching 16th place finishes in the 100 and 200 backstrokes. Ileana Lucos flew into the 15th spot in the 200 butterfly.

PST hit paydirt three times with the relay quartet of Hicks, Lucos, Courtney Randolph and Gisella Cianci. They were 9th in the 800 free relay, 11th in the 400 medley and 14th in the 400 freestyle.

Montano Wins 3 at Sub JO Meet

Georgia Montano won three events as the PST-Sunrise contingent accounted for all five Piranha firsts at the Comets Sub JO meet May 6-7.

Montano won the 100 free, 200 fly and 200 IM, while Christina Bertoni (15 & over 100 back) and Jose Duque (15 & over 100 breast) also recorded individual victories.

A total of fifteen Piranhas kicked off their longcourse season with a clean sweep of their personal best log: Francisco Alvaro, Christopher Austin, Anzel Balzan, Jesse Balzan, Christina Bertoni, Gianfranco Bertoni, Vanessa Comunale, Kyle Desrosiers, Skye Downey, Jose Duque, Hailey Hernandez, Jackson McClenney, Anthony Stanco, Leila Witcher and Sarah Young.



Esteban Velasquez, left, scored a new JO cut in the 10 & under 200 free.



Jose Duque swims the 200 butterfly. He won the 15 & over 100 breaststroke.



TEETH Marks

June 9 8 & Under Sizzler @
Lauderhill

June 10-11 Sub JO Meet @
Pembroke Pines Comets

June 20-27 Team Travel
Meet, Nashville, TN

July 7-9 Division II Champs @
Florida Atlantic Swim Team

July 12-16 Southern Sectional
Champs @ Fort Lauderdale
Hall of Fame

July 20-23 Florida Gold Coast
Junior Olympics @ Fort
Lauderdale Hall of Fame

July 28 8 & Under Sizzler
@ PST Sunrise

August 1-5 Southern Zone
Champs, Georgia

August 1-5 US Nationals,
Irvine, CA

August 7-11 US Junior
Nationals, Irvine, CA