

Chew on this

The Newsletter of the Plantation Piranhas Swim Team

www.swimpst.com

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Volume V Issue 2

Get in the game! Online meet sign-ups posted for February competitions. **Plus:** Download Scholastic All-American Apps



Pablo Ortiz has the field at arm's length in the 100 free, one of four wins for the PST rising star at last weekend's St. Andrews Invitational.

Ortiz Rocks St. Andrews Competition

Pablo Ortiz came up gold and silver for the Piranhas at last weekend's St. Andrews Invitational, winning four events and adding four runner-up performances.

Aggressive racing tactics led to his wire-to-wire wins in the 13-14 100 free (52.96), 100 back (1:02.84) and 200 IM (2:08.55), three impressive lifetime bests for a mid-season meet. He picked up his fourth gold in the 200 back.

His unexpected silver medal in the 200 breaststroke--his "weak" stroke--put his Gold Coast competition on notice that he'll be a top contender in the individual medley events at the March Junior Olympic Championships.

PST picked up four additional wins courtesy of the Hicks siblings. Fourteen year old **Ashley** doubled in the 100-200

back events, while 17 year old **Brandon** swept the 15 & Over 100-200 butterfly races.

The Piranha's 10 & Under boys missed out on gold but hauled home lots of medals. **Esteban Velasquez's** six silver, two bronze and perfect 9-for-9 on best times led the charge.

Juan Lopez pocketed a silver (100 back) and bronze (50 back) while going 7-for-7 on lifetime bests. **Gabriel Perez-Silva** (2nd, 100 IM, 5-for-6 bests) and **Ryan Witcher** (3rd, 100 fly) also took home hardware.

Vitor Rodrigues (13-14 50 free, 2nd; 200 back, 3rd) and **Skye Downey** (10 & Under 100 IM, 2nd; 200 free, 3rd) picked up a pair of medals for PST. Downey's 7-for-7 best times included a trio of new JO cuts.

Ashlee Townsend splashed to a silver medal in the 15 & Over 500 free, while **Jenna Diamond** (11-12 200 IM), **Ileana Lucos** (15 & Over 200 fly), **Dylan Marsolek** (13-14 200

free), **Sivan Fraiman** (11-12 50 free), **Said Mosquera** (15 & Over 200 breast), **Jeff Parkinson** (15 & Over 500 free) and **Matthew Wathen** (11-12 100 fly) picked up individual bronze.

Swimming in the open age group, 12 year old **Jessica Randolph** was a big hit in the 200 breast, just four seconds off her first sectional cut as well as PST's top performer in the event.

Other notable efforts: **Hanson** (that's brother-sister duo **Logan** and **Brittany**, not the pop group) went 10-for-11 on best times; Kyle Derosiers dropped 16.9 seconds in the 100 breast; Krista Marin lopped nearly 5 seconds off her 200 back; Abraham Mauricio was 7-for-7 on best times; Max McClenney dropped 10 in the 100 fly; and Paola Rios improved 50 seconds across six events.

Variety Pack



No two swimmers seem to get off the block the same, as **Jeff Grockowski** (foreground), **Michael Tucci** and the rest of this 200 breaststroke heat demonstrate.

Piranhas Roll at Sunrise Sizzler

Danny Tucci led a powerful PST punch in the 8 & under boys division at the January 19th Sizzler Meet at Sunrise. He collected firsts in the 25 fly and 25 free, second in the 25 back, eighth in the 25 breast and gave the winning medley relay a big lead on the back-stroke leg.

Joining him on the relay were **Tyler Tolomeo**, **Ben McClenney** and **Elad Fraiman**. Tolomeo scored in three individual events, including 3rd in the 25 free, while McClenney and Fraiman scored in two individual events.

Sunrise newcomer **Kyle Palange** swam big with ribbons in all four 6 & under events (breast, 2nd; fly, 3rd; back, 3rd; free, 4th). **Christina Bedley** was PST's top 6 & under girl, collecting a pair of 4ths (fly, free) and two fifths (back, breast). First time swimmers **Victor Faynberg** (fly, breast, free) and **Bryan Barretto** (fly, breast) also scored for PST.

The Piranha contingent was 24-strong and included first-timers **Orlany Araujo**, **Briana Asbate**, **Mariajose Cardona**, **Alexandra Diaz**, **Teddy Eisner**, **Dean Hawley**, **Ceara O'Dowd**, **Matthew Schafer** and **Daniel Villegas**.



Swimming 101

It takes practice, patience, informed parenting and lots of love and support to develop a great competitive swimmer.

We encourage our swimmers and families to make your stop at www.swimpst.com a daily ritual. We're constantly updating our site with important team news and valuable swimmer and parent resources.

We also value your questions and want to be responsive to your concerns. Please stop in and talk with your child's coach on a regular basis. You'll be an informed team player who helps your family get the most out of its experience with the Plantation Swim Team.

FAST Notes

SPRING BREAK CLINIC Brush up on your strokes with the **PST Spring Break Stroke Clinic, April 2-6 from 9 AM - Noon**. With an emphasis on stroke mechanics and racing skills, this is the perfect mini-camp to tune up your swimming while school is out. For swimmers 12 & Under. *Cost: \$114, payable to City of Plantation.*

IT'S OFFICIAL With a clear shortage of new parents joining the ranks of USA Swimming officials, the Florida Gold Coast needs new blood to staff competitions. You don't need to be a swimming expert--just a responsible adult interested in learning the ropes. Please see Coach Jimmy for details.

ROOKIES Congratulations to Piranha first-time competitors **Laura Chan**, **Chad Harrington**, **Christian Marin**, **Allion Salvador**,

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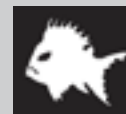
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Josh Sherman, **Blake Simmons** and **Fatimah Westbrook**. Testing yourself on race day is the *best* way to maximize your potential.

PITCH IN! PST needs plenty of volunteers to help with our February 23-25 meet hosted at Central Park. If your child is participating in the meet, please volunteer to time races, help with concessions or lend a hand with hospitality. Students can earn school service hours by helping out, too!

NEED STUFF? Total Teamwares can outfit your favorite Piranha in style. *Total Teamwares, 800.888.8843*

Total Teamwares will also be on hand at our February meet. Even if your child isn't racing, this is a great opportunity to purchase swimming gear at a great price (Feb 23-25).