



# April Lane Lines Newsletter

**FGC All Star Meet, Fort Pierce:** 11 Swimmers Attended from PC  
24 New Best Times

**8& Under Sizzler, Sunrise:** 16 Swimmers Attended from PC  
36 New Best Times

**Dragons LC Spring Invite, Jupiter:** 79 Swimmers Attended from PC  
154 Best Times

## Pine Crest Swimming at the Olympic Training Center.



### Inside this issue:

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### April Birthday Month

Zachary Bernstein, Isabella Chambers, Nico Ferrara, Robert Krasnov, Samantha Murphy, Lauren Noyola, Brett Paden, Josefina Richter, Joshua Wallace, Danielle Weisfisch, Daniel Yoffe

# Novice, Age Groups & Senior Groups

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## **FGC All Star Meet, Fort Pierce March 23-25**

Pine Crest had 11 individual swimmers attend and compete at the FGC All Star Meet. These 11 swimmers did an outstanding job achieving 24 new best times and scoring points for their team. We had multiple people win individual events and a lot of the swimmers finishing in the top 10.

Riley Botting had a great meet going best times in 4 events! Her biggest time drop came in the 500 free dropping 2.2 seconds. She also finished 3rd overall in the 200 Breast!

Bella Egizi did a great job going best times in 2 of her events. She had a huge time drop of 4.5 seconds in her 200 IM! Great job Bella!

Johanna Henry also did an outstanding job at this meet earning best times in 5 out of her 6 events! Her best finish came in the 50 Breast where she finished 4th overall! Great job Jo-Jo.

Jake Jones did a great job at the meet. He dropped time in two of his events and the biggest time drop was in the 200 free dropping 7 seconds! His highest finish came in the 100 Breast where he placed 4th overall.

Lara Jones had a solid meet placing in the top 8 in three of her events. She finished 5th overall in the 200 Breast scoring points for the team. Great job Lara!

Esther Lin did a great job at the meet. She placed 3rd overall in the 100 Breast! She also placed well in the 100 fly finishing 7th overall. Good job Esther!

Sara Lin had a very good meet going best times in 2 of her events. She dropped in time in both the 100 fly and the 50 fly. She dropped 4.3 seconds her 100 fly! Sara also won both the 50 and 100 Breaststrokes! Great job Sara.

Julia Podkoscielny had a good meet. She went best times in 4 events. Her biggest time drop came in the 200 IM where she dropped nearly 3 seconds! Julia placed 3rd overall in the 100 back and scored points for the team. Great job!

Josefine Richter did well at the meet. She placed in the top 7 in 3 of her events. She placed 5th overall in both the 100 and 200 backstroke. Great job Jo-Jo.

Hanna Smith did an outstanding job at the meet. She went best times in the 200 free, 100 breast, and 100 fly. Her biggest time drop came in the 200 free dropping 1.5 seconds! Great job Hanna!

Lily Soldani had a good meet going best times in both the 100 back and 50 fly. Lily also scored a point in her 50 back. Great job!

## **8 & Under Sizzler, Sunrise April 13**

The 8 & Under Sizzler went great in Sunrise. We had 3 swimmers race in their first Sizzler: Jackson Barideaux, Davin Girardin, and Joshua Soares. There was a total of 16 swimmers and they achieved a total of 36 new best times!

Christian Antonio did a great job going best time in 3 of 4 events he swam in. He dropped an impressive 1.7 seconds in both his 25 fly and back.

Jackson Barideaux had his first 8 & under sizzler with Pine Crest and he did a great job.

Sadie Chaney had a good meet. She went a best time in her 25 fly by 3 seconds. Great job Sadie!

Charlyze Fischer did an outstanding job at the meet. She went best times in 3 of her events. Good job Charlyze.

Davin Girardin had his first 8 & under sizzler. He did a fantastic job swimming in all 4 of his events.

Samuel Gomes did a great job at the meet going best times in 2 of his events. His biggest time drop came in the 25 back dropping 1.7 seconds.

Kyle Jensen had a very good meet going best times in all of his events. Great job Kyle!

Annabella Johnson also had a great meet going best times in all of her events. She had a major time drop in her 25 fly dropping 4.09 seconds!

Robert Krasnov had an outstanding meet going best times in all 4 of his

events. He also finished 4th overall in his 25 Breast.

Emerson Olive had a very good meet. He went best times in both his 25 fly and 25 back. Great job Emerson!

Nicolas Riechel– Sarup had a very good meet going best times in all of his events. He also finished 12th place overall in the 25 Breast.

MacKenzie Sipowicz had a great meet. She went best times in all 4 of her events. Great job!

Joshua Soares did a great job swimming in his first 8 & under sizzler. HE finished 6th place overall in the 25 breast. Great job Joshua!

Charlotte Wolfe did a good job going best times in 2 of her events. She had a big time drop of 2 seconds in her 25 back and she finished 7th overall in the events.

Jordyn Wolfe did a good job at the meet going best time in 2 events. She finished 9th overall in the 25 Back. Jordyn was also a part of the 100 free relay.

Lacey Wolfe had a good meet. She went a best time in the 25 free dropping 1.5 seconds. Great job Lacey!

## **Dragons LC Spring Invitational, Jupiter April 20-22**

This past weekend we had our first Long Course meet of the season and it went great! We had 79 swimmers attend the meet and they achieved 154 new best times.

This was the senior and national group swimmers first long course meet of the season as well. Those swimmers who participated are Trent Albury, Adrianna Barone, Rachel Botting, Marissa Branan, Gabriella Chambers, Haley Cisewski, Brooke Cordoba, Jose Diaz, Nico Ferrara, Daniela Gomez, Patrick Groters, Giulia Guerra Montes, Joshua Hanks, Daniel Jacobs, Madison Kozel, Alexandra Meszaros, Anna Montgomery, Lejla Najarro, Racine Ross, Jacob Silberman, Christian Tortola, and Nicholas Vale. They all did a great job for their first meet of the long course season. Great job everyone!

## Novice, Age Groups & Senior Groups

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### Dragons LC Spring Invitational, Jupiter April 20-22

Marissa Albury posted all best times and placed in the top 8 in 5 out of 7 events she swam. Marissa also swam the 200 backstroke for the very first time. This was her first long course meet with Pine Crest!

Haily Alexe had a great meet. She went best times in both the 50 breast and 50 free. She also swam the 200 free for the first time long course. Great job Haily!

Christian Antonio did a great job. He swam the 100 back for the first time long course and he also won a best time in his 50 free by 3.2 seconds.

Zoe Antonio had a great meet. She went best times in all of her events. She dropped 11.5 seconds in her 200 free! Zoe also earned her first JO time in the 50 free.

Angelique Arfa had a very good meet. She swam the 200 fly for the first time long course. She also went best times in the 200 free and 200 breast.

Drew Arfa did a great job swimming in his first long course meet. He placed 17th overall in the 100 back. Great job Drew!

Kaitlyn Armbruster had a very good meet. She went a best time in her 100 breast by 8.5 seconds! She also finished 9th overall in the 50 fly.

Tyler Armbruster excelled in the 100 breast stroke with an over 7 second drop. He swam close to his best times in the rest of his events and placed 3rd in the 100 fly.

Ava Balsam had an outstanding swim meet. She went best times in all of her events and took on the 200 fly for the first time long course. She placed 9th in the 50 fly and 7th overall in the 200 fly.

Andras Belezny did a very good job at the meet. He went a best time in the 50 breast. He dropped 1.3 seconds in that event. Great job Andras.

Jonah Bennett had a great meet going best times in all of his events. The biggest time drop came in his 100 breast dropping 10 seconds!

Lorelei Bennett did a great job at the meet. She went best times in all of her events and took on the 200 back for the first time long course. Great job Lorelei!

Jared Berke did a very good job. He went best times in 4 of his events. His biggest time drop came in the 100 breast where he dropped 11 seconds! Jared also had four top 5 finishes.

Riley Botting had a very good meet. She went best times in 3 of her events. She also won the 200 Breast and 100 Breast.

Katie Cathcart swam in her first long course meet. She did a fantastic job! Katie swam 50s of all four strokes and she swam the 100 back and free.

Isabella Chambers had her first long course meet with Pine Crest and she did a great job. She finished 2nd in the 50 back and 4th in the 100 free. Great job Isabella!

Wyatt Denhard had a good first long course meet of the season. He had five top 8 finishes. Wyatt's highest finish came in the 200 breast where he finished 2nd overall.

Annelise Driscoll had an outstanding meet. She went best times in all 3 of her events. Her biggest time drop came in the 100 breast where she dropped 25 seconds! Great job Annelise.

Paige Dudley did a great job at the meet. She went best times in all of her events. Paige also took on the 200 back for the first time long course and placed 10th overall.

Bella Egizi claimed top spot in 4 events. She dropped time in all but one event and achieved the AAA time for her age group in the 100 fly.

Sofia Egizi dropped time in all events. She swam the 200 IM for the first time long course and did a great job

Achieving the 10 and under JO cut. This was her first meet as a Green 1 swimmer.

Samantha Escobar improved in almost all events. Her most impressive was the almost 24 second improvement in the 200 free. This was Samantha's first swim meet as a Green 1 swimmer.

Xander Escobar had a great meet. He went best times in 5 out of 6 events. His biggest time drop came in the 200 free dropping 6 seconds!

Roman Ferrara improved in all of his events. He placed in the top 8 in 3 events. Roman got the 50 and 100 free 11-12 boys JO cuts and dropped 5 seconds in the 50 breast to achieve his third JO cut.

David Hayes had a strong meet going best times in all of his events. David also swam the 200 free long course for the first time. He had a massive time drop of 20 seconds in his 100 back and finished 12th!

Johanna Henry had big time drops in all events. Most impressive was her 13 second drop in the 50 fly. She placed in the top 3 in 2 events- 50 and 100 breast.

Courtney Jensen saw big drops in all events with a 15 second improvement in the 50 fly and 14 second drop in the 100 breast. She also swam the 200 free long course for the first time.

Jake Jones placed top 3 in 4 out of the 7 events he swam. He had some great races with an impressive 200 IM showing off his versatility. Jake also swam the 400 freestyle on Friday night.

Lara Jones had a very good meet. She had three top 3 finishes. Her best finish came in the 200 breast where she placed 2nd overall. Great job Lara!

Ronin Jones had a great meet with two top 3 finishes. He earned himself 2 JO cuts in the 100 and 200 Breast.

# Novice, Age Groups & Senior Groups

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## Dragons LC Spring Invitational, Jupiter April 20-22

He is close in a few other events and hopes to reach the cuts soon.

Zephy Kjos had a great first long course meet of the season. She went best times in 4 of her events. Zephy also did the 100 back for the first time and did an outstanding job.

Victor Lago had a good meet. He went best times in 4 events. He had a big time drop of 9 seconds in the 50 fly! Victor also swam the 100 fly for the first time long course. Great job Victor!

Christopher Lin swam very well in his three events on Saturday. He got the 10 and under boys JO cuts in two of them- 200 free and 50 breast. Chris just recently moved up to the Green 1 group.

Esther Lin had a good meet placing in the top 4 in three events. She won the 50 breast, placed 3rd in the 100 fly, and 4th in the 200 IM. Great job Esther.

Sara Lin swam 4 events including the 400 freestyle where she dropped an impressive 32 seconds. Sara placed 1<sup>st</sup> in two breast stroke events she swam- 50 and 200.

Isabella McGovern swam well at the meet. She went best times in all of her events. She had a huge time drop in the 100 free dropping 11 seconds!

Natalie McGovern swam in her first long course meet, She did an outstanding job in all of her events.

Colin Nealy had a great swim meet. He went best times in 5 events and had a huge time drop in the 200 fly dropping 20 seconds! Colin also had two top 4 finishes. He finished 2nd overall in the 200 fly.

Levent Ozaktay did a great job. He went best times in two of his events and swam in 4 new events long course.

Julia Podkoscielny had a good

meet. She dropped time in 3 events. Julia finished in the top 5 in five of her events. Great job Julia!

Andres Ramirez did a very good job. He dropped 5.75 seconds in his 50 free! He also swam the 200 free and 100 back for the first time long course.

Lola Rodgers had an impressive showing with her highest finish being the 50 backstroke- 5<sup>th</sup> place. Lola gained some important long course racing experience as she swam 6 events and did great in all of them.

Freddy Rosenthal had a great long course meet. He went best times in both the 50 free and 50 fly. Freddy also swam 4 other events for the first time long course and did a great job in them.

Shea Runsdorf had an outstanding swim meet. This was her first long course meet. She is very close to earning JO times in multiple events.

Kian Saffari had very good swim meet. He went best times in 3 events and swam another 3 events for the very first time long course. Kian had a major time drop in the 100 free dropping 17 seconds!

Hanna Smith did a great job. She went best times in 5 out of 6 events. She also won the 50 free, 100 back, and 50 back. Great job Hanna!

Lily Soldani swam very well improving in all of the events and swimming the 200 backstroke for the first time. Lily added 3 backstroke long course 11-12 girls JO cuts to her JO lineup.

Benjamin Sturm had a good meet. He went a best time in his 50 breast. Benjamin also swam in the 200 free and 200 Breast for the first time long course.

Mario Suarez went best times in all of his events. He had a big time drops in all of his events. Outstanding job Mario!

Alexander Taus–Nita swam in his first long course meet with Pine Crest and he did a great job!

Gabriel Tortola had an awesome meet with an impressive 10 second drop in the 200 free. He came close to the 11-12 boys JO cuts in most of the events he swam and hopes to reach those at the next meet.

Lillian Trussell had a good meet. She went best times in both the 100 fly and 50 back. She also had a 8th place finish in the 200 back. Great job!

Simone Vale had a good first long course meet of the season. She went a best time in the 50 fly. Simone also had six top 5 finishes.

Jake Venezia did an incredible job at the meet. He went best times in 5 of his events. Jake dropped an amazing 25 seconds in his 200 back!

Joshua Wallace did an outstanding job at the meet. He went best times in almost all of his races. Joshua dropped 12 seconds in his 400 free. Great job Joshua!

Victoria Zlateva did a very good job. She went best times in 2 of her races, the 200 IM and 50 fly. She also placed 6th in both the 50 breast and 200 IM. Great job Victoria!

## Olympic Training Center Trip



Over the last several years, Pine Crest Swimming has sent a group of swimmers to the OTC (Olympic Training Center) in Colorado Springs for a wonderful opportunity to train at high altitude, along with the wonderful facilities at the OTC and visiting some of the beautiful areas around Colorado Springs during the week of March 31 to April 8, 2018. This year the following swimmers gave up their spring break for this great training trip - Addy Barone, Flora Belezny, Rachel Botting, Marissa Brannan, Haley Cisewski, Jose Diaz, Jimmy Hart, Madison Kozel, Anna Montgomery, Antony Novak, Christian Tortola, Emily Weiss, Sheldon Win, along with our own Coach Eddie and Coach Katelyn.

## College Commitment

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Anna Montgomery has decided to continue her swimming career in college. She has just recently signed with Davidson College, a mid-major Division 1 school located in Davidson, NC.

Congratulations Anna!



Marissa Brannan has decided to continue her swimming career in college. She has signed with George Washington University, another mid-major Division 1 school located in Washington, D.C.

Congratulations Marissa!



# PINECREST SWIM CAMP



- 9 WEEKS: June 11- August 11
- New and improved daily schedule
- Technique session each day for all campers
  - Lunch and 2 snacks included
  - 2 practices and 1 dry land each day
- Each week includes ½ day on Saturday (1 practice)
  - Classroom session each day

**REGISTER NOW!**

<https://pcsummerftl.campbrainregistration.com/>

<http://www.pinecrestswimcamp.com>

# Pine Crest **Rising Star**

[WWW.PINECREST.EDU/SUMMER](http://WWW.PINECREST.EDU/SUMMER)

## RISING STAR SWIM CAMP - BOCA RATON

June 11 – August 3 (8 weeks to choose from)

## RISING STAR SWIM & DIVE CAMP - FORT LAUDER- DALE

June 11 – August 3 (7 weeks to choose from)

Ages 5-12 years old

Perfect for those at the Swim Lesson, Novice or

White Group level

# SUMMER SWIM LESSONS

Summer Group Lessons are run in the months of June & July on a weekly basis.

## BOCA RATON

Classes are at 8:45am-9:15am OR  
3:30pm-4:00pm

Go to [www.pinecrest.edu/summer](http://www.pinecrest.edu/summer) to register

## FORT LAUDERDALE

Classes are at 8:30am-9:00am, 3:30pm-4:00pm  
OR 4:15pm-4:45pm.

Go to [www.pinecrestswimming.com](http://www.pinecrestswimming.com) and click on the Swim Lessons Tab for Fort Lauderdale—print off and fill out the pdf form to register and send to the Swim Office.



# SAVE THE DATES

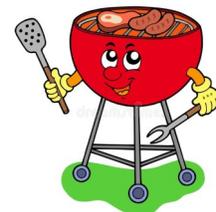
## **PINE CREST SWIMMING**

2700 St. Andrews Blvd  
Boca Raton, FL 33434  
561-852-2825  
boca.swim@pinecrest.edu

1501 Northeast 62nd Street  
Fort Lauderdale, FL 33334  
954-492-4173  
swimming@pinecrest.edu

## **May 12, 2017 Team BBQ and Pool Party at PC Boca Raton**

We're on the web:  
[www.pinecrestswimming.com](http://www.pinecrestswimming.com)



## **May**

## **June**

## **July**

### **May 12**

Mini Meet, PC Boca Raton

### **May 12**

Team BBQ & Pool Party

### **May 18-20**

Jesse Vassallo Invite, Pompano Beach

### **June 1-3**

FGC Open Water Zone Team, Tennessee

### **June 11**

Competitive Swim Camp & Rising Star  
Swim and Dive Camp Begin

### **June 22-24**

Swim Fort Lauderdale International  
Classic, Fort Lauderdale

### **July 13-15**

Area 1 Developmental Championships,  
Boca Raton

### **July 20-22**

FGC Junior Olympics, Stuart

### **July 27-29**

FGC Senior Championships, Coral  
Springs

### **July 29- August 4**

FGC Summer Zone Team, Texas

### **July 29- August 4**

Speedo Junior National Champion-  
ships, Irvine