



CHEW ON THIS

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Junior Olympics Recap

By Coach T. Woods

Most PST swimmers completed their season February 28th - March 2nd at the FGC Junior Olympics in Coral Springs. We kept our streak of great performances so far this season going, and have high hopes for our Sectional qualifiers.

PST swimmers who qualified for the Sectional meet in new events include **Jessica Randolph** (1000 Free, 400 IM), **Sivan Fraiman** (100/200 Back, 100 Free), **Michael Tucci** (400 IM), **Diego Cabrera** (200 Back) and **Vitor Rodrigues** and **Renata Rios** (1650 Free).

Congratulations to Dylan Marsolek for qualifying for Junior Nationals in the 1650 Free, going 16:12.38.

Other outstanding performances included **Lorenzo Cabrera** dropping 8 seconds in the 200

IM, **Roger**

Montenegro in the 200 Back, and

Michael Tucci in the 400 IM, dropping

over 10 seconds. Top point scorers for

PST were **Sivan Fraiman** (45 points),

Courtney Randolph (41), **Dylan Marsolek**

(39) and **Gabriel Perez-Silva** (38). These four swimmers all were selected by the

coaching staff as February Swimmers of the Month.



Swimmer's of the Month

Junior Olympics

Division II



12 & Under

Sivan Fraiman

Sivan scored a team high 45 points and qualified for the Sectional Meet in the 100/200 Back and 100 Free. Sivan loves dolphins.

Gabriel Perez-Silva

Gabriel was the top point scorer for the 12 & under's with 38 points. Gabriel achieved 5 out of 6 best times at JO's. His favorite cookie is Oreo's.



Megan Abad

Unfortunately Megan's birthday foiled her hopes at JO's, but she turned out multiple finals appearances and dropped time in almost all of her swims. She will be attending Harvard in the fall.

Elad Fraiman

Elad qualified for the Junior Olympics in the 50/100 Breast. Elad loves his sisters very much and will listen to his coaches and parents.



13 & Over

Courtney Randolph

Courtney paved the way for the 13 & over girls with 41 points. She was also the 2008 JO Champ in the 200 Free. Her favorite color is green.

Dylan Marsolek

Dylan led the 13 & over boys with 39 points as well as qualifying for his first Junior National Meet. Dylan enjoys long walks on the beach.



Christine Garrido

Christine dipped under the JO standard in the 200 Back and 200 IM. She also won the 200 Breast. She dreams of one day playing in the NBA.

Sergio Jacas

Sergio achieved his first JO cuts in the 100/200 Breast. Sergio enjoys painting in his time away from the pool.



MEET SCHEDULE

March 13-16	Sectionals @ Orlando
April 18	8 & Under Sizzler @ Pine Crest
April 25-27	FGC Open Inv. @ Coral Springs
May 9	8 & Under Sizzler @ Coral Springs
May 16-18	Pre.Jo @ Sunrise
May 30-June 1	FGC Open Inv. @ PST

BACKSTROKE TIPS:



Streamlining

Always strive for a perfect streamline on every start and every turn not only in a race, but every day in practice. The better your streamline, the less resistance you'll create in the water ...and the faster you'll go!

Rotating from Side to Side

By rotating from side to side (rather than swimming flat on your back), you will cut down resistance and create momentum. Keep your head tilted back and your hand and forearm relaxed at all times. As your hand moves through the stroke sequence, every movement should be designed to make you as efficient as possible in the water.