



CHEW ON THIS

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Volume VII Issue 2



Polar Bear Club



Michael Tucci

PST Awards Banquet

Technical Mastery Swimmers of the Year : **Natalya Wozab & Isabel Cardozo**

Most Inspirational Performance of the Year: **Skye Downey & Michael Tucci**

Relay Swimmer of the Year: **Meagan Abad & Christian Polania**

Dedication Swimmer of the Year: **Krissa Robinson & Dylan Marsolek**

Sportsmanship of the Year: **Damian Suski & Vitor Rodrigues**

Destroyer of the Year: **Ebad Fraiman & Courtney Randolph**

Coaches Awards : **Courtney Randolph, Yusuf Mousa, Ebad Fraiman, Liam Kilroy Parker Strickman, Caitlin Arrigo, Mark Dubin and Delali Amoah**

Grinder of the Year: **Sarah Young, Cheriesse Campbell and Renata Rios**

Piranha of the Year: **Michael Tucci**

Dennis Foster - awarded for his dedication to PST for the past 4 - 5 years

Scotty Invite Meet Recap By Coach Terrell

Congratulations to all the PST swimmers who braved the elements and turned out some amazing swims at the 2009 Scotty Invite at St. Andrews.

In spite of the cold temperatures, PST was on fire with stand out performances by all three **Abad** sisters. **Allison** dropped a total of 20 seconds over the weekend, while **Meagan** took a whopping 37 seconds off

her personal bests and was selected 12 & Under Swimmer of the Month. **Victoria** took 18 seconds off her best times in only 5 events. **Serah Adkison** left the meet with a smile after she took a total of 33 seconds off of her previous best. On her way to joining 100% best time club, **Laryssa Bedley** took 23 seconds off her personal best swims. Team mate **Sophia Oliva** took 13 & Over Swimmer of the Month honors with a staggering 49 second drop over the weekend, including a 10 second drop in the 100 Backstroke and an 18 second drop in the 100 Butterfly.

Swimmer's of the Month



12 & Under
Meagan Abad

Meagan took a 37 seconds off her personal bests at the 2009 Scotty Invite, including a 12 second drop in the 500 Free and a 10 second drop in the 200 Free.



13 & Over
Sophia Oliva

Sophia took a staggering 49 second drop over the weekend, including a 10 second drop in the 100 Back and an 18 second drop in the 100 Fly.

Good Luck to the following Swimmers competing at the Missouri Grand Prix February 13 -16
Cherisse Campbell
Dylan Marsolek
Courtney Randolph
Jessie Randolph
Michael Tucci



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, Age Group
 & Masters Groups terrellwpst@aim.com

Tom Cuticchia, Red, Blue & Sprint
tomcpst@aol.com

MEET SCHEDULE

February

- 13 8 & Under Sizzler @ Pine Crest
- 13-16 Grand Prix @ Univ. Of Missouri
- 14-15 Pre-Jo @ Comets
- 27-1 All Levels @ PST

March

- 6 8 & Under Sizzler @ Pine Crest
- 13-15 Div II @ Jupiter
- 17-21 Junior Nationals @ Orlando
- 19-22 Sectionals @ Fort Lauderdale
- 27-29 FGC JO's @ Coral Springs

Check out the Spring Meet Schedule for the 2009 at www.swimpst.com

**PLANTATION SWIM TEAM
 BOOSTER CLUB NEEDS YOUR HELP**
 February 27 - March 1
 We will be hosting the February Invite
 Please contact the Booster Club
 President, Colleen Abad at
ecuabad1@hotmail.com and let her
 know where you are able to help:
 Hospitality, Timing or
 Concession Stand