



# CRUIZ'N CAPERS

The official newsletter of the CRUIZ Swim Club Inc November 2007: No 14

<http://cruiz.socialfx.net/home/>

This is the 14<sup>th</sup> edition of CRUIZ'N CAPERS, the official newsletter of **CRUIZ Swim Club**.

CRUIZ'N CAPERS aims to provide information on upcoming events – please ensure that you keep these dates in mind, so that you know the “w-w-w” of the swim club - what is happening, when and where!

If you have any questions regarding any of the information contained in this newsletter, please don't hesitate to contact either Kate or Ingrid.

**REMEMBER:** Check out our website... <http://cruizsocialfx.net/home/>

## IMPORTANT NOTICE:

We have been asked to cater for the ACT Summer Meet on **Sunday 18<sup>th</sup> November 2007**.

Please see the notice later in the newsletter. We will need all hands on deck for this to be a success.

## President's Report

### September 07

To CRUIZ members and friends,

A new season is upon us, moving into Summer with long-course swims and leaving Winter and short-course behind.

Congratulations to all our swimmers for their efforts and achievements over the Winter season. Our Coaches Report gives you all the details of our swimmers' performances at Club, ACT and State level. Special mention are well deserved for Luke Hinchcliffe and Peter Bennett, CRUIZ SC's first ever representatives at NSW Open State.

Our Development swimmers are coming along nicely. Regular swimmers Alysha Darrach and Sebastian Cox have made great progress. We hope to see more kids joining the development program now that the warmer weather is almost here.

Thank you to Ngaire Bennett our newsletter editor and Kate for the last edition of CRUIZ'n Capers. The new format is bright and informative with the pictures making up a very professional package all round.

With the new club year about to begin in October, membership renewals are imminent. Your ongoing support of your club is much appreciated as always.

For the New Year we will choose a **Club Captain**. Our swimmers have been asked to think about

the attributes and duties a Club Captain should have, who may fit the bill and how we choose. The committee sees this as a leadership role, one to be aspired to, both to give service to the club and its members and for personal development. Please see the advertisement later in this newsletter and make your application.

Our most recent club night was Friday 26<sup>th</sup> October – it was great to see so many swimmers involved, with a few faces returning after a break during the cooler winter months. It certainly appears that all who participated had fun, swam well and enjoying the treats provided afterward. Thank you Geoff and Ngaire.

Please Note: Club Nights are a 'free' swim and are not counted as coaching for billing purposes.

Please keep an eye out for upcoming events. To help you stay in touch with the calendar and club news, check out the website at: <http://cruiz.socialfx.net/home/> where Kate has been doing great work.

Finally folks, thank you again for your support. It is your club and provides a fantastic opportunity for us all at whatever level to have fun, get fit and explore our potential.

Something to reflect on from the desk calendar:  
*“Don't let the fear of striking out hold you back.”*

Babe Ruth (for our younger members the greatest ever baseball batter.)

Mark Debeljakovic  
President, CRUIZ Swim Club

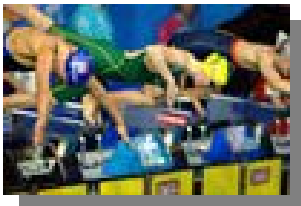
## What has CRUIZ been up to lately???

Firstly, welcome to the 2007 - 2008 Summer season. It is fabulous to see a number of our regular younger swimmers returning to the pool after a break from swimming over some of the winter months to participate in soccer, netball and a variety of other sports. Welcome back!

As some of you may have noticed the 2007 - 2008 Summer season is well and truly underway. CRUIZ swimmers have been very busy participating in a number of local swim meets, including:

- Woden Swim Club LC Meet  
Sat 22<sup>nd</sup> and Sun 23<sup>rd</sup> September 2007
- Burley Griffin Main Meet  
Sat 20<sup>th</sup> and Sun 21<sup>st</sup> October 2007
- Telopea Main Meet  
Sat 3<sup>rd</sup> and Sun 4<sup>th</sup> November 2007

It is great to see a number of younger CRUIZ swimmers becoming involved in these meets - we certainly encourage and look forward to more of our younger swimmers entering some meets to put the skills they have been developing in training into practice!



CRUIZ Club Nights are a fantastic opportunity to practice some of those more specific competitive

swimming skills in a slightly less formal and competitive environment. Club Nights were conducted on Friday 14th September and Friday 26th October at the Canberra Olympic Pool. Swimmers are encouraged to participate in a variety of events, with the evening usually concluding with a novelty event such as a relay or handicap race.

## What is coming up???

There are a number of events that CRUIZ Swim Club and its members will be involved with over the next few weeks.

### Swim Meets

- ACT Summer Meet  
Sat 17<sup>th</sup> and Sun 18<sup>th</sup> November 2007
- Canberra Christmas Classic  
Sat 1<sup>st</sup> and Sun 2<sup>nd</sup> December 2007

We would like to encourage as many CRUIZ swimmers as possible to enter the Canberra Christmas Classic - it is a great meet for all levels of swimmers. Entries close for the **Canberra Christmas Classic** with Kate on **Tuesday 13th November 2007**.

Please speak with either Ingrid or Kate if you would like further information about becoming involved in an upcoming swim meet.

### Catering

Swimming ACT has requested that CRUIZ Swim Club cater on the Sunday (18th November 2007) at the ACT Summer Meet. This is an event that we undertook with a great deal of success last year, but we will need your help!

If you can volunteer a couple of hours on Sunday 18th Nov and are also able to donate some goodies - the CRUIZ Committee will be in contact with families regarding what is required, it would be greatly appreciated.

### CRUIZ Christmas Party!



The CRUIZ Swim Club Christmas Party will be held on **Friday 30th November 2007** from 5-7pm at Lennox Gardens

(behind the Hyatt Hotel).

More details to follow... Please save this date to come and join the fun!

## 2007 CRUIZ SC Award Winners

The following is a list of Award winners from the 2007 CRUIZ Presentation Night held earlier this year.

CRUIZ SWIM CLUB BACKSTROKE TROPHY	Tim Bennett
CRUIZ SWIM CLUB FREESTYLE TROPHY	Luke Hinchcliffe
CRUIZ SWIM CLUB BUTTERFLY TROPHY	Alex Debeljakovic
CRUIZ SWIM CLUB BREASTSTROKE TROPHY	Peter Bennett
CRUIZ SWIM CLUB INDIVIDUAL MEDLEY TROPHY	Ellis Blaikie
AKUNA CLUB TROPHY - 12 & Under Swimmer	Maya Blaikie
AKUNA CLUB TROPHY - 13 & Over Swimmer	Miranda Debeljakovic
BOB McPHERSON TROPHY - OUTSTANDING CLUB MEMBER	Jeremy Saleh

Well done everyone!

## NOTICE BOARD

### NEXT COMMITTEE MEETING:

**Thursday 13<sup>th</sup> December 2007**

Ingrid's house at 7.15pm.

All CRUIZ SC Members are welcome and encouraged to attend...

### CRUIZ CHRISTMAS PARTY

☆ Friday 30<sup>th</sup> November 2007

☆ 5 – 7pm

☆ Lennox Gardens (behind the Hyatt Hotel)

### SQUAD TRAINING TIMES

Please remember to be on time...

<b>Monday</b>	6am – 7.30am
<b>Tuesday</b>	6am – 7.30am 4.30 – 6.30pm
<b>Wednesday</b>	6am – 7.30am 5pm – 7pm
<b>Thursday</b>	6am – 7.30am 4.30pm – 6.30pm
<b>Friday</b>	6am – 7.30am 4pm – 6pm
<b>Saturday</b>	7am – 9am

Younger and less experienced swimmers may swim for the first 1hr – 1 ½ hrs in the afternoons.

Please be on time to training...

### REMEMBER...

As a member of CRUIZ Swim Club you are entitled to a discount on your concession cards (20 entries) for the Canberra Olympic Pool. So, next time you buy your concession cards make sure you ask for the club discount.

### Position Vacant:

#### **CRUIZ Club Captain**

Applications due Thursday 31<sup>st</sup> January 2008.

Details included in this newsletter, on the website or on the back of the whiteboard at the pool.

# POSITION VACANT

The Club is seeking a highly dedicated, motivated and energetic person to fill the vacancy of **CLUB CAPTAIN**.

Duties will include:

- Leadership and mentoring.
- Attending a high number of training sessions
- Attending a high number of swim meets (including development meets).
- Swimmers' representative at a minimum of four committee meetings during the year.

Applications must be made in writing addressed to "The Secretary" and reach the Club by 31 January, 2008.

Further information regarding the position may be obtained from Ingrid or Kate.

Applications may be posted to: PO Box 398, Gungahlin ACT 2912.

## We need your help... CRUIZ SC Catering!!!



CRUIZ SC have been asked to cater for the Sunday (November 18<sup>th</sup>) of the ACT Summer Meet at the AIS being held over the weekend of the 18<sup>th</sup> and 19<sup>th</sup> November.

As we are a relatively small club we do ask that everyone lend a helping hand. We set the bar very high the last time we catered and would like to maintain that standard.

If you can help on the day or with providing food (we will need all sorts for the day) please contact Ngaire, Kate or Ingrid as soon as possible.

## Coaches Corner

### The Importance of “Self Confidence” in achieving your swimming goals

– By Wayne Goldsmith

Belief is the knowledge that we can do something. It's the inner feeling that what we undertake, we can accomplish. For the most part, all of us have the ability to look at something and know whether or not we can do it. So, in belief there is power:

- our eyes are opened;
- our opportunities become plain;
- our visions become realities.

Have you said (or thought) any of the following in the last few months????

*“I can't do it.”*

*“They are much faster than me. I'll come last.”*

*“I'm hopeless.”*

*“I've never been able to do that, so I know I can't do it now.”*

*“It's just too hard. It's impossible.”*

You are not alone. Many swimmers have these thoughts and say these words from time to time. Most swimmers (and people generally) have times when they get a little negative and lack faith in their abilities.

When swimmers say “I can't” or “it's too hard”... what are they really saying?

Swimmers says...	I can't do it.
Swimmer means...	I am not prepared to try because if I fail I will look like a loser and people might think less of me.
Swimmers says...	They are faster than me. I'll come last.
Swimmer means...	If I can't win, there's no point trying.
Swimmers says...	I'm hopeless.
Swimmer means...	I have no faith in myself or my ability to succeed. I have no confidence.
Swimmers says...	I've never been able to do that, so I know I can't do it now.
Swimmer means...	I've never really prepared for this or learnt how to do it correctly so the chances of me doing it now are not very good... or... I tried once and failed, so I'm not going to try again.
Swimmers says...	It's just too hard. It's impossible.
Swimmer means...	I'm not prepared to try.

Confidence is believing in yourself to do what has to be done. To do what needs to be done, with faith in your ability to achieve it. To meet new challenges with an expectation that anything is possible. To accept failure as an opportunity to learn from the experience and try again. And try again, And try again if necessary.

Confidence is trying to achieve and if you fail, knowing that it was the nature of the task or the circumstance or just plain bad luck, not your lack of character that is to blame. Confidence is learning

from that failure and trying again with more energy, more commitment and greater determination than before.

What do some of Australia's most successful people say about CONFIDENCE?

*"Confidence comes from accepting a challenge and achieving it using the best of your ability. Confidence builds through training to meet your challenge."*

Phil Rogers (Commonwealth Games and Olympic Medallist)

*"Confidence is about believing in yourself and your ability to do something – not necessarily believing in your ability to do it perfectly or better than other people, but believing that you have as good a chance as anyone to achieve something. Confidence is having the courage to get up and try and face whatever the outcome is – good, bad or something in between."*

Chloe Flutter (Australian Representative Swimmer – now Rhodes Scholar)

*"In my experience, confidence is best achieved through controlled independence. If a young athlete is constantly challenged to be independent (within reasonable bounds), they will learn to rely on themselves and know how to thrive without the assistance of others in moments of greatest need. The ability to follow good decision making processes is a crucial part of this. For young athletes, teach them to take personal responsibility (control the controllable and develop a chameleon-like ability to deal with the rest). Confidence is the ability to believe you can do something and the courage to do it – if others have made the hard decisions for you and you have never had to live with the results of your actions, you can never be expected to know full confidence and the power of the self."*

Marty Roberts (Dual Olympian, Commonwealth Games Gold Medallist, University Graduate, father of three and member of CRUIZ SC)

*"Attitudes such as belief, optimism, high aspirations, and anticipation of the best possible result – all these positive states of mind add up to confidence, the keystone for success. But of course it pays for all of these to be built on the firm rock of a sound preparation."*

Forbes Carlile (Legendary Coach, successful businessman, author, leading anti-drugs in sport campaigner)

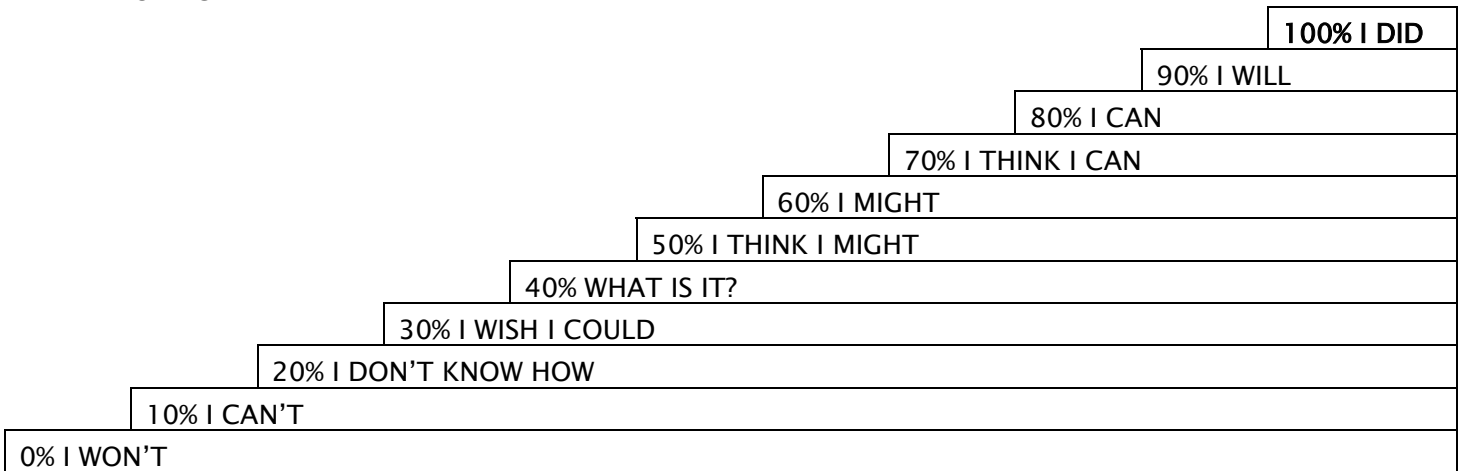
Confidence, it seems, is a skill – a skill that can be learnt. You learnt to swim. You learnt to tumble turn. You learnt how to do butterfly. You can learn to be confident.

Leading Melbourne-based Sports Psychologist, Dr Mark Andersen agrees...

*"Many people believe that confidence is something that comes from the inside, but we probably develop confidence from the models we have around us, that confidence really comes from the outside. If we have coaches, parents, teachers and instructors that model confidence in our abilities and let us know that they think we can do good things, slowly their confidence in us becomes internalised."*

This is called the LADDER OF ACHIEVEMENT. It shows how your ATTITUDE towards a goal or task can impact on your ability to achieve it.

**LADDER OF ACHIEVEMENT**



The ladder of achievement suggests that an attitude of *"I can't"* has almost no chance of success, whilst *"I won't"* is no chance at all.

Change *"I can't"* and *"I won't"* to I CAN – I WILL – I DO!!

A few tips to develop confidence:

- Accept who you are and learn to like and respect yourself.
- Nothing helps build confidence like learning the 3 P's. **PRACTICE** to the best of your ability. Develop a **POSITIVE** attitude to trying new tasks. **PERSERVERE... PERSERVERE... PERSERVERE**
- Understand what motivates you to do well then you can harness your energy in the right directions.
- Failure is a race or a meet or a task – it is not a person. Failure is not the person: it's not you – it's the performance. Learn to separate who you are from what you do.
- Learn to talk to yourself.... Positively. When the negative thoughts come, learn to replace them with positive ones.  
 I can't = I can  
 I won't = I will  
 I will try = I did
- Remember the old saying, *"If you think you can or think you can't, you are probably right"*.
- The greatest achievement is not in never failing but in getting up every time you fall. Keep trying and it will happen.
- What you believe, you can, with effort and persistence, achieve. Dream a dream, believe in that dream, work towards achieving it and live the dream.
- Anything worth having is worth working to achieve. Talent is important, but there are many talented swimmers who don't make it to the top. **TOUGH, TENACIOUS TRAINING** makes up for most talent limitations.
- Successful people are not afraid to fail. They have the ability to accept their failures and continue on, knowing that failure is a natural consequence of trying. The law of failure is one of the most powerful of all the success laws because you can only really fail when you quit trying.

## SUMMER SEASON 2007/08

### CRUIZ Calendar of Events

Calendar of Events	
Date	Event
9 – 11 November	AIS Meet
17 – 18 November	ACT Summer
18 November	Teloepa Open Water
30 November	CRUIZ Christmas Party (Lennox Gardens)
1 – 2 December	Canberra Christmas Classic
13 December	CRUIZ Committee Meeting

PLEASE NOTE: There are other swim meets being conducted as part of the Swimming ACT calendar in the coming months, however the meets outlined above are the meets that CRUIZ Swim Club will be targeting. These meets will provide opportunities for CRUIZ swimmers of ALL levels (novice – experienced) to participate, improve and most importantly enjoy the sport of swimming! We encourage ALL swimmers to become involved... If you have any questions regarding these meets, especially regarding which of the meets may be the most appropriate for you or your child to attend, please do not hesitate to speak with either Kate or Ingrid.

In addition, please discuss your meet entries with either Kate or Ingrid and ensure that they are given to Kate (Race Secretary) on (or preferably before) the date that the meet entries close. Contact Kate on 0412 046 126 if you have any questions.

Remember to check the back of the white board and the website (<http://cruiz.socialfx.net/home/>) regularly so that you stay up dated with events, messages and information.

This is a full calendar leading up to Christmas. It is recommended that you keep an eye on the Swimming ACT web page for further information also.

### **CRUIZ Committee Meeting:**

**Thursday 13<sup>th</sup> December 2007...**

**At 7.15pm...**

**At Ingrid's House...**

### **Don't forget...**

**Your help with catering on Sunday 18<sup>th</sup> November is needed!**

**Please speak with either Ingrid, Kate or Ngaire to see how you can help.**

# CRUIZ COMMITTEE

You will note that there were a few changes made to your committee at the AGM. They are listed here for your information. Please do not hesitate to contact any of them if you have enquiries or want to offer your help at any time.

## COMMITTEE and SUB-COMMITTEE POSITIONS

Mark Debeljakovic	President
Ngaire Bennett	Vice President/Newsletter Editor
Jose Stokman	Secretary
Sue Bailey	Treasurer
Kate Piper	Race Secretary/Membership Secretary
Ingrid Mears	Public Officer/Coach Member
Jodie Petersen	Uniforms Coordinator
Jenny Nolan and Tessa Debeljakovic	Fundraising Coordinator
Geoff Cox	Club Night Co-ordinator
Watson Blaikie	Club Delegate to ACT Swimming
Louise Saleh	Assistant Webmaster
Annie Brent and Anna Cuschieri	General Committee Members

## CRUIZ'N CAPERS

*Submissions to be sent to :*

PO Box 398

Gungahlin ACT 2912

Phone : 0412 046 126

e-mail: [katepiper@netspeed.com.au](mailto:katepiper@netspeed.com.au)

**Check out the Web site as well:**  
<http://cruiz.socialfx.net/home/>