



CRUIZ'N CAPERS

Bulletin

The official newsletter of CRUIZ Swim Club

14th Edition 2009 1 May

TRAINING TIMES

Mon 6-7.30am (seniors)

Tues 6-7.30am (seniors); 4.30-6.30pm (seniors); 4.30-5.30 (juniors)

Wed 6-7.30am (seniors); 4-6.00pm (seniors); 5-6pm (juniors)

Thurs 6-7.30am (seniors); 4.30-5.30pm (juniors); 4.30-6.30pm (seniors)

Fri 6-7.30am (seniors); 4-5pm (juniors); 4-6pm (seniors)

Sat 7-9am (seniors)

Sunday REST

GOGGLES, FLIPPERS, CAP, WATER BOTTLE & TOWEL, & ARRIVE ON TIME!

Upcoming events

Thursday 7 May Next Committee Meeting

At Ingrid's, Palmerston (ring Ingrid on 0439 624 293 for more details.

Saturday 16 May

6pm CRUIZ Presentation night and AGM

At the Ainslie Community Hall, Corroboree Park. A great night for all CRUIZ members and families. Please inform Ingrid or Kate if you are coming along.

Sunday 17 May 2009 Winter Development Series Meet #1

At the AIS Pool, Bruce. Meet #1 of the Winter short course development program, hosted by Queanbeyan Leagues Swimming Club.

Warm-up at 9am, start 10am. All new competitors welcome. Talk to Ingrid, fill out the Multiple Entry Card and see Swimming ACT website: <http://www.swimmingact.com.au>. The CRUIZ website has information about this and other meets coming up.

Sat/Sun 23-24 May Tuggeranong Vikings Annual Qualifying Meet

Short course program at the AIS over two days (or select events for just the one day if you have other weekend commitments).

Saturday: Warm-up at 11am, start 12pm

Sunday: Warm-up at 8am, start 9am

Qualifying times apply to some longer events and open events. Check the Swimming ACT website for further details.



Way Funky fund raiser

Thanks to Chris Veale for her great efforts in organising the Way Funky fundraiser. CRUIZ raised \$191.71. We will close down the fundraising for winter so hold off buying new Funky cozzies until the program recommences soon.

This is one of Kate's better dives... 3/10

Thinking that she won't appear in any photos following the CRUIZ Championships; but Marty Roberts managed to photograph the photographer.