



# CRUIZ'N CAPERS

## Bulletin

The official newsletter of CRUIZ Swim Club

16th Edition 2009, 19 May 2009

### Great effort by CRUIZ members at the Short Course Development meet #1 for 2009

CRUIZ members entered 73 events at the short course Development meet on Sunday.

**Lindsay Chugg's** PBs were a stand-out. She shaved more than 27 seconds off her 100 IM and over 18 seconds off her 50 Breaststroke. Lindsay also gained close to an 8 second PB in the 100 Free. This is a fantastic effort.

**Sebastian Cuschieri** gained five PBs from his five events featuring an almost 10 second PB in the 100 Free and an 8 second PB in the 100 IM. Great swims.

**Sophie Cuschieri** also achieved a 10 seconds PB in her 100 Free and PBs in five events. Well done Sophie.

**Tamika Veale** had a great meet. As well as achieving five PBs she achieved a NSW Country Championship qualifying time for her 50 Free. Tamika also took 10 seconds off her 100 IM time.

Speaking of Country times, **Molly Roberts'** PB in the 50 Breaststroke of 44.94 is under the qualifying time for this event. A great swim from Molly, along with her 8 second PB in the 200 Free. Her time in the 200 IM was also fast!

**Sarah Abbott** is a pocket rocket, achieving PBs in all events. She achieved an 8 second PB and third place in the 100 Breast and a 7 second PB in her 50 Backstroke.

**Chloe Rogers** continues to impress with a 7 second PB in the 50 Breast. She gained a 2nd place in the 100 IM in her first attempt at this event, two 3rds and a 4th. Great swimming Chloe.

**Bella Rogers'** feature event was the 200 Free which she had not previously recorded a time in. Bella came 2nd in this event. She also gained a 3rd place in the 50 Fly and a 4th and a PB in the 50 Breaststroke. Well done Bella.

**Ieesha Rowley** gained four out of four PBs, including a 6+ second PB in 100 IM. Ieesha also gained a 3rd place in the 100 Free and the 50 Free. Great swimming once again.

**Alex Courtney** continues to impress with quick times and three PBs including a 2nd, 3rd and 4th place in events. Alex's 50 and 100 Breaststroke times are fast and getting faster!

**Emily French** is an impressive little swimmer in all strokes. We know that she is a great breastroker but her 50 Free time at the Development meet was just 0.18 seconds off a Country qualifying time. She achieved three PBs, two 1sts, one 2nd and one 3rd place. All Emily's times are stunning.

**Tegan Garnett** excelled in the 50 Free with a two second PB but she stunned us all in the 50 Fly. Tegan had not posted a time in this event before and she came in 3rd in a time of 45.75 seconds.

**Eske Gavel** swam well with a smile at all times even when floating into her Backstroke turn. Eske achieved three PBs with a 10 second improvement in her 100 Free. She gained two 1st places, a 2nd and two 3rds. Well done Esk.

**Will Roberts** was a star. He achieved 1st place in both his 25 Breaststroke and 50 Free. Great times and a great introduction to competitive swimming. Watch this space!!! We can't wait to see him compete in his next meet.

**Skinny Gavel** began the day with an interesting 25 Breaststroke and ended with a highlight. He gained a 2nd place in the 25 Fly.

A highlight of the day was watching **Joel Groves** in the pool. We all saved our cheers for his fantastic efforts, particularly in the 50 Free and 100 IM where he was placed 3rd in both events. His times were fast with a 1:51.75 in the 100 IM and a 41.48 in the 50 Free. In Joel's other events he was impressive. He gained a time of 58.63 in the 50 Back and 1:39.65 in the 100 Free. We all hope to see Joel at future Development meets.



## Upcoming events

### 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

### ACT Swimming Presentation night

Saturday 30 May Make up a table with other CRUIZ people. See the Swimming ACT website for further details

### Sunday 21 June Winter Development Series Meet #2

At the AIS. Meet #2 of the winter short course development program. More details will be posted closer to the event.

### Wednesday and Thursday 24-25 June ACT Schools combined swimming

Please note this change of time.

ATTENTION ALL SWIMMERS:

NO TRAINING THIS  
SATURDAY (23 MAY)



Don't miss the special training clinic on THIS FRIDAY from 4pm AT Civic Pool

Junior swimmers will work with senior swimmers for the first hour of training after a small warm up. Peter will take budding breaststroke swimmers for turn and stroke work; Miranda will take budding Fly swimmers for turn and finish and stroke work; Luke will take freestyle and backstroke swimmers for turn and finish work. Ellis and Ingrid will concentrate on dive correction and speed off the blocks.

Please consider attending as this will be a fantastic opportunity to hone your techniques.

**COMPETITORS IN THE  
TUGGERANONG VIKINGS MEET SAT 23  
MAY: BE AT THE POOL BY 10.45 AM FOR  
WARM UP AT 11 AM. Start: 12 MID-DAY**

**SUN 24 MAY BE AT THE POOL BY 7.45  
AM FOR WARM UP AT 8 AM. Start: 9 AM**



### TRAINING TIMES

Monday	6-7.30am (seniors)
Tuesday	6-7.30am (seniors); 4.30-6.30pm (seniors); 4.30-5.30 (juniors)
Wednesday	6-7.30am (seniors); 4-6.00pm (seniors); 5-6pm (juniors)
Thursday	6-7.30am (seniors); 4.30-5.30pm (juniors); 4.30-6.30pm (seniors)
Friday	6-7.30am (seniors); From 4pm special training clinics featuring turns, stroke work and diving
Saturday	No training this Saturday due to the Tuggeranong Vikings meet
Sunday	REST