



# CRUIZ'N CAPERS

## Bulletin

The official newsletter of CRUIZ Swim Club

17th Edition 2009, 26 May 2009

### Message from the CRUIZ president

It is with a great deal of pride that I write this message, as the newly elected President of Cruiz Swim Club.

I would like to thank the committee and the coaches who have entrusted me with this responsibility and I will do my best to serve the club well.

What a fantastic way to start with such an exciting and happy weekend.

The Presentation Night last Saturday night was a really enjoyable night, and I am sure everyone had a great time.

It is always wonderful to see the senior and junior swimmers interacting in such a positive way. I congratulate you all on your behaviour and good manners.

Miranda and Peter spoke well, all the awards were well deserved, the food was brilliant, the music and dancing was excellent and everybody pitched in and helped. That's what I believe makes our Club what it is, a lot of willing hands and smiling faces. Go Cruiz!

The first winter Development Meet on Sunday was attended by FOURTEEN young, keen, excited, happy junior club members and they all swam brilliantly.

A huge percentage of PBs, some ACT qualifying times and even Country times were swum. WELL DONE JUNIOR CRUIZERS!!

I have completed an application for a Telstra Assistance Grant which, if approved, will give our club \$5,000.00 worth of new swimming equipment. Keep all your fingers and toes crossed and I will keep you posted as our application progresses.

We have also processed and submitted an entry to the "2009 Australian Unity Go Club PB", which assesses the operation of a club and recognizes those clubs seen to be operating successfully. This is a

measurement tool by which clubs can strive for continuous improvement. Cruiz Swim Club's achievement in this was at the Bronze Award level with a rating between 66%-75%. This is a fabulous achievement.

Well we're off to a good start so let's keep it going and I will see you all on pool deck. Please don't hesitate to approach me on any swimming matter at all.

Swim well and above all, HAVE FUN.

*Chris Veale*



### GREAT SWIMMING AT THE VIKINGS MAIN MEET

Congratulations to all swimmers who attended the Tuggeranong Vikings Main meet on Saturday and Sunday.

I can't help but single out **Peter Bennett** who not only achieved PBs in all his seven events but, also achieved a national qualifying time in his 200 Breaststroke. He also qualifies for the Telstra Australian Short Course Championships in the 100 IM (as well as the 200 Breast). This is an outstanding effort. Peter's swims resulted in two 1sts, three 2nds, one 3rd and one 5th place.

**Tamika Veale** swam a total of six PBs featuring an amazing 19 second PB in the 200 IM. She also consolidated her Country time in the 50 Free, taking a further 3 seconds off her PB.

**Alex Courtney** gained four PBs from four events. One event to watch is Alex's 50 Free where she swam a great race and is now only 1.9 seconds off gaining a Country qualifier. This is a fantastic result.

**Sarah Abbott** also gained PBs in all her events. She is a tremendous breaststroker and once again gained a huge PB in the 100 Breaststroke. She took a further 8 seconds off her PB. Great swimming Sarah.

**Emily French** had a tremendous meet yet again. She continues to dominate in breaststroke, achieving a 1st place and consolidating her Country qualifying time with 42.83 seconds for the 50 metres. Fantastic swim.

**Miranda Debeljakovic** achieved five PBs and six Country qualifiers, including an 8 second PB in the 400 IM, which was a 2nd place. Miranda continues to be a great role model for all the younger swimmers in the club.

**Eske Gavel** gained a Country qualifier in the 50 Breaststroke and a 3rd place for her efforts. She also achieved a 12 second PB in the 100 Free. Well done Eske.

Overall the Club gained a PB rate of 94.29 per cent. We also now have a number of swimmers ready for the NSW Country Short Course Championships which will be held in Sydney at the SOPAC on 18 and 19 July.



## ATTENTION ALL SWIMMERS:

Don't forget to fill out a multiple entry card for competition entries and return to Ingrid and Kate. See attachment with this Bulletin.

### Upcoming events

**ACT Swimming Presentation night Saturday 30 May**

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



**CRUIZ Committee meeting**  
Thursday 11 June, 7pm at 18 Olary Street, Amaroo

**Sunday 21 June ACT Long Distance meet**

Warm up 9 am, at the AIS.

**Sunday 28 June Winter Development Series Meet #2 NOTE THE NEW DATE FOR THIS EVENT**

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. This could be changed again as we have not heard any more about this event.

**Saturday 4 and Sunday 5 July Ginninderra Main Meet**

Details currently available on the Swimming ACT website.



**A big THANK YOU to senior swimmers**  
Last Friday was a great success with junior swimmers helped by Peter, Miranda, Luke, Ellis and Ingrid with dive, turn, finish and stroke work.

Thank you from all the participants.

#### TRAINING TIMES

<b>Monday</b>	<b>6-7.30 am (seniors)</b>
<b>Tuesday</b>	<b>6-7.30 am (seniors) 4.30-6.30 pm (seniors) 4.30-5.30 pm (juniors)</b>
<b>Wednesday</b>	<b>6-7.30 am (seniors) 4-6.00 pm (seniors) 5-6.00 pm (juniors)</b>
<b>Thursday</b>	<b>6-7.30 am (seniors) 4.30-5.30 pm (juniors) 4.30-6.30 pm (seniors)</b>
<b>Friday</b>	<b>6-7.30 am (seniors) 4-5.00 pm (juniors)</b>
<b>Saturday</b>	<b>7-9.00 am (seniors)</b>
<b>Sunday</b>	<b>REST</b>

