



CRUIZ'N CAPERS

Bulletin

The official newsletter of CRUIZ Swim Club

18th Edition 2009, 2 June 2009

Luke represents CRUIZ at the ACT Swimming Presentation night

CRUIZ's Luke Hinchcliffe

accepted the 2008-09, 18 years & over 2008-09 Men's Age Championship award at the Swimming ACT presentation night. This was in recognition of Luke's efforts throughout the year. Age Champions are determined through the calculation of points earned in the competitor's seven highest point-scoring events.

Upcoming events CRUIZ Committee meeting

Thursday 11 June, 7pm at 18 Olary Street, Amaroo. All members welcome.

Sunday 21 June ACT Long Distance meet

Warm up 9 am, at the AIS. Entries close Tuesday 16 June so you will need to get your multi-card entry to Kate by **THURSDAY 11 JUNE.**



Sunday 28 June Winter Development Series Meet #2

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

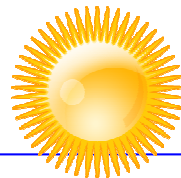
Wednesday and Thursday 24-25 June ACT Schools combined swimming

Watch this space for further details. Dates are not firm as yet.

Saturday 4 and Sunday 5 July Ginninderra Main Meet

Saturday warm up 10 am for 11 am start. Sunday 8.30 am warm up for 9.30 am start.

Entries close Tuesday 16 June so you will need to get your multi-card entry to Kate by **THURSDAY 11 JUNE.**



NSW Country Championships

18-19 July at SOPAC

Details on the Swimming ACT website. There is still time for CRUIZ swimmers to achieve times for this event...

Some useful websites...

Jimmy D Shea: *How to swim breaststroke*. This fellow is a real show-off but his youtube video is easy to understand: <http://www.youtube.com/watch?v=nMojVla3Itc>

How to prepare for a race in swimming. No dazzling advice but simple things to do before racing: http://www.ehow.com/how_2094787_prepare-race-swimming.html

TRAINING

Monday	6-7.30 am (seniors)
Tuesday	6-7.30 am (sen) 4.30-6.30 pm (sen) 4.30-5.30 pm (juniors)
Wednesday	6-7.30 am (sen) 4-6.00 pm (sen) 5-6.00 pm (juniors)
Thursday	6-7.30 am (sen) 4.30-5.30 pm (juniors) 4.30-6.30 pm (sen)
Friday	6-7.30 am (seniors) 4-5.00 pm (juniors)
Saturday	7-9.00 am (seniors)