



# CRUIZ'N CAPERS

## Bulletin

The official newsletter of CRUIZ Swim Club

19th Edition 2009, 15 June 2009

### **Peter, Bennett Miranda Debeljakovic, Maya Blaikie and Tamika Veale selected for Swimming ACT squads**

Four CRUIZ members have been selected for Swimming ACT A, B, C and D squads. Although not all are taking up this opportunity due to other commitments, we are proud of their selection and know that their selection was due to considerable improvement in times which only comes from a commitment to training.

Well done!

### **Emily French runs her way into the ACT Cross Country squad**

Emily French is not only a great swimmer but she has also proven that she is a great cross country runner. Emily made it into the ACT Cross Country squad.

#### NOTE:

Development meet #2 details are now available on Swimming ACT website.



### **Upcoming events** **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. Details now available.



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

Watch this space for further details.

### **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...

#### **TRAINING**

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