



CRUIZ'N CAPERS

Bulletin

The official newsletter of CRUIZ Swim Club

20th Edition 2009, 24 June 2009

Upcoming events

Sunday 28 June Winter

Development Series Meet #2

Meet #2 of the winter short course development program.

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.

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...

Keep a watch for details on the Swimming ACT website.

Don't forget to hand in multi-entry to Kate or Ingrid before the due date.

HD ONE is the exclusive broadcaster for Swimming Australia. This includes coverage of the Australian Swimming Championships, FINA World Short Course, Swimmer of the Year. It starts on 2 July. For additional information see <http://ten.com.au/one-hd.htm>

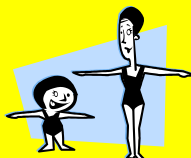
TRAINING

Monday	6-7.30 am (seniors)
Tuesday	6-7.30 am (sen) 4.30-6.30 pm (sen) 4.30-5.30 pm (jun)
Wednesday	6-7.30 am (sen) 4-6.00 pm (sen) 5-6.00 pm (jun)
Thursday	6-7.30 am (sen) 4.30-5.30 pm (jun) 4.30-6.30 pm (sen)
Friday	SPECIAL "BUDDY" PROGRAM (see below)
Saturday	7-9.00 am

BUDDY PROGRAM THIS FRIDAY FROM 4PM

The focus of the buddy program this FRIDAY is: **URNS.**

Senior swimmers will coach juniors. Come along and enjoy this special event.



Community Coaching and Officiating Workshop

Stretching and Injury Prevention workshop for six lucky CRUIZ swimmers.

This special workshop has been booked for six CRUIZ swimmers. It is on 13 August from 7 to 8.30 pm. There is no cost.

The workshop will take place in the Indoor Synthetic Pitch at the AIS. It will help swimmers learn how to warm up, cool down, stretch and prevent injury. The first six CRUIZ members to contact Chris, our President (either poolside or via email at chris@iinet.net.au) will go along. Make certain that you are available on the 13th of August...