



CRUIZ'N CAPERS

Bulletin

The official newsletter of CRUIZ Swim Club

21st Edition 2009, 30 June 2009

Upcoming events

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

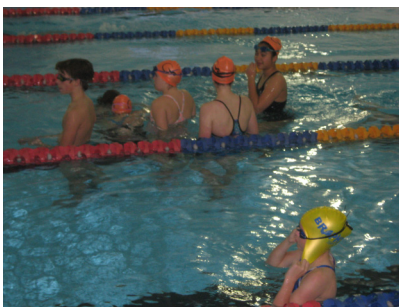
Saturday warm up 10 am for 11 am start. Sunday 8.30 am warm up for 9.30 am start.

NSW Country Champs

18-19 July at SOPAC

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

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



Meetings

Tuesday 30 June 2009 at 7.30pm at Chris Veale's, 18 Olary Street, Amaroo - phone: 0262429512 - mobile 0416214448) to discuss the ACT Boundary issues

CRUIZ Committee meeting Thursday 9 July, 7.30 at Chris'

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	6-7.30 am (seniors) 4-5.00 pm (juniors)
Saturday	NO TRAINING 4th July

Well done all CRUIZ Development swimmers...

Great results for all CRUIZ swimmers on Sunday.

Emily French achieved ALL ACT times and all PBs. This included a 15 second PB for the 200 Free and an 11 second PB for the 200 Breaststroke. Great work Emily!

Tamika Veale gained two ACT times and 4 PBs including one 7 second PB. Excellent results Tamika.

Sarah Abbott swam a great 200 Breaststroke in her first attempt at this event and gained a second place for her effort. She also gained an Intermediate time for her 50 Breaststroke.

Lindsay Chugg showed consistent form across her five events. She gained 2 PBs and swim competitively in five events. Lovely technique across all events.

Another very consistent swimmer is **leesha Rowley** who gained 3 PBs and very good times in her 50 Back and 100 Free.

Bella Rogers had an extremely successful meet gaining 4 PBs including a very fast 100

IM. Bella gained Intermediate times for her 50 Breast and 50 Free.

Joel Groves swam a great 100 IM, taking 4 seconds off his time and **Eske Gavel** did very well in her 200 Free, taking 10 seconds off her best.

Alex Courtney gained 3 PBs including an excellent 100 IM and 50 Fly. Her times are very consistent across all races.

Chloe Rogers is a great little swimmer, gaining a PB and Intermediate time for the 50 Breaststroke. Well done Chloe. **Skinny Gavel** also achieved 3 PBs, including a 3 second PB in his feature event: the 25m fly.

Stretching and Injury Prevention workshop

Several CRUIZ members have already signed up so be quick and see Chris!

This special workshop is on 13 August from 7 to 8.30 pm. Contact Chris, our President (either poolside or via email at chris@iinet.net.au).