



CRUIZ'N CAPERS

The official newsletter of CRUIZ Swim Club – March / April 2008

For more information visit our website: <http://cruiz.socialfx.net/home/>

Meet your new Club Captains...

Congratulations to **Miranda Debeljakovic** and **Peter Bennett**.

These two senior swimmers both placed admirable applications for the position and it was decided that the duties of Captain could be shared between them. We trust they will enjoy their positions as well as serve the club and their fellow swimmers well, representing the club with pride wherever possible.

We were thrilled to have them both on deck helping at the last development meet at the AIS on March the 2nd, when the club was also doing the catering. We look forward to more occasions when these two fine young representatives of the club can participate and contribute more.



**CRUIZ Club Captains –
Peter and Miranda**

What have our CRUIZ members been up to...

- ❖ Alex and Miranda competed at the WA LC State Championships in January while on Christmas holidays.
 - ❖ Ellis represented CRUIZ SC at the NSW State Age LC Championships in Sydney
 - ❖ Peter and Tim competed at the Bozeman High School versus Butte High School showdown in January while on holidays in Montana, USA.
 - ❖ Jane Bailey competed at both the Australian and the NSW Rowing Championships. Collecting a silver medal in the Women's U16 coxless quad, 1000m at the NSW Champs.
 - ❖ CRUIZ SC was proudly represented by Ellis and Maya Blaikie, Alex and Miranda Debeljakovic, Peter and Tim Bennett, Claire Bailey and Luke Hinchcliffe at the NSW LC Country Championships in Sydney in February.
 - ❖ Sebastian Cox will represent the ACT at the National Schools Triathlon Championships in Devonport, Tasmania.
 - ❖ Alex and Tim have been selected in their respective ACT Schools Water polo teams to compete at Nationals in May.
 - ❖ Luke qualified to swim at the Telstra Olympic Trials.
- Congratulations to all, and good luck to those of you who are still yet to compete in your respective events.

Save the Date...

- Sunday 18th May 08 – Annual CRUIZ Club Championship at Canberra Olympic Pool
(Parents – we will need your help to run this event!)
- Saturday 31st May 08 – Annual CRUIZ Presentation Night and AGM at the Corroboree Park Hall in Ainslie.

Reminder:

Please return your CRUIZ SC trophies (presented at last years Presentation Night) to Kate or Ingrid ASAP.

**"To get what you want...
Know what it is that you
want...
And then do
EVERYTHING WITHIN
YOUR POWER TO
ATTAIN IT!"**

A thank you from the President...

It takes the effort of many to make our club a success. Thank you to the following people...

- ✓ Parents, Coaches, Swimmers and friends for your help with catering during the summer season – your efforts have been very well received by the officials of Swimming ACT.
- ✓ Ngaire Bennett for her wonderfully tasty and healthy snacks at recent club nights!
- ✓ Jodie Petersen, our uniforms coordinator – please contact her for your club t-shirts.
- ✓ Watson Blaikie for his attendance as CRUIZ SC delegate at the Swimming ACT Board Meetings each month. And also for his interest, time and effort in gaining his qualifications to conduct Swimming Officials courses (Timekeepers and Judges).
- ✓ Treasurer, Sue Bailey for her financial expertise!
- ✓ Jose Stokman, our Secretary, for keeping the paperwork and the committee in order!
- ✓ Kate, for ensuring our Memberships and Race Entries continue to operate smoothly.
- ✓ And not least, to our super coaches Ingrid and Kate. The backbone of our club for learning and competition. Thank You.

We need your help! CRUIZ Members can help the club by renewing their membership, donning a club shirt, time-keeping, disco dancing at the presentation night, or even becoming involved with the committee. That is, just generally joining in wherever you would like to. Your participation is most welcome and needed.

Calendar of Events

| Date | Event |
|--------------|--|
| 9-13 April | Australian Age Champs Brisbane |
| 10 April | CRUIZ Committee Meeting |
| 18 May | CRUIZ Club Championships |
| 24-25 May | Tuggeranong Main Meet (AIS) |
| 31 May | CRUIZ Presentation Night and AGM |
| 1 June | Woden SC Development Meet |
| 14-15 June | Ginninderra Winter SC Carnival (CISAC) |
| 12-13 July | NSW SC Country Champs (SOPAC) |
| 26-27 July | ACT Winter SC Champs |
| 3 August | Teloepa SC Development Meet |
| 8-10 August | NSW State Age SC Champs (SOPAC) |
| 22-23 August | NSW State Open SC Champs (SOPAC) |

SQUAD TRAINING TIMES

| | |
|------------------|---------------------------------|
| Monday | 6am – 7.30am |
| Tuesday | 6am – 7.30am 4.30 – 6.30pm |
| Wednesday | 6am – 7.30am 5pm – 7pm |
| Thursday | 6am – 7.30am 4.30pm – 6.30pm |
| Friday | 6am – 7.30am 4pm – 6pm |
| Saturday | 7am – 9am |

Younger and less experienced swimmers may swim for the first 1hr – 1 ½ hrs in the afternoons.

Please remember to be on time!

Swim Meet Entries!

Please ensure you get your meet entries to Kate on time – late entries will not be accepted!

If you are unsure about how to enter a swim meet, please speak with either Kate or Ingrid

April 2008 Swim Training Details:

Please note the following changes to the regular training schedule during April.

| Date: | Session details: | |
|--|-------------------------|-----------------|
| Friday 18 th April 2008 | 6am – 7.30am | 4pm – 6pm |
| Saturday 19 th April 2008 | 7am – 9am | - |
| Sunday 20 th April 2008 | - | - |
| Monday 21 st April 2008 | 6am – 7.30am | - |
| Tuesday 22 nd April 2008 | 6am – 7.30am | 4.30m – 6.30pm |
| Wednesday 23 rd April 2008 | NO TRAINING | 5pm – 7pm |
| Thursday 24 th April 2008 | 6am – 7.30am | 4.30pm – 6.30pm |
| Friday 25 th April 2008 | NO TRAINING (Anzac Day) | |
| Saturday 26 th April 2008 | NO TRAINING | |
| Sunday 27 th April 2008 | - | - |
| Monday 28 th April 2008 | NO TRAINING | |
| Tuesday 29 th April 2008 | 6am – 7.30am | 4.30m – 6.30pm |
| Wednesday 30 th April 2008 | - | 5pm – 7pm |
| Thursday 1 st May 2008 | 6am – 7.30am | 4.30pm – 6.30pm |
| Friday 2 nd May 2008 | NO TRAINING | 4pm – 6pm |
| Saturday 3 rd May 2008 | 7am – 9am | - |
| Sunday 4 th May 2008 | - | - |
| Training will return to ALL of the normal times on Monday 5 th May 2008 | | |

Good, Very Good or Great?

The difference between 'good' swimmers, 'very good' swimmers and 'great' swimmers is very often their approach to training. Whilst the workout itself is important, the real secret to success is how you do the workout. The benefit you gain from the workout is dependent on your attitude and approach to your training program.

The good swimmers does the training program – does what the coach has asked.

The very good swimmer also does the training program, does what the coach asked AND sets a few personal goals along the way to get a little more out of the session.

The great swimmer does the same program, does what the coach asks, and then demands an uncompromising level of excellence from themselves to get the maximum benefit from the session. The great swimmer sees the workout as an opportunity to improve and to get the most out of their efforts.

How would you classify yourself – good, very good or great?

Source – The Difference is You (2003), Moregold Sports Pty Ltd.

