



## SAVE THE DATE

**April 9 – 13 at Brisbane:**  
Swimming Australia Open Championships

**April 16 – 23 at Brisbane:**  
Swimming Australia Age Championships

**April 14 – 30:**  
NO TRAINING - TRAINING BREAK

**April 30 at AIS:**  
Winter Dev & Distance Meets #1

**May 9 (Tuesday) at Civic Pool:**  
CRUIZ Club Championships

**May 19 – 21 at Thredbo:**  
CRUIZ Altitude Training Camp

**May 27 – 28 at AIS:**  
Tuggernanong Vikings SC Qualifying Meet

**June 3 at Hall Recreation Hall:**  
CRUIZ Club Presentation Night

**June 4 at AIS:**  
Winter Dev & Distance Meet #2

**June 17 – 18 at AIS:**  
Ginninderra SC Qualifying Meet

**July 1 – 2 at SOPAC:**  
SNSW Country SC Championships

**July 23 at AIS:**  
CRUIZ-hosted  
Dev & Distance Meet #3

**August 5 – 6 at AIS:**  
ACT Short Course Championships

**August 20 at AIS:**  
Winter Dev & Distance Meet #4

**August 25 – 27 at SOPAC:**  
SNSW SC 13 & Over State Meet

**September 9 – 10 at SOPAC:**  
SNSW SC 12 & Under State Meet

## Top Stories

### ANNUAL CLUB EVENTS GETTING CLOSER

This is the time of the year when CRUIZ gets ready for several of its important club events. These events are all based around swimming, but highlight the family nature of the club, and the fact that what happens outside the pool is important too. Please mark your calendars for each of these events.

#### CRUIZ Club Championships - Tuesday May 9 4:30 - 7:00 - Civic Pool

Each year the club gets together for all of the swimmers to swim their favorite events in a relaxed setting. For the competitive swimmers, it's a chance to relax and have fun with the club, and for the younger and non-competitive swimmers, it's a chance to feel the fire! The youngies (12&U) will have 50-m in each stroke, plus the 100 free, 100 IM, and 100 Choice. The real little ones (8&U) can also add the 25 fly and 25 breast. The big kids have 50- and 100-m events in each stroke, plus the 200 IM and a 200m choice. Each swimmer can choose to participate in up to 5 events. The champs flier was distributed with the newsletter, please contact the club secretary or any officer for more details.

#### High-Altitude Training Weekend at Thredbo - May 19 – 21

While the dates are still to be confirmed, the annual Thredbo training camp is slated for May 19 – 21. The swimmers have sessions Friday evening, Saturday morning and evening, and Sunday morning, with additional educational sessions on nutrition, sports psychology, and cross-training. **Please note, this camp is for swimmers of all ages and all abilities. Even the Club President will be in the water!** There will possibly be a group yoga session. We spend the weekend in the Alpine Lodge Hotel, with all meals provided (complete with European-style accommodation!) Social gatherings on Friday and Saturday usually break into a who-falls-asleep-last competition. This is a great opportunity for all of our swimmers and their families to spend time away from the Canberra Olympic Pool during the winter training months.

#### CRUIZ Club Presentation Night - June 3

Please plan to join us on Saturday, June 3, at the Hall Town Pavilion for the Club AGM and Annual Presentation Night. The evening will start with general business at the AGM, including election of new officers (see more on officers later in the newsletter). After the boring stuff, we will have presentations to all of the swimmers, including the major club trophies for the top competitive swimmers. After dinner, there will be dancing until the wee hours. Details about specific times and cost will be coming out in the next few weeks, but mark your calendars!

#### CRUIZ-Hosted Swimming ACT Development and Distance Meet - Sunday July 23 at AIS

Each year, CRUIZ hosts the July SACT development meet. We are responsible for all of the logistics of putting on the event, including catering, pushing paperwork, handing out awards, etc. It's a long day, but the club receives the proceeds from swimming entry fees, so it's one of our biggest fundraisers. This is literally an ALL HANDS ON DECK event, so please mark your calendars and plan to be there. The club would also love to see a huge turnout of young CRUIZers swimming, even if they've never swum in a meet before!

## Please Contact

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Follow CRUIZ SC on Facebook  
Download TeamApp from the AppStore or Google Play





## CRUIZ News

### **VOLUNTEERS NEEDED!!!**

The CRUIZ Committee is a collection of volunteers (mostly parents) that meets monthly to keep the club on track. Many of the current committee members have been around CSC for several years, and some of them are the parents of swimmers that are not as involved as they once were. It would be great for some of the families of our new swimmers to get involved with the committee. We have big jobs and small jobs and everything in between. Even if you just want to be a member at-large, there are always things that need picking up, so don't be bashful.

This year we will be needing a volunteer to step up to fill several jobs on the committee. Some current positions have recently become vacant, and there are many other non-committee positions that are unfilled. If you have any interest in putting up your hand, just contact one of the existing committee members for more details.



### **TRAINING BREAK April 14 – 30**

Swimming is a taxing sport both mentally and physically. All swimmers, especially young ones, can benefit from breaks in training to recover their motivation. The end of long-course season is a great time to take a break as we move into winter. This year, all CRUIZ squads will be on a training break starting on Good Friday (April 14). Training will resume on Monday, May 1, with a refreshed set of swimmers!

Please note, and swimmers who plan to attend the Dev and Distance meets at the AIS on April 30 should communicate with their coach or with Ingrid. IM swimming will be available to support swimmers at those meets, but communication will be necessary on your parts.

### **WINTER DEV MEETS**

Our youngest swimmers should be looking to participate in the winter development meet series. These meets are held once each month on Sunday at the AIS. They provide a low-key atmosphere to get used to the meet environment. For those interested in a bit of competition, SACT runs a points series for both developmental and intermediate swimmers. The really keen swimmers can throw in a 400 IM, 400 Free, or even a 1500 in the distance meets that follow the dev meets.

Mark your calendars with the dates on page 1 for the series this year.

## Head Coach's Report

### **Speedo Sprint Finals**

Katie Tyo was a member of the ACT team for the Speedo Sprint Finals held at SOPAC on March 12 for swimmers age 7 - 12. The finals take the top four swimmers in each 50-m stroke event from the area championships meets (in our case, the ACT Champs held in February). Katie swam all four strokes in the 11-yo competition, finishing 7<sup>th</sup> in the 50 fly with a small PB and 13<sup>th</sup> in the 50 back. She also led off the 12U medley relay team that finished second. Overall the ACT team came in fifth place after the four Sydney Metro areas.

### **Summer Development Meet #4**

Six of our swimmers attended the ACT Summer Series Meet #4 at the AIS on March 19. Elise Bird smashed it on the day with her first competition, finishing in the top 10 in the 50 free, 50 back, 100 free, and 50 breast. Elise got to take home Lozza after her strong effort.

Matt Begbie swam big PBs in the 50 and 100 free and the 50 and 100 breast, while his sister Laura swam all four 50 m stroke events with some huge PBs of her own.

Justin and Travis Tong each swam two PBs and had three top-5 finishes, with the highlights being Travis's second place in the 100 free with a 4.27-second PB and Justin finishing fourth in the 100 breast with a 3.33-second PB.

Izzy Brewer rounded out the CRUIZ contingent swimming PBs in the 50 free, breast, and back.

### **Brophy Meet**

The James Brophy Invitational Meet pits teams from the country areas of NSW against each other. Each area can enter two swimmers at each age from 7&U to 16&O in each of the 50-meter form events. Area teams are limited to a total of 60 swimmers across both genders and all ages. CRUIZ had six swimmers competing on March 26 at the AIS.

Noah Spedding-Hobbs had strong swims in the 50 back and 50 fly, finishing seventh in both. He was just over his PB in the fly.

Catherine Khan had solid swims in the back, free, and fly, while Oscar Smith took a break from his Interational Baccalaureate studying and was just over his PBs for good races in the free and breast.

Jack Howard swam a small PB to come in second in the back-stroke, and was just over his PBs in winning the free and fly.

## Club Officers

Scott Tyo, *President*, Carlee Rusanov, *Vice President*, James Anderson, *Treasurer*, Jenny Andrew, *Secretary*, Megan Hutchins, *Public Officer*, Evi Turner, *Registrar*, Ingrid Mears, *Head Coach*, Kirsten Livermore, *Member Protection Information Officer (MPIO)*



### Head Coach's Report

#### Brophy (cont'd)

Catherine, Jack, and Oscar were 3/4 of the ACT 16&O mixed medley relay team that won, while Jack and Oscar were also part of the winning 16&O mixed free relay team. Katie Tyo swam a 1.2-second PB to come in second in the fly, and she swam a .23-second PB to win the back. Katie led off the ACT team for the 10-11 medley relay, and she swam a leg of the freestyle relay. The ACT team won both events. Darcey Bush swam a small PB for second in the 50 free and a big 0.7-sec PB to win the 50 Breast. Darcey anchored the 12-13 medley and freestyle relays, barnstorming home in both events to just miss out on first place. He also swam the 10x100 all-ages freestyle relay.

#### School Carnivals

Many of the CRUIZ swimmers have competed in school and area carnivals over the past several weeks. Unfortunately, those results are hard to come by, so please send them to the editor if you have them. CRUIZ will be well-represented at the ACT Championships on May 1 (12&U) and May 3 (13&O).

At this point, the editor only has the results from the ASC carnival held at the AIS on April 4. If your name is missed, please be forgiving! The results are organized by school, not by club.

Travis and Justin Tong competed for Burgmann. Justin placed in the 50 free and 50 fly, while Travis placed in the 50 and 100 free and the 50 breast.

Katie Tyo and Lewis Shepherd (along with Legacy CRUIZER Nick Shepherd) competed for Canberra Grammar School. Lewis finished third in the 50 free and 50 fly, and second in the 100 free in 1:01.43. Lewis's 50 free time of 27.93 was an unofficial PB. Katie was the 12-yo girls age champion, winning the 50 and 100 free and the 50 fly. She came second in the 13&U 100 fly and fourth in the 13 & U 200 IM. She swam big (but unofficial) PBs in the 100 free (1:09.12) and 100 fly (1:19.97). Nick shook off the cobwebs for good showings in the 50 free and 50 breast.

Darcey Bush, Georgia Fairweather, Skinny Gavel, Griffin Hutchins, and Mark Rusanov swam for Daramalan. Darcey had a good day, coming second or third in all five of his events (50 & 100 free, 50 & 100 breast, and 50 back). He was also third in the age champion competition. Mark Rusanov had top-10 finishes in all six of his swims, with a third in the 50 breast and fourth in the 200 IM and 100 back.

### Head Coach's Reports

#### ASC Carnival, Cont'd

Georgia swam the 50 free, fly, and breast, and also swam the 100 free. Skinny swam the 50 and 100 free and the 50 fly. He came in third in the fly. Griff swam all four 50-m events, as well as the 100 breast. He won the 50 breaststroke and came in third in the 100.

Jack Howard swam for Marist. He came in second or third in all five of his swims (50 and 100 free, 50 and 100 fly, and 50 back), and he was third place in the 17&O Age Champs competition.

CRUIZ member Liam Kenneally swam the 50 back for Radford, but was unlucky to be DQed.

#### Go Get'em Mark

Mark Rusanov will be CRUIZ's only representative at the Georgina Hope Foundation Australia Age Championships being held at the Brisbane Aquatic Centre from April 16 - 23. Mark is competing in the Boys 14-yo 100 Breaststroke heats on Wednesday, April 19. GOOD LUCK MARK!

#### Club Committee Meeting April 19

The CRUIZ Committee is meeting on April 19. All club members are welcome to attend. For a variety of reasons, we would be especially happy to have folks turn up this meeting because of all of the activities that are coming up over the next three months. Since we will be on training break, the Committee is currently looking for an alternate venue. Please contact Scott Tyo (scott.tyo@gmail.com) for confirmation of the venue. A message will be sent to club members once the venue is determined. The committee is especially interested in having adult swimmers and the parents of our juniors get involved in running the club.



### Contact the Newsletter

To include announcements or other items in the newsletter, please email the newsletter editor: [scott.tyo@gmail.com](mailto:scott.tyo@gmail.com)