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**Woree Pool**

4054 6964



Well Welcome all new parents and swimmers to Cairns' best swimming club!

We hope you have enjoyed our first few club nights but it is now that things really start to heat up in terms of our swimming calendar and training regime for our older swimmers.

I want to reiterate my message to all parents that I did at our first club night. Swimming is a great team sport and teaches children so many life skills. It is our goal as a club to provide parents and kids an excellent recreational activity and pathway to help their child achieve to their highest potential if they wish to pursue swimming as a sport. Before all that we just want kids swimming and making healthy life choices and at the same time having fun!!

Please parents make the effort to involve yourself in the club as parent involvement is so critical in this sport. Jim Greatorex is our liaison officer and he is there to help you transition into our club and to become an active member. During the year we will have carnivals, fundraisers, camping trips and many more initiatives that you can be part of.

There is no such thing as a silly question and I encourage everyone to ask us about anything they may wish to know about.

In finishing please make sure you are reading emails sent from the club and checking our website for the latest information to ensure you are up to date with club happenings.

So good luck to all of our swimmers for the pending season ahead and to all new members as you start your swimming journey with us.

Regards –

*Jason Salecich (President)*



# Club News

## Club Nights kick off

We have had our first two club nights for the new season with enthusiastic participation from our members both young and old. Kicking off with our 7-and-unders races in the undercover pool, the Dolphin members have enjoyed the mix of individual racing with the aid of kickboards and noodles, and some fun stuff such as piggy-back races with the older members, and some mat races, all aimed at improving their water confidence, diving and underwater skill, in an atmosphere of club team support, safety and encouragement.

Our main pool events are using the same format as previous years, with a long distance (100m or 200m) race to begin, and then we alternate between 50m and 25m for three combinations of strokes, and finish with the 100m or 200m counterpart of the first race' stroke. One new addition for this year by popular demand by the older swimmers is to include longer distance 400m and 800m freestyle races; these will only feature once in each Series and will be staged at the same time we have the younger Dolphin races in the undercover pool to utilise time to the maximum.

Each club night programme is listed on the calendar on our website when you view each entry.



## Series Awards

Reminding members that there will be two more club nights that qualify towards our first series awards, for all swimmers of timed events – your swim times get recorded each week and we recognise the top ten swimmers who achieve the highest time improvements over the course of four weeks. Hence it is a measure of every child's level of individual improvement, and not necessarily the fastest swimmers – so every child has a chance of being recognised.

Each Series Award winner gets their personalised certificate of achievement, and the grand winner gets their personalised Stingrays towel.

Refer to your Handbook for further information on Series Awards.

## and the winners are...

The cash raffle for \$250 which raised an equivalent amount going towards the cost of sending our eleven qualifying team members to the State Championships in Brisbane in August, was won by Sarah Grainer & Jane-Lee Pregl - who was also one of the swimmers who went to the Championships. The raffle was drawn the week before on 20<sup>th</sup> August. Well done!



\$250.00

CASH RAFFLE

\$5.00 per TICKET    100 TICKETS ONLY

Proceeds to help our future Swimming Champions attend the upcoming 2016 QLD Short Course State Swimming Championships.

WINNER DRAWN AS SOON AS ALL TICKETS SOLD and NOTIFIED IMMEDIATELY BY PHONE.  
Result also posted on the website:  
[www.cairnsstingrays.com.au](http://www.cairnsstingrays.com.au)



Jane-Lee Pregl & Sarah Grainer

## Club Night Raffle

The raffle held on our second club night was won by Flo-thena Baira, for a day's Family entry to Cairns Wake Park – Have Fun!





# Long Course Carnivals



## RACQ North Queensland Games 2016

**RACQ** | CAIRNS REGION  
24 to 26 June

**NORTH QUEENSLAND GAMES** 2016

As part of the RACQ sponsored North Queensland Games held in the Cairns region this year, the swimming component was held in the newly refurbished Tobruk Memorial Pool, the first carnival to use the new facility. Organised by FNQ Regional Swimming Association, it attracted 221 athletes from 24 clubs in both the FNQ and NQ regions, as well as PNG, and a couple from further afield (Melton, VIC. Bond Uni. Gold Coast QLD.)

Stingrays had 22 swimmers taking part in the full day of racing, with distinctive medals to be won, we had seven swimmers who won medals - see medal tally chart below; Ryan

Woodward achieved a total of 8 Gold which was outstanding - he placed first in every event entered, in his Boys 11-12 age category.

### RACQ NORTH QUEENSLAND GAMES LONG COURSE MEET

**DATE: 24-26 JUNE: VENUE: TOBRUK MEMORIAL POOL**

**22 PARTICIPANTS:** Adam Foote; Adam Woodward; Alexandra Greatorex; Amber Waters; Ben Waters; Daniel Foote; Edward Diola; Edward Orchard; Ella Diola; Emilee Salecich; Grace Grainer; Jane-Lee Pregl; Keely Salecich; Kelsey Orchard; Madison Thieme; Nathan Foote; Owen Hallett; Ryan Woodward; Sam Tress; Thomas Greatorex; Triton Smith; Zara Hallett



Ryan at the start of his 200m freestyle



Amber swimming butterfly in her 200m Individual Medley

Medals	G	S	B
Ryan	8		
Sam	1	4	1
Adam W	1	1	2
Amber	1	1	1
Nathan		1	
Ben			1
Edward D			1

### STATISTICS

Improvements	70%
First time swims	26
No swims	4
DO's	1



Sam performing a great backstroke arc in his 100m backstroke



# Short Course Carnivals

## TAS SC Carnival

TAS' short course held its long distance events on the Friday evening, to which Ben and Amber Waters attended, swimming in the Men's 1500m, and the Women's 800m respectively (both swimmers gaining times for first-time swims in short course). They also staged the 400IM for which no Stingrays swimmers entered.

Saturday was the main day for all other events for which we had 25 members swim (one scratched due to illness) in a total of 177 events.



Jane-Lee and Emilee in 50m backstroke

STATISTICS	
Improvements	97%
First time swims	41
No swims	13
DO's	4

Placements	1	2	3
Sam	5	1	
Thomas	4		
Ella	3		2
Nathan		1	
Adam W			1
Amber			1
Ben			1



Ella swimming her 50m butterfly

## TAS SHORT COURSE QUALIFIER MEET

DATE: 15-16 JUL: VENUE: TRINITY ANGLICAN SCHOOL POOL

26 PARTICIPANTS: Adam Foote; Adam Woodward; Alexandra Greatorex; Amber Waters; Ben Waters; Daniel Foote; Edward Diola; Edward Orchard; Ella Diola; Emilee Salecich; Ezlan Bergey-Bray; (Grace Grainer); Jane-Lee Pregl; Keely Salecich; Kelsey Orchard; Madison Thieme; Nathan Foote; Nicholas Goudie; Owen Hallett; Ryan Woodward; Sam Tress; Sophie Greatorex; Susan Hutchins; Thomas Greatorex; Triton Smith; Zara Hallett



Thomas Greatorex in his 50m butterfly

# Short Course Championships

## McDonald's FNQ Regional SC Champs

The culmination of the Short Course season is the Championships held by the FNQ Region Swimming Association, and this year held at the new Tobruk Memorial Pool facility. The long distance events were held on the Friday evening, while the shorter sprint distances were on Saturday; Amber Waters, Ben Waters and Neve Houlihan swam in the distance events.

Saturday kicked off with a 400m Individual Medley, followed by 100m Freestyle Relay events, and 100m IM Relays. Our club entered a team in both Boys and Girls categories in both age groups - 14 and Overs, and 11-13 yr olds. The teams were made up as follows:



Stingrays boys lineup (from foreground) Adam, Ryan, Edward Orchard, Nicholas and Nathan at the start of the Boys' 8 and Over 50m butterfly

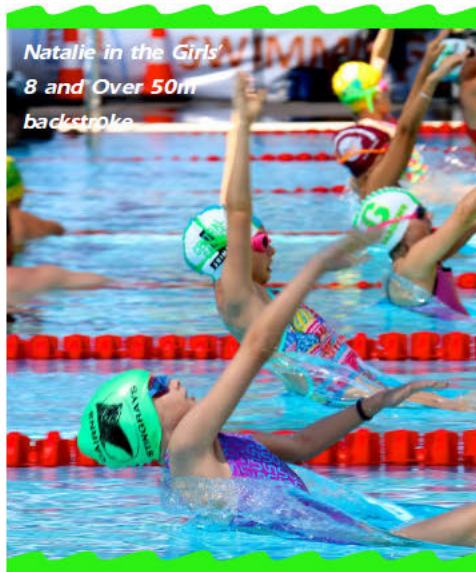


**FNO SHORT COURSE CHAMPIONSHIPS**

**DATE: 12-13 AUGUST:**

**VENUE: TOBRUK MEMORIAL POOL**

**27 PARTICIPANTS:** Adam Foote; Adam Woodward; Alexandra Greatorex; Amber Waters; Ben Waters; Daniel Foote; Edward Diola; Edward Orchard; Ella Diola; Emilee Salecich; Ezlan Bergey-Bray; Grace Grainer; Jane-Lee Pregl; Kali Houlihan; Keely Salecich; Kelsey Orchard; Madison Thiem; Natalie Beck; Nathan Foote; Neve Houlihan; Nicholas Goudie; Owen Hallett; Ryan Woodward; Sam Tress; Thomas Greatorex; Triton Smith; Zara Hallett



Natalie in the Girls' 8 and Over 50m backstroke



Grace in the Girls' 8 and Over 50m breaststroke

It was also Natalie's birthday on the day and she shared her swimming-themed cake with the other Stingrays



**Boys 14 & Over (4x25) 100m Freestyle Relay**

1. Adam W 2. Nicholas 3. Adam F 4. Sam

**Girls 14 & Over (4x25) 100m Freestyle Relay**

1. Neve 2. Madison 3. Amber 4. Kali

**Boys 11-13yr (4x25) 100m Freestyle Relay**

1. Owen 2. Edward D 3. Ryan 4. Edward O

**Girls 11-13yr (4x25) 100m Freestyle Relay**

1. Jane-Lee 2. Emilee 3. Keely 4. Ella

**Boys 14 & Over (4x25) 100m Medley Relay**

1. Ben (back) 2. Adam F (breast) 3. Sam (fly) 4. Adam W (free)

**Girls 14 & Over (4x25) 100m Medley Relay**

1. Keely (back) 2. Madison (breast) 3. Ella (fly) 4. Neve (free)

**Boys 11-13yr (4x25) 100m Medley Relay**

1. Ryan (back) 2. Daniel (breast) 3. Edward O (fly) 4. Owen (free)

**Girls 11-13yr (4x25) 100m Medley Relay**

1. Alex (back) 2. Jane-Lee (breast) 3. Emilee (fly) 4. Kelsey (free)

Medals	G	S	B
Sam	7	2	
Emilee	2	4	1
Ryan	2	2	3
Kali	2		
Edward D	1	1	2
Thomas		4	1
Ella		2	2
Amber		1	2
Adam W		1	1
Edward O		1	
Jane-Lee		1	
Nathan		1	
Ezlan			2
Neve			2
Adam F			1
Ben			1
Grace			1

# Stingrays Age Champions & Runners-Up



**Age 10-11 - Girls**

**Joint Winners:**  
Jacinta Kome  
Emilee Salecich



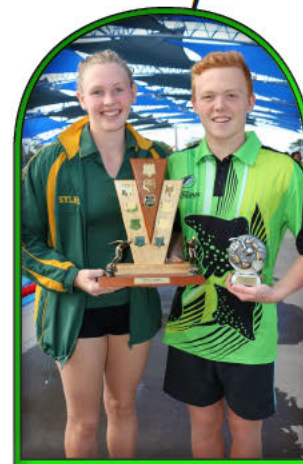
**Age 8-9 - Boys**

**Winner:** Albert An  
**Runner Up:** Thomas Greatorex



**Age 14-15 - Boys**

**Winner:** Samuel Tress  
**Runner Up:** Lloyd Lucey



**Competitors of the Meet**

**Boys:** Samuel Tress  
**Girls:** Ryleigh Lammert



# Stingrays State Squad

## State Squad Presentation

On Saturday 20<sup>th</sup> August the club organised a special gathering for those members who were attending the State Short Course Championships in Brisbane for the following week. Thirteen swimmers in all had managed to achieve State times in certain events and get invited to attend by Swimming Queensland. Eleven of these were able to go, which was an outstanding result for our club in recent times, and reflects how hard these swimmers have been training, and the investment in the Coach's training development is paying off.

The Club committee had agreed to get special shirts and swim caps made to represent State Squad Team, distinct from our club shirts, that they could wear to the Championships and reinforce Cairns Stingrays strong and united presence. These shirts are predominantly grey with a lime green flash across the top, and have State Team embroidered on the chest, as well as special sponsor Club Super who also donated packs to the swimmers. A small presentation was held with Coach Nathan presenting the shirts, caps and packs to each elite member after their usual Saturday morning training session!



*Emilee receiving her State shirt & other goods at the Presentation*

## FNO State Development Clinic

Woree Pool was the host venue for the State Development Clinic which holds regular training sessions as ongoing support for the elite swimmers of the region. The session was hosted by Drew McGregor, Swimming Queensland Coach Development Officer, and also attended by the coaches of the clubs involved.

At present there are 42 elite swimmers from various clubs in the FNO Region, with ten from Stingrays. This session was held on Saturday 3<sup>rd</sup> September from 12pm till 3pm.



## Stingrays State Development Team

- Ella Diola*
- Adam Foote*
- Nathan Foote*
- Kali Houlihan*
- Jane-Lee Pregel*
- Emilee Salecich*
- Keely Salecich*
- Benjamin Waters*
- Adam Woodward*
- Ryan Woodward*



## Stingrays go Wet 'n' Wild!

The State Team booked for an extra day away after the Championships, and as a bit of a treat and a wind-down for them were taken to Wet 'n' Wild on the Gold Coast for a day of 'thrills-and-spills.'

As a bit of an added surprise, nine unsuspecting kids were given a go on the 'Sky Coaster', to give them that "near-death" sense of fear and relief as they are hoisted 50m off the ground and released like a giant pendulum – turning the girls into wonder-women, and the boys to mush!





# QLD Short Course Championships



Queensland Government



Adam Woodward making an impressive start to his 50m backstroke

## QUEENSLAND STATE SHORT COURSE CHAMPIONSHIPS MEET

DATE: 26-28 AUGUST:

VENUE: BRISBANE AQUATIC CENTRE, CHANDLER

11 PARTICIPANTS: Adam Foote; Adam Woodward; Ben Waters; Edward Diola; Ella Diola; Emilee Salecich; Jane-Lee Pregl; Keely Salecich; Nathan Foote; Ryan Woodward; Sam Tress



Edward Diola - E.J. volunteered as a 'Cushion Bearer' for the medal presentations

Eleven Stingrays attended the Championships along with parents from the seven families involved, for the 3-Day Swim Meet; Friday evening was the 100m IM and long distance events for which none of our swimmers were entered. (Kali Houlihan and Edward Orchard also qualified for events but were unable to attend).

Stingrays qualified and entered into 28 events in total spread over the two main days, Saturday and Sunday. Sam and Ryan both had six events, Adam Woodward and Ella were in 4 each, Emilee had 2 swims, while E.J., Keely, Adam Foote, Nathan, Ben and Jane-Lee all had one swim each.

Swimming commenced at 8:30am on Saturday, until around 7:30pm; Sunday began at 8:30am until 5:30pm. All swimmers put in a sterling effort, many p.b.'s but more than that the experience of attending a State meet has to be worth the travel and cost, to be put against the best swimmers the state has to offer. The chart at right shows each swimmer, the event/s they entered and the placing they achieved at overall State level; Sam Tress received a bronze medal for his third place in 50m Butterfly. Everyone's place ranking is very respectable when one considers the hundreds of other swimmers in the state vying for the honour and glory. Well done to all who attended.

NAME	STROKE	PLACE
Sam Tress	50m Fly	3
	50m Breast	18
	100m Fly	9
	50m Back	14
	100m Free	24
	50m Free	20
	200m IM	15
Ryan	50m Back	8
	100m Back	9
	50m Breast	9
	100m Breast	9
	50m Free	23
	50m Fly	10
	200m IM	5
Adam W	50m Back	14
	50m Free	10
	50m Fly	6
	50m Breast	17
Ella	50m Back	32
	50m Free	15
	50m Fly	32
	50m Breast	24
Emilee	50m Back	60
	50m Fly	50
Edward D	50m Back	36
Keely	50m Free	56
Adam F	50m Breast	31
Nathan	50m Breast	21
Benjamin	50m Back	25
Jane-Lee	50m Breast	25



E.J. waving to the crowd before his backstroke swim



Sam's reaction to seeing his 50m Free time



Nathan is pleased with his 50m Breaststroke time



Jane-Lee is elated with her 50m Breaststroke time



### Stingrays Date Claimers

Fri 30 Sep – 1 Oct Marlin Coast 2-day "Kick-Off" LC Carnival

**CLUB** Fri 7 Oct Club Night #3

Sun 9 Oct Central Cairns Carnival & Junior Dolphin Carnival

**CLUB** Fri 14 Oct Club Night #4

Sat 15 Oct Dimbulah 'Twilight Meet' LC Carnival

**CLUB** Fri 21 Oct Club Night #5

Sat 22 Oct Normanton 'Non-Qualifier' Carnival

**CLUB** Fri 28 Oct Club Night #6

Sat 29 Oct TAS 'A-Qualifier' LC Carnival

**CLUB** Fri 4 Nov Club Night #7

### Carnival Knowledge

**Marlin Coast Carnival** - All-round general events to suit all ages, long distance races open to all nominees, mid-distance, 50m and 25m for young swimmers - medium level competencies.

**Central Cairns Carnival** - younger and novice swimmer-friendly meet held at Woree Pool. Includes the Junior 'Dolphin' Mini-Carnival for age 8's and under from 9:30am for littlies including 12½m (the undercover pool) and 25m distances, and kick-board racing. This is on a Come-and-Try basis for young children who may not belong to a Club and can nominate and pay per swim on the day. The main Carnival portion is open to age 9 and overs and offers races in 50m and 100m distances - also thrown in are a couple of novelty races including a 'freestyle-with-fins', 'freestyle with kick-board' and an 'IM backwards Relay'.

**Dimbulah Family 'Twilight Meet' Carnival** - a great enjoyable day for families, this time planned for a Saturday instead of Sunday, but with a midday start for a later 'Twilight' Carnival, allowing travelling time in the morning. Families may choose to camp in the caravan park adjacent to the pool overnight rather than travel back late at night, and make a weekend of it. Camping is a popular option and booking early is advised.

**Normanton 'Non-Qualifier' Carnival** - A new venue on this year's carnival circuit, may be unfortunately too far to travel in just a weekend to make it worth it? Don't know what format it may take - further details closer to the time.

**TAS 'A-Qualifier' Carnival** - a serious full day carnival for the keen ones.



### RECYCLING BATTERIES

Cairns Stingrays Swimming Club is collecting car, boat, truck, tractor etc. Lead-acid batteries for recycle

Call Chris on 0467 550 421 for details

HELP POWER THE GREEN MACHINE!



Cairns Stingrays Swimming Club wishes to thank our sponsors for this season:



The Regional Wing of Singapore Airlines



Lennon Cairns chartered accountants

