

# Cairns Stingrays News

November 2016

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**Woree Pool**

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PHOTOS TAKEN AT THE CLUB'S AQUATHON - SPONSORED FUNDRAISER.



Well as I write this little note it is post our return from the State Championships with eleven of our squad. Congratulations to all of them with an almost perfect record of PB's for all. I love watching our swimmers mature and grow, and the team spirit was alive and well in Brisbane including our parents who dominated time keeping once again and ensured the Stingrays reputation continues to grow.

We now head into the pointy end of the season and it is definitely a time the kids need to knuckle down to catch up from the break and prepare themselves for our premier event - the FNQ Long course championships. At the same time I will be calling on all parents to assist to ensure our own Stingrays Carnival is a complete success.

We currently need assistance in these areas, Canteen, Marshalling, set up and pull down, and many other chores. If you can help especially with kitchen prep can you please send Natalie an email and let us know. Remember the more help we have the fairer for all parents to get a chance to spend some time watching their child swim also.

In finishing, congratulations to all and welcome back to all of our families. I couldn't go without thanking Nathan our coach for his efforts and long days in Brisbane and finally I dont normally do it but I had to give my swimmer of the meet to Ben Waters with massive PB's in multiple events including 30 seconds for his 1500 Free Style. Well done Ben.

See you all at the pool

Regards -

**Jason Salecich (President)**

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# Club News

Scene at the start of one of the Junior Dolphins' kickboard races in the undercover pool



Club Nights attracted a good crowd of our members each week through the last school term of the year; there would be up to a dozen Junior Dolphins at our fun novelty races in the undercover pool, with steady progress being made in their competencies.

At our club night on the 18<sup>th</sup> November we handed out 'Dolphins' packs to our Junior Dolphins courtesy of Swimming Queensland, comprising swim bag, cap, bottle and other items. Our older swimmers have been assisting and bonding well with the junior members during these fun sessions.



Our main pool races have demonstrated the keenness to improve everyone's performances when they come regularly and swim with their friends, showing some friendly rivalry.

## Club Night Series Awards #2

Our second Series Awards were presented on 18<sup>th</sup> November to the ten most-improved swimmers over the previous four weeks; they were presented with their personalised certificates. The personalised towel for top achiever went to Madelin McAuley.

Pos	Name	Pts
1	Madelin McAuley	39
2=	Isabella Higginson	34
2=	Braydon Hutchins	34
2=	Albert An	34
5	Daniel Foote	30
6	Belle-Marie Potts	29
7	Kelsey Orchard	28
8	Benjamin Waters	27
9=	Chelsea Szelpuk	26
9=	Ella Jarvis	26



## Aquathon Results

### 10m wading pool

Name	Laps
Belle-Marie Potts	66
Chelsea Szelpuk	65
Brayden Hutchins	46
Finn Houlihan	38
Korbin Mills	7

### 50m lanes

Name	Laps
Ben Waters	46
Sam Tress	
Nathan Foote	42
Edward Orchard	
Amber Waters	
Adam Foote	40
Neve Houlihan	
Ella Diola	38
Madison Thieme	
Keely Salecich	37
Adam Woodward	36
Ryan Woodward	
Emilee Salecich	
Jane-Lee Pregl	
Kali Houlihan	35
Edward Diola	34
Patrick Martin	
Liam Thieme	
Grace Grainer	32
Ezlan Bergey-Bray	30
Emogen Bergey	
Albert An	
Connor Lloyd	28
Kelsey Orchard	26
Daniel Foote	
Owen Hallett	24
Madelin McAuley	20
Isabella Higginson	
Kyrhan Torres	
Zara Hallett	14

### 25m lane of pool

Name	Laps
Nicholas Martin	44
Samantha Rea	36
Susan Hutchins	36
Jamie-Lynn Potts	32



Kyrhan Torres was the winner of the most amount raised through his sponsorship

Celebratory impromptu group shot after the Aquathon was over





# Mareeba Carnival



Belle-Marie in her 25m backstroke



Emogen swimming backstroke in the 200m IM

## MAREEBA FAMILY SWIM MEET

**DATE: 5 Nov:**

**VENUE: MAREEBA POOL**

**38 PARTICIPANTS:** Adam Foote; Adam Woodward; Albert An; Alexandra Greatorex; Amber Waters; Audrey Peden; Belle-Marie Potts; Ben Waters; Bonnie Peden; Brayden Hutchins; Connor Lloyd; Daniel Foote; Edward Diola; Edward Orchard; Ella Diola; Emilee Salecich; Emogen Bergey; Ezlan Bergey-Bray; Flynn Riordan; Grace Grainer; Jamie-Lee Potts; Jane-Lee Pregl; Kali Houlihan; Keely Salecich; Kyrhan Torres; Liam Thieme; Madison Thieme; Maggie Peden; Natalie Beck; Nathan Foote; Neve Houlihan; Owen Hallett; Phoebe Peden; Sophie Greatorex; Susan Hutchins; Thomas Greatorex; Triton Smith; Zara Hallett



Madison putting on a brave show by being the only girl swimming 200m butterfly

Mareeba Carnival held on Saturday 5th November, kicked off at 9am with a full day of racing from its well supported attendance of 248 swimmers from 13 FNO Region clubs, including Stingrays' largest attendance at a carnival so far this season of 38, the second largest club in numbers aside from the host club with 55 swimmers.

Stingrays saw the debut of 6 year-old Braydon Hutchins in three 25m events and newcomer 9 year-old Kyrhan Torres entering several 50m swims, and it was the second carnival for the two Potts

girls - Jamie-Lynn and Belle-Marie, as well as Maggie and Bonnie Peden, and Phoebe Peden and Sophie Greatorex as recent regulars.



Hey guys... you gotta get one of their smoothies - they have so many varieties: Mango... Banana... Mango-&-Banana... and Banana-&-Mango... AWESOME!



Mmm... that's good

STATISTICS	
Improvements	39%
First time swims	17
No swims	10
DO's	1



Belle-Marie finishes her 25m breaststroke



(From front): Liam, Adam Foote and Nathan swimming together in the 200m breaststroke



Jamie-Lynn in her 25m freestyle



Maggie in 25m freestyle

	Medals			Ribbons		
	G	S	B	1	2	3
Albert	3	1		2		
Adam F	2	1		2		
Kali	2			2		
Ella		3	1	1		
Amber	1	3				
Ben	1	1	3			
Adam W	1	1				
Edward D	1		1	1	1	1
Keely	1			1		
Madison	1				1	
Nathan	1					
Neve		1	1		1	
Emilee		1			2	
Jane-Lee		1				
Triton		1			1	
Edward O			3			1
Thomas			1			1
Grace				1		
Ezlan					3	
Audrey					2	
Liam					1	1
Owen						2
Sophie						2
Emogen						1
Zara						1



# Gardens (Townsville) Carnival

Gardens Club held their two-day carnival over a weekend, with 18 Stingrays participating. This was the first time for many of them to attend a meet outside of our own (FNQ) Region - to swim in the neighbouring North Queensland (NQ) Region. This is one of their major meets, attracting a total of 327 athletes. Eight clubs from the FNQ Region presented a total of 70 athletes, with Cairns Stingrays being the largest contingent.

The carnival took on the format of heats and finals each day, with finals commencing at 6pm on the first day, and an hour after the main programme had finished on the Sunday, allowing families travelling time back home from late afternoon and evening.



Keely swimming 400m freestyle

## GARDENS OPEN A-QUALIFYING MEET

DATE: 12-13 NOVEMBER:

VENUE: LONG TAN POOL (TOWNSVILLE)

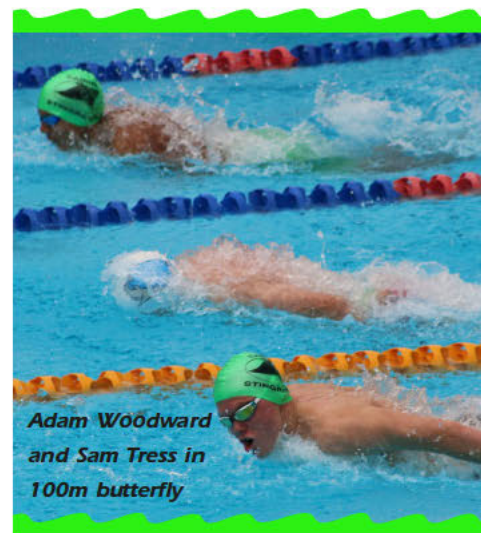
18 PARTICIPANTS: Adam Foote; Adam Woodward; Alexandra Greatorex; Daniel Foote; Edward Diola; Edward Orchard; Ella Diola; Emilee Salecich; Grace Grainer; Jane-Lee Pregl; Kali Houlihan; Keely Salecich; Kelsey Orchard; Nathan Foote; Neve Houlihan; Nicholas Goudie; Sam Tress; Thomas Greatorex



Adam Woodward in his 100m butterfly

Stingrays who qualified into the finals:

	Dist.	Stroke			
		Bk	Br	Fr	Fly
Sam	50 100 200			■	■
Adam W	50 100	■		■	■
Emilee	100	■	■	■	■
Ella	100	■		■	■
Kali	100 200			■	■
Nathan	100 200		■	■	
Adam F	50 100		■		
Edward O	100	■			■
Edward D	100		■		
Jane-Lee	100		■		
Keely	100				■
Kelsey	100		■		
Neve	100			■	
Thomas	100	■			



Adam Woodward and Sam Tress in 100m butterfly

The green boxes indicate the race stroke/s Finals that each swimmer qualified for and entered - and those who achieved a top-three placement are shown in the table right:

Placements	1	2	3
Sam	2	■	1
Kali	1	1	■
Ella	■	2	1
Adam W	■	1	1
Emilee	■	■	3
Edward O	■	■	1
Jane-Lee	■	■	1
Nathan	■	■	1

STATISTICS	
Improvements	57%
First time swims	nil
No swims	2
DQ's	1



Edward Orchard kicking off the backstroke in the boys' medley relay



Nathan swimming 200m breaststroke



Stingray group shot after the swimming is over



# Saints Carnival

Saints Swimming Club held their 2-day meet at the Tobruk Pool the weekend after Gardens' Meet, with many of the same athletes from both regions competing; 12 Clubs from FNQ, and 3 Clubs from NQ Region - a total of 211 swimmers altogether. Stingrays was the third largest club in numbers. All the regular competitive swimmers competed, joined by occasionals Connor, Audrey, Liam, Patrick and Triton.

The meet staged all the main events, to enable swimmers the chance to achieve their state times, and afterwards the opportunity for those who came very close to have 'time trials' to try and achieve those times. Several Stingrays took part to try and gain their times – Adam Foote, Nathan, Ryan, Neve, Amber and Edward Orchard had trials in their designated events, as outlined in the chart below:



Emilee diving in (Stingrays green cap) at the start of her 200m breaststroke

### SAINTS LONG COURSE QUALIFIER MEET

DATE: 19-20 NOVEMBER:

VENUE: TOBRUK MEMORIAL POOL

24 PARTICIPANTS (THOSE SHOWN IN BRACES DID NOT ATTEND):

Adam Foote; Adam Woodward; Albert An; Amber Waters; Audrey Peden; Ben Waters; Connor Lloyd; Daniel Foote; Edward Diola; Edward Orchard; Ella Diola; Emilee Salecich; (Jane-Lee Pregl); Kali Houlihan; Keely Salecich; Kelsey Orchard; Liam Thieme; Madison Thieme; Nathan Foote; Neve Houlihan; Patrick Martin; Ryan Woodward; Sam Tress; Triton Smith

STATISTICS	
Improvements	52%
First time swims	3
No swims	3
DQ's	2



Nathan (front) and Ryan in the 100m IM



Kali in her 200m butterfly



Madison swimming butterfly in her 200m IM



Brothers Adam and Ryan at the start of their 200m backstroke



Adam (green togs) and Sam diving in for their 200m IM

Swimmer	Event	Age	State time	Time achieved
Adam Foote	100 freestyle	16	1:01.00	1:00.69
Nathan Foote	100 breaststroke	14	1:19.55	1:20.73
	200 breaststroke		2:53.67	2:57.75
Ryan Woodward	100 breaststroke	13	1:23.62	1:22.25
Neve Houlihan	100 freestyle	16	1:05.73	1:06.42
Amber Waters	400 freestyle	16	5:02.26	5:06.63
Edward Orchard	200 freestyle	14	2:21.85	2:21.07

Out of the seven time trials taken, three (highlighted in green) achieved successful results. Good efforts from everyone else, considering this is after an exhausting day of racing already, and limited time to recuperate.



## Stingrays Date Claimers

**CLUB** Fri 13 Jan Club Night #10

Fri/Sun 20-22 Jan Atherton 'A-Qualifier' Carnival

**CLUB** Fri 27 Jan Club Night #11

**CLUB** Fri 3 Feb Club Night #12

Sat 4 Feb Cairns Stingrays 'Sprint Meet' Carnival

## Carnival Knowledge

**Atherton 'A-Qualifier' Carnival** - Competitive 3-day Qualifier Carnival with long distance races on the Friday evening, and all other races over the two days of the weekend. A good all-round meet catering to the older ones who are striving for State times, and races for younger swimmers and littlies with 25m distances, as well as relay events. They also traditionally stage their "Medley Skins" heats and finals races, and the "Dash-for-Cash" heats and finals with cash prizes to be won. Always an enjoyable time! Stingrays also try to stay at the Big4 Woodlands either camping or in their units, but it is popular so book early!

**Cairns Stingrays 'Sprints Meet' Carnival** - Our carnival held on the Saturday as a 'Twilight Meet', which will begin at midday or early afternoon and extend into the early evening. This year we are hosts of the 'Sprint Meet' as designated by the FNQ Regional Swimming Association, which means we focus on the shorter distances in preparation for the State Sprint Meet a few weeks later. We hope that as many of our members as possible can attend and compete, with a chance for the littlies to have-a-go at a carnival setting. We do require helpers from our adult members for timekeeping, but also willing volunteers for any other areas you feel comfortable doing - collecting monies, raffles, helping in the kitchen, or even baking or preparing food to bring. Simply being there to support our club is a chance to show that we are a strong and united group with a great team ethic.

## FNQ State Development Clinic



Mareeba pool hosted the State Development weekend camp on the same weekend as its Carnival. There were nine Stingrays members invited to attend the camp, along with other FNQ Region's elite swimmers. The camp used the facilities of the gymnastics hall next to the pool as its dormitory and drill hall. The session was hosted by Drew McGregor, Swimming Queensland Coach Development Officer, and also attended by FNQ Committee representatives as chaperones.

Saturday from 5pm was devoted to an orientation talk with video and dinner provided; Sunday was a morning of intensive training beginning at 7am after having a healthy breakfast. Working in groups, the morning consisted of modules involving land-based exercise, stroke development, video instruction, dives and turning, and group swimming sessions. The camp finished with their team relay challenge.

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

