

# Cairns Stingrays News

October 2013

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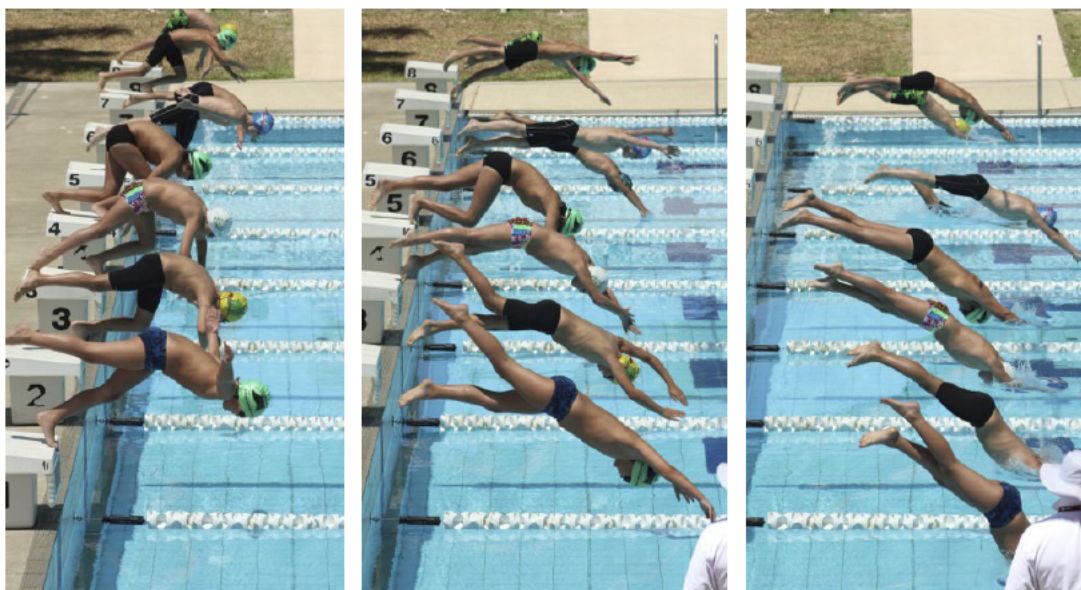
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Stingrays Carnival: Sequence at the start of a race; a useful method to compare and analyse diving techniques – showing the three Foote boys - Nathan, Adam and Daniel at the start of their 50m fly.



### From the President

I wanted to start by saying how great it has been to see so many kids at Friday Night Club night. From our littlies to our bigger swimmers it is great to see everyone making new friends and helping out. I mentioned at each club night that our club will grow by people having fun, parents chipping in to make everyone's job easier and making new relationships that hopefully will last.

I know Greg will comment but congratulations to all of our competitive swimmers. We are into our long carnival stretch now with little rest and I am already seeing most swimmers smashing their PB's. Mums and Dads the message to any swimmer is simple, have fun, enjoy yourself but remember if and when you want to start to compete the results you achieve on the day will be a reflection of the work you have done up until that time.

Can I just reiterate to parents that our club is successful when we all pull together. On Friday Nights if you can help then please put your hand up.

Timekeeping and other jobs are simple and help us in ensuring we train parents who can then help out at carnivals when their children are competing as we are obligated to do.

So that's it have fun and keep up the good work and Christmas will be here before we know it.

Regards –

Jason Salecich (President)

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### This month's "Smiling Swimmer..."



Kate Gould

# Carnival season kicks off

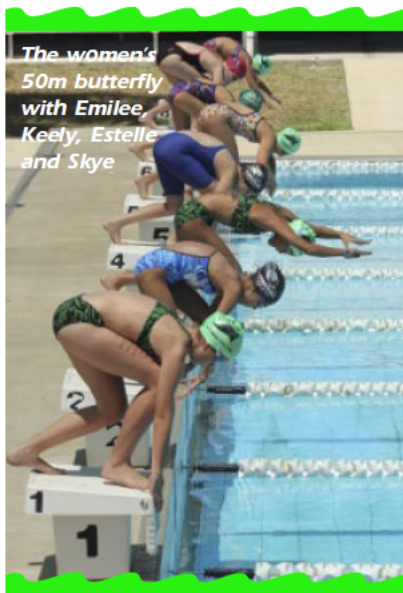
## Atherton Carnival

Atherton Carnival was held over three days, with Stingrays swimmers participating on the two main days (no-one entering the long-distance events on the Friday). Conditions were perfect and the programme ran smoothly. Overall, our swimmers won a total of 29 medals, as shown on the chart, and many times were improved upon; - most notably from Adam Foote who took over 54 seconds off his times, Nathan Foote who improved by over 39 seconds, Triton Smith took 34 seconds off, and Keely Salecich improving hers by over 27 seconds. (maybe the water is thinner at the higher altitude? – well done anyway!)

Medals	G	S	B
Ben	3	5	1
Bayley	2	2	3
Emilee	4		
Keely			4
Daniel		2	
Amber			2
Kate			1



**ATHERTON A-QUAL DATE: 4-6 Oct: VENUE: ATHERTON**  
**13 PARTICIPANTS:** Adam Foote; Amber Waters; Bayley Bettini; Benjamin Waters; Daniel Foote; Emilee Salecich; Grace Grainer; Jane-Lee Pregl; Kate Gould; Keely Salecich; Nathan Foote; Sandra Eustice; Triton Smith



## Stingrays Carnival

Our home carnival was supposedly a twilight meet beginning at midday, but finished prior to sundown – perhaps because of a smaller turnout than hoped? However, it was successful and ran smoothly overall despite a few glitches... a well done to all our volunteers who performed roles – an enjoyable and relaxing meet according to visitors' accounts. However, it seemed as if our swimmers were treating it like a fun day out, with few if any times improved on, although with just enough effort to qualify in the medal tally of 63, perhaps bolstered by less competition on the day from many of the clubs' best swimmers' absences? It was good to see a few of our new members taking part in a carnival for the first time.

Medals	G	S	B
Kate	5	1	
Moyah	3	3	1
Phoebe	3	2	2
Amber	3	2	
Adam	3		3
Bayley	2	3	2
Emilee	2	1	
Keely	1	2	3
Daniel		4	
Ben		3	3
Estelle		1	5

**CAIRNS STINGRAYS B-QUAL DATE: 12 Oct: VENUE: WOREE SPORTS & AQUATIC CENTRE**  
**21 PARTICIPANTS:** Adam Foote; Amber Waters; Bayley Bettini; Benjamin Waters; Daniel Foote; Emilee Salecich; Estelle Urquhart Kereru; Grace Grainer; Jane-Lee Pregl; Joseph Grainer; Kate Gould; Keely Salecich; Lana Gentle; Logan Gentle; Moyah Urquhart Kereru; Nathan Foote; Phoebe Urquhart Kereru; Sandra Eustice; Skye Simpson; Susan Hutchins; Triton Smith

## Central Cairns Carnival

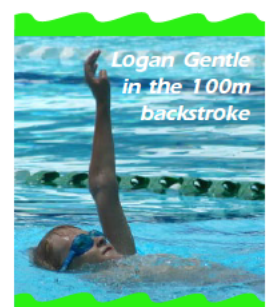
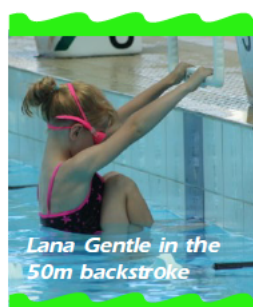
Central Cairns Swimming Club held their 2-day meet at the TAS Aquatic Centre. We had 16 swimmers taking part overall, although some only raced on one of the days. Ben Waters was not participating due to medical reasons. We had continued participation by two of our newcomers, Lana and Logan Gentle, who won awards in some of their events – Logan receiving a silver medal for his 100m backstroke, and Lana getting a Participation Ribbon as a 7 & Under competitor – well done! It was also good to see Ella Diola competing for her first time.

### CENTRAL CAIRNS A-QUAL DATE: 19-20 Oct: VENUE: TAS

**16 PARTICIPANTS:** Adam Foote; Amber Waters; Bayley Bettini; Daniel Foote; Emilee Salecich; Ella Diola; Estelle Urquhart Kereru; Jane-Lee Pregl; Keely Salecich; Lana Gentle; Logan Gentle; Moyah Urquhart Kereru; Nathan Foote; Phoebe Urquhart Kereru; Sandra Eustice; Triton Smith

Medals	G	S	B
Bayley		2	
Logan		1	

Participation Ribbon
Lana Gentle



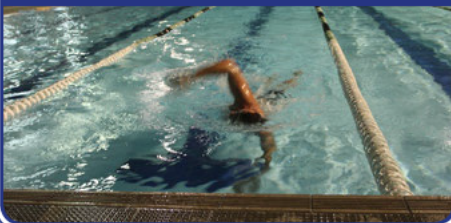
# Club Night Matters

## Timekeeping

Timekeeping on Club Nights is performed manually with the aid of stop-watches; these need to be used to start, and stop each race as accurately as is achievable. We understand that this method is likely to introduce slight timing inaccuracies, due to each timer's reaction times on both starting when they see the starting gun light signal, and on stopping when their swimmer touches at the other end. Times are recorded using a clipboard and pencil per lane.

We always require one timekeeper per lane, the number of lanes in operation on Club Nights tends to be six - we will require six parents to carry out this task. All timekeepers take up a position closest to the end point of each event - halfway along the pool for 25m races, and at either end of each lane for 50m or longer races. For 25m races, it is advised that timekeepers choose the side of the pool closest to their lane, to minimise confusion.

Always take notice of the Chief Timekeeper, who will announce each race Event and Heat, and record these two numbers at the top of your current slip. Record your stop-watch time at the bottom; if you have no swimmer in your lane please write "n/s" at the bottom - every slip still needs to be submitted to the race Recorder for confirmation - our kids usually perform the role of courier of each race's slips back to the Recording room. Please reset your stop-watch to zero after each race. It is always good practice to keep timing every race even if you have no swimmer in your lane - just in case another lane requires a backup due to a mis-start, or problem with their watch.



## Nomination Tick Sheet

We have been getting a few confusing entries on our tick sheet, making the process all the more difficult for our Race Coordinator to get the evening's programme finalised and ready to go. We appreciate this may be unfamiliar to some, and we are ironing out a different procedure ourselves from what we had previously. What we ask is that as the parent you have the best idea of what your child is capable of and nominate them for

events within their capability - we are not stipulating that all age 7 and unders have to only enter the 15m events because of their age, and it is hoped that through effort they can progress to doing the 25m events if they feel able to do so. We also allowed some of the older kids to take part in 25m races to integrate with the newcomers initially, but we intend to phase this practice out and return them to their "competitive levels".

## Kitchen duties

Club Night Canteen operates on a volunteer roster basis:- we value families and members getting involved and taking turns to prepare their choice of food for the evening. This only needs to be a simple snack item, perhaps supported by some home baking. All food expenses incurred will be reimbursed by the club, and entry fee is waived for those catering on the night.

The canteen roster is posted up on the noticeboard: if you are interested in catering for a particular night please add your name to the list. We would like to let members know what food is available a week or two in advance if possible.



## Menu ideas

*hamburgers*

*hot dogs*

*pizza*

*toasted sandwiches*

*fried rice*


*chicken kebabs*

*nachos*


### Useful links

Woree Pool provides several integrated services to the community, including Learn-to-Swim classes, Squad Training for kids and adults, Aquafit classes, Wipeout inflatable assault course, and is home to swimming clubs (Stingrays, and Mudcrabs Masters swimmers club, as well as a regular Underwater Hockey Club and has affiliations with Cairns Crocs Triathlon Club). More information about these services can be found online at the following:-

[cairnssingrays.com.au](http://cairnssingrays.com.au)

 [cairnssingraysswimmingclub](https://www.facebook.com/cairnssingraysswimmingclub)

[www.woreepool.com](http://www.woreepool.com)

 [woreesportsandaquaticcentre](https://www.facebook.com/woreesportsandaquaticcentre)

[www.mudcrabs.org.au](http://www.mudcrabs.org.au)

[www.cairnscrocs.org.au](http://www.cairnscrocs.org.au)



Cairns Stingrays Swimming Club wishes to thank our Major Sponsor—Lennon Cairns Chartered Accountants



and our other valued sponsor, YMCA



Stingrays would also like to thank the following local businesses that support us:

Cazalys Cairns



Snap Printing

Footprint Design

Russco Colortek

Norweld

Trinity Auto Group

IGA Woree

Bunnings Warehouse

Great Adventures

Southside Quality Meats

Bayview Gardens Newsagency

Big Cat Cruises

Paronella Park

Cairns Golf Club

Cairns Wildlife Safari

Swimart, Southside Shopping

Village Woree

The Wax Pot, Woree

Stella Florist and Gift Gallery

Southside Shopping Village Woree

### Follow your Club online



With Meet Mobile app on your phone you can receive instant results of every team member as they compete at each swim meet as they happen; see their placement, see their improvement time (over their previous recognised swim times), and keep track of their rivals' progress. Results are searchable, and include all recognised swim meets

nationally and internationally. This facility has been available for anyone to use at the carnival meets so far this season, and is a great way of getting feedback on your child's efforts.



### Stingrays Date Claimers

- Sat/Sun 2-3 Nov Marlin Coast Carnival
- Fri 8 Nov FNQ Sprints & Relays twilight meet  
( Fri 8 Nov **nominations close** - Mareeba Carnival )
- Sun 10 Nov Innisfail Carnival  
( Fri 15 Nov **nominations close** - TAS LC A-Qual Carnival )
- Sun 17 Nov Mareeba Carnival  
( Fri 22 Nov **nominations close** - Malanda SC Carnival )
- Sat/Sun 23-24 Nov TAS LC A-Qual Carnival
- Sun 1 Dec Malanda SC Carnival