

Cairns Stingrays News

January 2016

Committee Contacts 2015/16

PRESIDENT

Jason Salecich

president@
cairnsstingrays.com.au

VICE PRESIDENT

Jenny Waters

vicepresident@
cairnsstingrays.com.au

SECRETARY

Natalie Grainer

cairnsstingrays@hotmail.com

TREASURERS

Alice Foote / Jenny Waters

treasurer@
cairnsstingrays.com.au

REGISTRARS

Simon Hallett /
Martyn Foote

registrar@
cairnsstingrays.com.au

Grants Officer

Frank Grainer

grants@cairnsstingrays.com.au

CLUB NIGHT COORDINATOR & RACE SECRETARY

Alice Foote

race-sec@
cairnsstingrays.com.au

NEWSLETTER & PUBLICITY

Martyn Foote

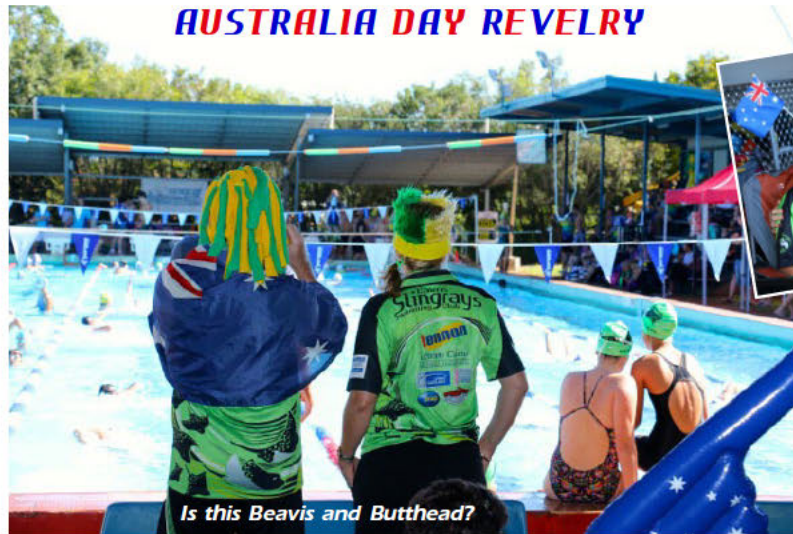
publicity@
cairnsstingrays.com.au

cairnsstingrays.com.au



Woree Pool
4054 6964

AUSTRALIA DAY REVELRY



Is this Beavis and Butthead?



From the President

Well Parents and Swimmers, although our end of season is nearing there is so much yet to fit in. With FNQ Long Course Championships, Duel in the Pool, FNQ Presentations, Camping Trip, and our own presentations it really is a busy time for swimming.

I would like to take this opportunity to thank all the parents who have really contributed this year to our club. it has been a very successful year in so many ways.

With all kids improving and achieving and our team continuing to grow it is all looking very positive going forward.

Parents please take the time to check emails and any notifications in the next few weeks due to the number of things happening. As I did mention at the last few club nights we would love to see as many of our kids as possible at the March Past for the FNQ Champs. Natalie will inform everyone of exact time when known. We will need the kids there about half-an-hour before the March commences. Let's show the region that the Stingrays is the club who is growing into the strongest team in the region by all being there in support. On that note good luck to all of our swimmers who will be doing their best to contribute to our pointscore and see us to continue to climb up the rankings.

So in finishing enjoy the next month or two and don't forget to keep an eye out for all of the upcoming events.

Regards – **Jason Salecich**
(President)



Who's this turkey??

In this month's edition

.....	President's Word	p.1
.....	Club News	p.2
.....	Series Awards	p.2
.....	Report: Atherton	
.....	Carnival	p.3
.....	Date Claimers	p.4
.....	Upcoming events	p.4
.....	Aquathon winner	p.4
.....	Our Sponsors	p.4



Club News

Club Night resumes

Friday Club Nights are back on again after the break, with families eager to get their kids back into the pool, now that the temperature is suitably balmy and still storm-free. Littlies are enjoying their fun races in the undercover pool, assisted by the older ones, while a few are now braving a move to 25m distance races. Parents have been stepping up to the mark with their help with timekeeping, and also the kitchen roster with some tasty snacks served. Our third Series Awards were announced, as shown below, and swimmers should be making the most of the last few weeks towards our Presentation.



LEFT & ABOVE: photos showing various roles undertaken by the parents in their 'officiating' duties as a necessary part of a swimming club's operations, include the Starter, Timekeepers for each lane and Marshall to get swimmers in order for their race. Older kids shadow small kids in 25m races where necessary.



Upgrades

The following swimmers were upgraded from 25m to 50m over this period:

Thomas Greatorex to 50m Butterfly

Well done to these swimmers on their achievements.



Club Night Series Awards #3

Our third Series Awards were presented on 12th February 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 Ben Waters.

Daniel Foote assisted Jason in handing out the certificates



Pos	Name	Pts
1	Benjamin Waters	69
2	Keely Salecich	65
3	Grace Grainer	61
4	Edward Orchard	58
5	Liam Thieme	52
6	Alexandra Greatorex	46
7	Samuel Tress	42
8	Maggie Peden	37
9	Sophie Greatorex	33
10	Madison Thieme	31



Long Course Carnivals

Atherton "Australia Day" 'A-Qualifier' LC Carnival

Atherton's second carnival this season, their popular Australia Day weekend event. Stingrays had a strong attendance of 28 swimmers and third largest team after Atherton and Mareeba. Weather conditions were unseasonably perfect throughout the weekend.

Four of our athletes attended the friday evening's long distance events, with Kali in the 400m IM, Amber and Neve in the 800m Free, and Ben in the 1500m Free.

The host club held their ever-popular "Dash-for-Cash" and the Medley 'Skins' events during the weekend: Ryan Woodward and Brock Salecich (his brother Clay conceded his place) qualified for the final in the 12&Under category, while Adam Woodward, Kali Houlihan and Keely Salecich qualified for the 13&Over finals, receiving their cash prize envelopes.

At the end of Saturday's session came the mixed 8x50 Freestyle Relay for which we submitted the following team:

Mixed 14&Under 400m Freestyle Relay

- | | |
|--------------------|----------------------|
| 1. Zara Hallett | 2. Ezlan Bergey-Bray |
| 3. Emilee Salecich | 4. Edward Diola |
| 5. Jane-Lee Pregl | 6. Ryan Woodward |
| 7. Ella Diola | 8. Sam Tress |

and at the end of Sunday's session was held the mixed 4x50 Medley Relay with our team as follows:

Mixed 10&Under 200m Medley Relay

- Zara Hallett (back)
- Daniel Foote (breast)
- Emilee Salecich (fly)
- Angus Richardson (free)

Our team came second. Medals were won according to the chart, right, and the meet's most improved performance came from Grace Grainer.

Grace looking 'grace-ful' doing her butterfly leg of the girls' 200m Individual Medley



ATHERTON "AUSTRALIA DAY" LONG COURSE MEET

DATE: 22-24 JANUARY:

VENUE: ATHERTON 'SWIM-LOGIC' POOL

28 PARTICIPANTS: Adam Foote; Adam Woodward; Amber Waters; Angus Richardson; Ashleigh Richardson; Ben Waters; Brock Salecich; Clay Salecich; Daniel Foote; Edward Diola; Edward Orchard; Ella Diola; Emilee Salecich; Emogen Bergey; Ezlan Bergey-Bray; Grace Grainer; Jane-Lee Pregl; Kali Houlihan; Keely Salecich; Kelsey Orchard; Lachlan Salecich; Nathan Foote; Neve Houlihan; Nicholas Goudie; Owen Hallett; Ryan Woodward; Sam Tress; Zara Hallett

Medals	G	S	B
Sam	6		2
Kali	4	2	
Brock	4		2
Emilee	3	2	1
Ryan	2	4	
Nathan	2	2	3
Ella	2	2	1
Ezlan	2	2	
Amber	1	2	2
Keely	1		3
Ben	1		2
Neve	1		1
Adam W		3	1
Clay		2	
Jane-Lee		2	
Edward O		1	4
Angus		1	
Daniel			1
Kelsey			1



Emilee swimming in the 50m Freestyle 'Dash-for-Cash' Qualifier

Participation Ribbon (B&U)
Zara

STATISTICS	
Improvements	47%
First time swims	6
No swims	7
DQ's	2



Brock in his 50m Breaststroke



Nathan in the 200m Breaststroke



Ben doing 50m Breaststroke



Ashleigh in her 50m Breaststroke

Stingrays Date Claimers

- CLUB Fri 19 Feb** Club Night #14
- Wed 24 Feb** Committee Meeting
- CLUB Fri 26 Feb** Club Night #15
- Sat-Sun 5-6 Mar** FNO LC Championships end-of-season Carnival
- CLUB Fri 11 Mar** Club Night #16 – Finale
- Sat 12 Mar** FNO "Duel in the Pool" & FNO Championships Awards Presentation - see below:
- Sun 13 Mar** SQ Regional Development Clinic - see below:
- Sat 19 Mar** Club Break-Up & Awards Presentation

All FNO Club Members

Saturday 12th March
Smithfield Pool, Cairns
2.30 for 3.30 start

**Duel in the Pool -
 A Team Event.**

An FNO Swimming only event designed around all of FNO Registered Swimmers coming together for one final swimming showdown. Swimmers will be swimming 50m of each event. Whilst this is a fun, end of year meet, this will be a Swimming Queensland sanctioned meet. This means that we will still have our officials on pool deck and we will still have timekeepers keeping your times.

Presentation of Long Course Trophies will be held and winning team of FNO Long Course Championships

Drew McGregor, SQ Club & Coach Development Officer, will be holding a "Swimming..... and your Childs' Journey through it" and "What is your role as a Parent in Swimming?" parent information sessions.

Swimming Queensland Regional Development Clinic

FNO State Development Squad

Drew McGregor –SQ Coach Development
 Nicholas Smith- SQ Sports Science
 Jade Edmiston – Former Australian Team Member and 50m Breaststroke WR holder

FNO State Development Squad
Sunday, 13th March
Smithfield Pool, Cairns
8.30 – 1pm

8am: Swimmers to arrive at pool
 8.30am: Introduction of SQ Team, Drew McGregor, Nicholas Smith and Jade Edmiston

Squads will be divided into two Groups; each group will be taken in each Session.

Jade Edmiston:
 Water Literacy – ONCORE Training

Drew McGregor and Nick Smith
 Session will be Stroke Development and Skills;

12pm to 1pm Lunch with State Development Squad, High Performance Squad and FNO Coaches

Aquathon Winner

Congratulations to Natalie Beck for raising the most sponsor money for the Club at our annual Aquathon fundraiser this season - she raised a total amount of \$130. She receives a prize of a Good Guys voucher for her family - Well done!



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



The Regional Wing of Singapore Airlines



Lennon Cairns
 chartered accountants

Brumby's Bakery -
 Woree and Smithfield



BABINDA ELECTRICS

