

# Cairns Stingrays News Swimming Club

January 2017

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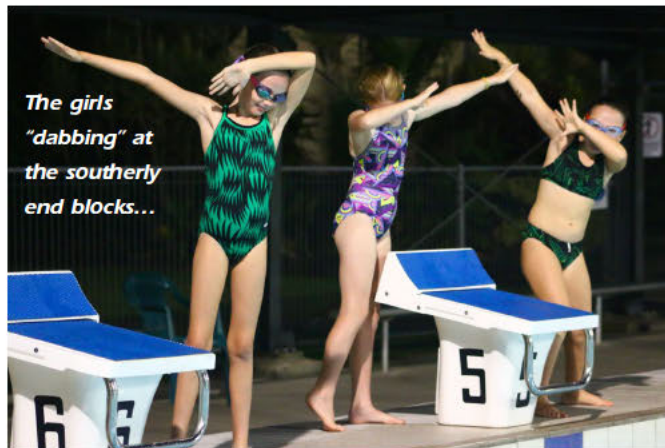
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**Woree Pool**

4054 6964



The girls  
"dabbing" at  
the southerly  
end blocks...



... while the  
boys do some  
"flexing"

## Welcome Back Edition



This ought to say a 'belated' Welcome Back Edition as we are a little bit behind in our newsletter publishing schedule, but we hope to catch up by the time the season ends!

So we hope and trust that you all had - or are still having! - a well-deserved break for that much-needed rest and recuperation - both for the adults from their busy workaday schedules, and for the kids to recharge their batteries, grow a bit in stature and maturity, in time to get back into the swing of school (yeuck!) and their sporting activities (yaayy!).

We trust the addition of the extra Club Night during the holiday period has been a positive move, and added a bit of variety to the kids' monotonous weeks of idleness? To all intents it was a success for the club with a decent turnout of members, and got us back into the routine for the return to weekly club nights a fortnight later.

It was possibly a useful motivator too for the intervening Atherton 'Australia Day' long weekend Carnival towards the end of the month, for which we had a generous turnout - and upheld our tradition of taking over the Woodlands Caravan Park en-masse, with yet another of our 'famous' Stingrays Buffets - which exceeded expectations yet again... what a talented bunch we are! (not to mention generous and caring as well).

Welcome back to the friendliest swimming club in Cairns... (probably!)

Regards -  
Martyn Foote (Publicity)



hello ladies



and E.J. does  
some... Tai-Chi?

# Club News

This year the committee made a decision to hold an interim Club Night during the school holiday break, as an experiment to keep the continuity going, even though it was quite likely that many members may be away. It was scheduled for Friday 13<sup>th</sup> January and had a good turnout despite it being holiday season. (who needs to leave Cairns anyway!?)

Our return to regular club nights again was on the 27<sup>th</sup> January (hooray!) - once the school term had resumed (bool)

Everyone seemed keen to get back



Jason overseeing the young 7-&-Unders in their noodle "horse-race", asking them what their 'horses' names are before starting the race to the other side.



Albert An, with Keely Salecich behind, in the 100m butterfly



into the swing of it; the littlies doing their novelty races in the undercover pool, aided by the bigger kids, with some new ones getting involved too. Some of these small kids felt confident enough to manage some 25m distances, in keeping with their improving competency as monitored by parental and coaching approval.



So younger swimmers progress into the main pool in their most capable stroke/s, while some of those who've been swimming 25m get promoted to the full 50m distance once they have achieved under the minimum benchmark time twice for each stroke (see table in box to right). We have been noticing those swimmers who've upgraded the most, they receive their upgrade certificates, and also invariably feature in our quarterly top ten Series Award rankings.

Don't forget, every improvement, achievement and even attendance will be recognised at the end of the year breakup when we present our Awards; not that long to go now, and the last few Club Nights where improvements can be made.



Madison demonstrating her butterfly stroke



Timekeepers at the finish rope to the 25m race.

## Upgrades

The following swimmers were upgraded from 25m to 50m:



Kai



Isabella

<b>Kai Travers-Mason</b>	<b>to 50m Breaststroke</b>
<b>Isabella Higginson</b>	<b>to 50m Breaststroke</b>

Well done to these swimmers on their achievements.

### 25m benchmark times

Freestyle	25 seconds
Breaststroke	33 seconds
Backstroke	30 seconds
Butterfly	28 seconds

# Atherton Carnival

Atherton reprised their well-known 'Australia Day weekend Carnival' this season held over three days - the long distance races on the Friday night, including the 400 IM. which saw Kali compete in the 400 IM and Neve in the 800m Freestyle.

Saturday was a full day, beginning a little shaky with a shower, clearing up but remaining rather hot and humid.

They stage their usual 'Dash for Cash Qualifier' in the 50m Free for the 12yr-&Unders, for which five boys and seven girls entered for Stingrays; unfortunately none made it through to be the top six swimmers overall for the final - but great effort!

Six finalists in both male and female were selected from the top six winners of the 200 IM held on Saturday, to be swum in an elimination random stroke-selection "swim-off" finals on the Sunday; Sam qualified in the Men's, and Ryan was a substitute entrant, and Ella Diola was a substitute swimmer in the Women's. Ryan got knocked out in round 1, Ella made it to round 2, while Sam went through to be the Champion. Well done! Final event on Saturday was a mixed freestyle relay - we submitted the following team of swimmers:

### Mixed 14-&Under (8x50) 400m Freestyle Relay

- |               |           |
|---------------|-----------|
| 1. Nicholas M | 2. Sophie |
| 3. Thomas     | 4. Audrey |
| 5. Edward D   | 6. Alex   |
| 7. Nathan     | 8. Ella   |



Sophie, Phoebe and Madelin diving in for their 50m freestyle



Nick swimming his 200m butterfly

### ATHERTON AUSTRALIA DAY SWIMMING CARNIVAL

DATE: 20-22 JANUARY: VENUE: ATHERTON POOL

31 PARTICIPANTS: Adam Foote; Adam Woodward; Alexandra Greatorex; Audrey Peden; Bonnie Peden; Daniel Foote; Edward Diola; Edward Orchard; Ella Diola; Flynn Riordan; Grace Grainer; Jane-Lee Pregl; Kali Houlihan; Kelsey Orchard; Liam Thieme; Madelin McCauley; Madison Thieme; Maggie Peden; Nathan Foote; Neve Houlihan; Nicholas Martin; Nick Goudie; Owen Hallett; Patrick Martin; Phoebe Peden; Ryan Woodward; Sam Tress; Sophie Greatorex; Thomas Greatorex; Triton Smith; Zara Hallett

They all swam like champions. - a video of the races can be viewed on our Vimeo page ([vimeo.com](http://vimeo.com) - search Stingrays).

Sunday was an early start, and more racing, finishing with the Medley Relay in the following teams:

### Open Mixed (4x50) 200m Medley Relay - Team A

1. Ryan (back) 2. Jane-Lee (breast) 3. Sam (fly) 4. Ella (free)

### Open Mixed (4x50) 200m Medley Relay - Team B

1. Neve (bk) 2. Adam F (br) 3. Madison (fl) 4. Adam W (fr)

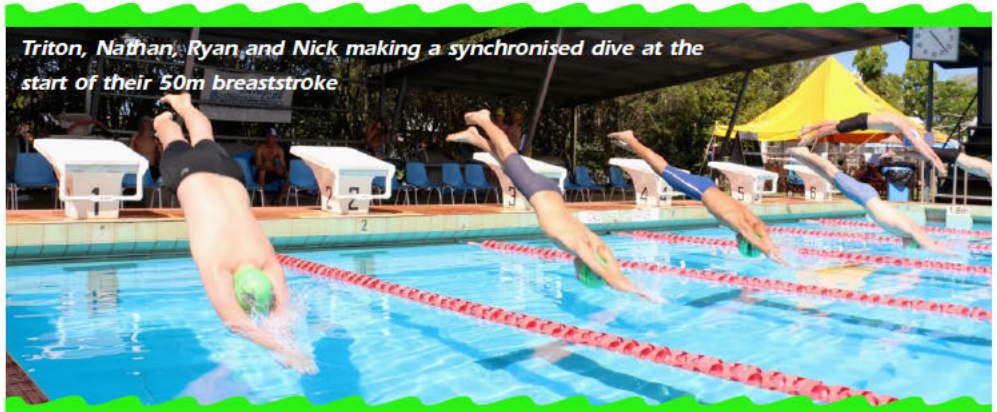
We also put forward two half-teams of boys:- we amalgamated two medley relay teams with TAS Swimming Club girls who wanted to swim in the relays; hence one team included Daniel swimming breaststroke and Patrick doing butterfly, and the other team were Liam and Flynn swimming the butterfly and freestyle legs respectively.

STATISTICS	
Improvements	39%
First time swims	10
No swims	0
DQ's	4

Medals	G	S	B
Ryan	7	1	1
Sam	5	1	1
Ella	4	1	
Thomas	3		2
Audrey	2		
Nathan	1	3	1
Edward O	1	2	2
Madison	1	2	2
Kali		3	1
Jane-Lee		2	2
Patrick		1	2
Edward D		1	1
Adam W		1	
Nick G		1	
Adam F			2
Owen			2
Liam			1
Neve			1



Grace in the Girls' 12 & Over 200m Breaststroke



Triton, Nathan, Ryan and Nick making a synchronised dive at the start of their 50m breaststroke

**The Second Stingrays SC Family Getaway!  
Incorporating AGM and Annual Trophy Presentations**

For those who have booked and are going:

**Camp Barrabadeen -  
Tinaroo Dam  
(opposite dam wall)**

**May Day weekend  
29<sup>th</sup> April – 1<sup>st</sup> May**

**Proposed schedule:**  
Arrive - Saturday morning  
Club BBQ dinners - Saturday  
& Sunday  
Checkout Monday - midday

or just come for the day (Sunday) for our:-



**End-of-Season  
Presentation Day  
2016-17  
AGM & Breakup Party**

**Sunday 30<sup>th</sup> April 2017  
from 10:00am  
Camp Barrabadeen, Lake Tinaroo**

Presentation of trophies & Final Series Awards	Election of the new Committee for the 2017	Annual club photo (please bring your club)	Free BBQ and drinks; bring a salad
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Cairns Stingrays Swimming Club wishes to thank our sponsors for this season:



**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!**

