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Woree Pool
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Coach Nathan Grant overseeing Stingrays boys during the warm-up session at the FNO Championships



From the President

Hello All and Welcome to our first Newsletter for this exciting year. I would like to personally welcome all of our new members to our great club. I am sure I will get to meet many of you in the ensuing season.

Some messages for all of our new members:

Cairns Stingrays has a goal of promoting swimming and keeping kids healthy.

We are a family club of which providing a safe fun environment and encouraging participation are key goals. Participation from both swimmers and parents in club activities.

We are successful because we involve our kids and parents in club activities and encourage a united approach. ie. we try and get everyone to do a little bit for their club as opposed to a small number doing everything.

We encourage our kids to continue with Learn to Swim or Squad coaching in improving their skills.

I am happy to tell you that our club was the largest growing club in Queensland last year and I would like to hope part of that reason is for things like I have mentioned above.

For our returning members I look forward to watching our kids grow in their swimming ability and what should be an awesome carnival season.

So in finishing it is going to be an exciting year. If you are a new member please know there is no such thing as a silly question and myself and the committee are here to help in anyway we can.

I will be absent from the first club night but look forward to meeting everyone on my return.

Regards – *Jason Salecich (President)*

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Club News

The Stingrays float in the Cairns Festival Parade

Cairns Stingrays entered a float into the parade for the first time this year. It turned out rather successful, based around a pool obviously and we had some staged 'diving' by two of our littlies for when the float made a stop. "On your marks" was called, the whistle was blown and the two divers dived from the blocks onto some hidden mattresses, while other 'hidden' Stingrays made swimming arm movements that could be seen above the pool-line as if the swimmers were swimming to the end and back. All the time to cheers of "Go Stingrays" from everybody else.



ABOVE: The girls, Susan Hutchins and Zara Hallett, with help from big girl Amber - with their Sign-On placards.

LEFT: Our willing divers Natalie Beck and Blake Strahan practising diving from the blocks onto the mattresses, with the giant stingray draped overhead - its wings occasionally flapping in the breeze while the float was moving.



The float parked in its procession start spot with creative director and overall manager Aneta checking over all the final arrangements - where people are sitting/lying, and complying with the health & safety requirements...

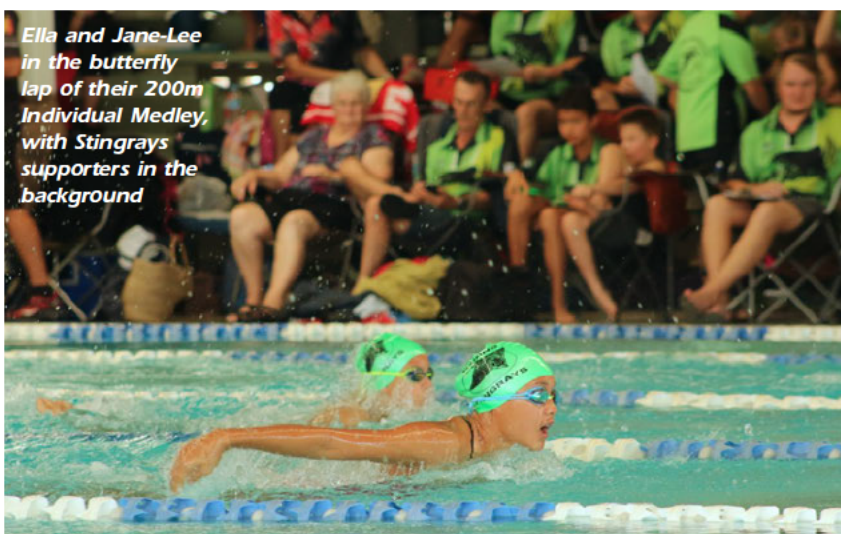
Short Course Carnivals

Saints SC Carnival

The first of the short course (25m) carnivals, held at the undercover Gordonvale Aquatic Centre, was a day-long meet with racing starting at 8:30am. It attracted a total of 135 athletes from 9 clubs, with 9 athletes represented by two Townsville Clubs, outside our FNQ Region. Saints Club put up the largest contingent with 33, while Stingrays had the third-largest team with 21 athletes, after Central Cairns with 27.

The meet stipulated that no awards are given, so it is more about improving one's times and given that most swimmers previous times go back almost a year ago, some dramatic improvements were made - as can be shown in the Stats at right; some best consistent improvements were made by Nathan Foote and Keely Salecich.

The Placements chart shown is purely academic, but shows the Stingrays swimmers who achieved the best ranking within their age category amongst all competitors: Emilee comes first in the Age 10 100m IM; Lachlan and Edward achieve several second, and third places in events, in their respective 8 yr, and 9 yr age groups.



Ella and Jane-Lee in the butterfly lap of their 200m Individual Medley, with Stingrays supporters in the background

SAINTS SHORT COURSE MEET

DATE: 25 JULY:

VENUE: GORDONVALE POOL

21 PARTICIPANTS: Adam Foote; Adam Woodward; Amber Waters; Ben Waters; Claudia Sharpley; Daniel Foote; Edward Diola; Edward Orchard; Ella Diola; Emilee Salecich; Fyn Sharpley; Jane-Lee Pregl; Kali Houlihan; Keely Salecich; Kelsey Orchard; Lachlan Salecich; Nathan Foote; Neve Houlihan; Ryan Woodward; Sam Tress; Triton Smith

Placements	1	2	3
Emilee	1		
Lachlan		2	1
Edward D		1	2

STATISTICS	
Improvements	46%
First time swims	47
No swims	3
DQ's	1



Emilee swimming her final freestyle lap of her 100m Individual Medley for which she comes first in her age



Nathan in the Boys 10 & Over 100m Butterfly - improving his previous time by 24 seconds



Edward Diola in the Boys 9 & Under Breaststroke to finish third in his category



Lachlan at the start of the Boys 9 & Under 50m Backstroke in which he finished third in his category



Keely swimming in the Girls 10 & Over 100m Breaststroke - she knocks off over 16s on her previous SC time

Short Course Carnivals

TAS SC Carnival

A 2-day swimming event over the weekend, held at their Aquatic Centre. Attracting a total of 120 athletes from 10 local clubs, Stingrays was the fourth largest contingent with our 19 swimmers.

As per the Saints meet there were no awards to be won, but the chance to gain the last qualifying times for states... or just to improve on your own p.b.'s. Statistics were again very encouraging, with 69% time improvements, and that was including new times gained from the Saints meet just two weeks earlier.

Placements have again just been determined from the results, with a decent spread from six of our members, shown on the chart.



Ella and Grace diving in at the start of their 200m breaststroke



Ella in her 50m butterfly



Kali in her 50m butterfly

TAS SHORT COURSE QUALIFIER MEET

DATE: 01-02 AUG: VENUE: TAS AQUATIC CENTRE

19 PARTICIPANTS: Adam Foote; Adam Woodward; Amber Waters; Ben Waters; Daniel Foote; Edward Diola; Ella Diola; Emilee Salecich; Fyn Sharpley; Grace Grainer; Jane-Lee Pregl; Kali Houlihan; Keely Salecich; Natalie Beck; Nathan Foote; Owen Hallett; Ryan Woodward; Sam Tress; Zara Hallett



Adam Woodward kicking off for his 50m backstroke



Zara (foreground) and Natalie (green cap) starting their 25m freestyle

Placements	1	2	3
Daniel	2	2	
Adam F	1		1
Zara	1	2	1
Ella		1	
Natalie		1	2
Nathan		1	1

STATISTICS	
Improvements	69%
First time swims	16
No swims	1
DQ's	2



Daniel diving in for his 25m butterfly

Short Course Championships

FNO SC Championships Carnival

Held over three days at the Gordonvale pool is the finale to the short course season. Stingrays was the third largest in competitors and the club's designated task was to run the kitchen.

Yet more impressive time improvements were achieved, several of our swimmers actually gained state-qualifying times (see back page).

Relays ended both main days, with Stingrays entering teams in the Boys 10 & Under IM, and freestyle relay, a Men's 'A' team in both relays, and women's 'A' and 'B' teams in both relays.

FNO SHORT COURSE CHAMPIONSHIPS MEET
DATE: 14-16 AUG:
VENUE: GORDONVALE AQUATIC CENTRE

21 PARTICIPANTS: Adam Foote; Adam Woodward; Amber Waters; Ben Waters; Daniel Foote; Edward Diola; Ella Diola; Emilee Salecich; Emogen Bergey; Ezlan Bergey-Bray; Fyn Sharpley; Grace Grainer; Jane-Lee Pregl; Kali Houlihan; Keely Salecich; Lachlan Salecich; Nathan Foote; Owen Hallett; Ryan Woodward; Sam Tress; Triton Smith



Neve swimming in her 200m freestyle



Ezlan in his 50m backstroke



Triton (front) and Nathan doing breaststroke



Grace in her 50m breaststroke



Ben doing butterfly



Sam's start to his 100m backstroke

STATISTICS

Improvements	73%
First time swims	n/a
No swims	6
DQ's	5

Medals	G	S	B
Emilee	6	1	1
Sam	2	6	
Ezlan	2		
Neve	1	1	1
Adam W		2	1
Daniel		1	1
Amber			5
Kali			5
Adam F			3
Edward D			3
Ryan			3
Ella			2
Nathan			2
Fyn			1
Triton			1

Our Stingrays prizewinners: Ezlan and Emilee are age champions while Sam was runner-up in his age.



Stingrays Date Claimers

- Sat 5 Sep SIGN-ON (Woree Aquatic Centre)
- Sun 6 Sep Central Cairns Father's Day Carnival
- CLUB** Fri 11 Sep Club Night #1
- CLUB** Fri 18 Sep Club Night #2
- Sat 26 Sep Marlin Coast Spring Carnival
- Sat/Sun 10-11 Oct Atherton Carnival
- CLUB** Fri 16 Oct Club Night #3
- Sun 18 Oct Mareeba Carnival
- CLUB** Fri 23 Oct Club Night #4

Carnival Knowledge

Central Cairns Father's Day Carnival - All-round general events to suit all ages, and includes a 'mini' Junior Dolphin Carnival between sessions during the middle of the day, to suit kids between age 4 to 8; a chance for them to try out the carnival atmosphere as non-registered swimmers are welcome on the day - will also include some novelty events.



Congratulations Ella and Sam



Well done to Samuel Tress and Ella Diola who achieved state qualifying times and went down to Brisbane to compete at the State short course Championships. Other Stingrays members had also achieved times but weren't able to go on this occasion. We understand they both managed p.b's in their events and their overall placings were admirable.



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



Lennon Cairns
chartered accountants

Brumby's Bakery - Woree and Smithfield



BABINDA ELECTRICS

