

Committee Contacts 2012/13

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Woree Pool

4054 6964



Roisin Hogan swimming in the Girls 8yr 25m Butterfly at Saints Carnival.



From the President

Well Mums Dads and swimmers the end is near. With only the FNQ champs to go for the summer season I hope we get our biggest number to the champs. I can't stress enough the fact that I want us to show that we are growing into a strong and united club and besides all that kids it will be heaps of fun. We are organising our special hats and kids are reminded to please get a club shirt and wear black shorts or skirt for the ladies.

Greg has been working hard with our squad swimmers and I look forward to your achievements. However I wanted to recognise the achievements of so many of you already this year. I heard a good analogy about swimming training is like putting money in the bank. The harder you train the greater deposits you are putting into the bank so to speak. Then when it comes to the carnival you will be able to withdraw everything you have put in to get a great result. So keep putting in kids knowing that when you get the carnival you will have done everything you can to do your best.

Remember most importantly it is just that "Your Best" To continue to improving on your own ability is your key goal and if that brings medals etc then that is a bonus. Even for the kids who have not swum a carnival yet we would love to see all of you at the FNQ champs having a go and earning points for your club.

Regards -

Jason Salecich (President)

FNQ Championships

Sat/Sun 16-17th March

Themed March Pass
Club Chant
Swimming Carnival

(see article on page 3)

See you there!

In this month's edition

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Triton in the Boys
11-12 yrs 50m
breaststroke at
Saints Carnival



Saints Carnival

Saints Swimming Club Carnival was held at TAS pool facilities. With a few initial hiccups to sort out the programme was underway. We had another great turnout with 21 athletes taking part.

Half way through the morning the timing system unfortunately started to play up, and full manual mode had to be adopted using stopwatches. This didn't dampen spirits... but the impending storm and downpour that broke over our heads mid-afternoon did get us all rushing for cover – what little there was to accommodate everyone!



Felicity in her Stingrays green.



Recorded for posterity – Daniel and Emilee displaying the medal that was (almost) rightfully theirs.

Stingrays athletes performed well, and medal winners included Ben, Bayley, Baiden, Jake, Amber, Roisin and Whitney. Emilee came first in two events, and second in another, while Daniel had two second, and two third placements, and were being awarded with medals – until they realised they were Under 7's, and had been issued them by mistake; never mind you two, you will both have turned eight by next season and can show us what you are both made of... and start winning medals!

All in all, a rewarding and eventful carnival where it was noticeable that the performance put in by our Stingrays swimmers was excellent – a tribute to the hard work spent training during the weeks.



Amber swimming breaststroke

DATE: 17 FEB:

21 PARTICIPANTS: Adam Foote; Amber Waters; Baiden Sager; Bayley Bettini; Benjamin Waters; Daniel Foote; Emilee Salecich; Estelle Urquhart Kereru; Felicity Plumb; Grace Grainer; Jake Bennetts; Jazmin Bennetts; Keely Salecich; Maddison Wright; Moyah Urquhart Kereru; Nathan Foote; Niamh Hogan; Phoebe Urquhart Kereru; Roisin Hogan; Triton Smith; Whitney Sager



Felicity (top) swimming butterfly



Roisin swimming breaststroke



Baiden (below) and Bayley (right) in their 50m backstroke race

Club Night Series Awards

Friday 1 March. we presented our third Series Awards to the top ten highest achievers at Club Night meets. Well done to everyone.

- 1st Bayley Bettini
- 2nd Keely Salecich
- 3rd Phoebe Urquhart Kereru
- 4th Amber Waters
- 5th Triton Smith
- 6th Skye Simpson
- =7th Emilee Salecich
- =7th Nathan Foote
- 9th Olivia Zwart
- 10th Moyah Urquhart Kereru

Winners of our Club Night Awards, Series 3 (apologies to those not shown)



Marlin Coast Carnival

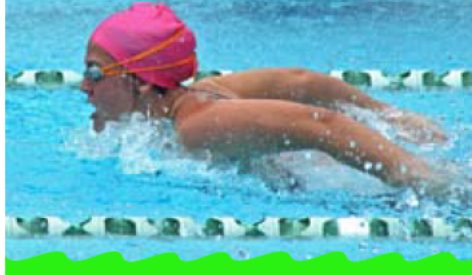
Marlin Coast Carnival was a three-day event held at their pool in Smithfield – an identical complex to our Woree pool. Friday night was for long-distance races, while Stingrays had no-one competing in these. Regular events kicked-off at midday on Saturday, and resumed from 9am Sunday; both days' events proceeded smoothly, and even the weather remained mostly fair, with just one or two invading scuds of shower activity.

Emilee proved to be the most prodigious winner, coming first in all of her races, including 50m distances – awesome! She will be a force to be reckoned with when she returns next season. Another great effort came from Moyah who came first in her age in both breaststroke and freestyle races, and third for butterfly; other consistent placements were from Bayley who came first in butterfly and freestyle, second in breaststroke and backstroke in both 50 and 100m distances, and third in 100-Free. Ben came first in 100-Fly, second in 50-Free and third in 50-Fly and 50-Back. Baiden came third in 100-Back and 100-Free; and Whitney came second in the Girls 50-Fly, and third in 100-Fly. Other notable performances came from Adam Foote who did well in his events.

DATE: (22) 23-24 FEB:

15 PARTICIPANTS: Adam Foote; Amber Waters; Baiden Sager; Bayley Bettini; Benjamin Waters; Daniel Foote; Emilee Salecich; Estelle Urquhart Kereru; Grace Grainer; Keely Salecich; Moyah Urquhart Kereru; Nathan Foote; Phoebe Urquhart Kereru; Sandra Eustice; Whitney Sager

Whitney Sager in the Girls' 50m Butterfly.



Emilee Salecich in the Girls 7 and Under 25m Butterfly.



Moyah Urquhart Kereru in the Girls' 11-12 50m Breaststroke.



Ben (above) and Bayley (below) in their 50m Freestyle heat.



FNO Championships

The FNO Championships will be the last competitive swimming carnival for this season, organised by FNORSA – the FNO region's swimming association, as a grand finale for all the region's clubs to participate in. Aside from the usual swimming programme which extends over the two days, it will have a bit of a carnival atmosphere and ceremony; this will include a march-past of each club. We are preparing specially made 'stingrays' hats for our swimming team to wear, which, together with their club shirts and "green and black" attire we hope will make for an impressive entrance and sense of team spirit.

As well as this, we have come up with a team war cry that we will sing as we make our entrance:

*"I don't know what you've been told
But stingrays are here to win some gold.*

*Join our slick black and green
To be part of a winning team.*

*We train hard till the day is done
But always try to make swimming fun.*

*Together we will scoop the pool
Because we play by a golden rule.*

Support your team and cheer your mate

Don't turn up for training late

*Then you know the others will say
It's so cool to be a Stingray*

*... One, Two ... Three, Four
Stingrays!*

We hope as many of our club can try to make it to this event; nominations for swimmers close this Friday 8th March – refer to the flyer that was emailed out for the list of events.



From Coach Greg

This is it!!! The last carnival of the season is on its way. I would like to start by thanking you swimmers, for all the hard work that you have done over the season, for all the good and bad moments at training and congratulate all of you for your PB's. The biggest PB of the Saints swimming carnival goes to Triton with 24.26s in the 100 FR, and the biggest of the Marlin Coast swim meet goes to Moyah with 17.63s in the 200 IM. Congratulations to you two it is looking good for FNQ champ.

But saying that training isn't over yet we still have one more week to get ourselves ready, so don't forget your gear and I'll see you around the pool very soon. **Greg**



"Now, 'ands up who sinks zat I am zee best couch around? ... 20 push-ups if you don't"

In recognition of the contribution made to our FNQ Champs carnival efforts by Clark Rubber in supplying materials and services, we would like to mention and promote their business.

Thanks to Karen at Clark Rubber and her staff for assisting us with the making of our "stingrays" hats.

Don't forget, Clark Rubber is a stockist of many water play items, and also stocks fins, goggles and other accessories for the serious swimmer, so next time you need to purchase your next pair of goggles, go to Clark Rubber!



McCoombe Street
Manunda



Stingrays Date Claimers

Fri 8 Mar Club Night - week 17
Nominations for FNQ Champs Carnival close

Fri 15 Mar NO CLUB NIGHT

Sat 16 Mar FNQ Championships Meet (Day 1)

Sun 17 Mar FNQ Championships Meet (Day 2)

Fri 22 Mar Club Night - week 18 (last Club Night for season)

Sun 28 Apr Club AGM, Breakup Party & Prizegiving ceremony, followed by entry to Sugarworld (t.b.c)

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