

# Cairns Stingrays News

Swimming Club September 2013

## Committee Contacts 2013/14

### PRESIDENT

Jason Salecich

president@cairnssingrays.com.au

### VICE PRESIDENT

Jenny Waters

vicepresident@cairnssingrays.com.au

### SECRETARY

Natalie Grainer

secretary@cairnssingrays.com.au

### TREASURER

Donna Salecich

treasurer@cairnssingrays.com.au

### REGISTRAR & NEWSLETTER

Martyn Foote

registrar@cairnssingrays.com.au

### Grants Officer

Frank Grainer

grants@cairnssingrays.com.au

### CLUB NIGHT COORDINATORS

Chris (& Sue) Gould

coordinator@cairnssingrays.com.au

### RACE SECRETARY

Sue Gould

race-sec@cairnssingrays.com.au

### UNIFORM COORDINATOR

Heather Urquhart Kereru

uniforms@cairnssingrays.com.au

cairnssingrays.com.au

### Woree Pool

4054 6964



### From the President

Well Parents and kids welcome to the Cairns Stingrays first newsletter for our new season. Firstly welcome to all of our new swimmers and Mums and Dads and we are very grateful you chose Stingrays as your club.

We have had a massive influx of young swimmers which is great and I would ask Mums and Dads of all swimmers please be patient as we work through our club night format to ensure we cater to everyone.

First and foremost our carnival is almost upon us and as mentioned at club night we really try and get every swimmer who can swim 25m to our carnival. It is all about fun and getting a chance to learn whilst supporting your own club. It is a great chance to meet people and we will be asking parents to help out where they can. Remembering the more we have the easier it is for everyone. Don't forget you will need to nominate at our first club night back in October.

Congratulations to all of our JX qualified swimmers from last year. Great to see your efforts being recognised and lets work towards achieving more silvers and golds throughout the year. (see p.2)

For new Mums and Dads and swimmers don't forget to use our website to find whatever information you might require. We are here to help and you can also contact us at anytime.

In finishing I did wish to promote the fact that Li'l Stingers Learn to Swim is now operating at Woree Pool. More details can be found on the back page of this newsletter.

So that's about it. I look forward to an awesome season. To our returning swimmers go hard and improve yourselves and to our new swimmers work hard, listen lots and most importantly have fun in the water.

Regards -

Jason Salecich (President)

### In this month's edition

- .....
- Word from our president **p.1**
- .....
- Report: recent short-course Carnivals **p.2**
- .....
- Report: Coral Coast Invitational **p.2**
- .....
- Awards: last season's JX Award winners **p.2**
- .....
- Olympians at Squad Training **p.3**
- .....
- Li'l Stingers - Learn to Swim News **p.4**
- .....
- Date Claimers **p.4**
- .....
- Our Sponsors **p.4**



# Short-Course Carnivals



Phoebe swimming in the girls 11-12yr 50m breaststroke

During the "early-season" is usually when the Short Course Meets are held. There were two club carnivals, Centrals and TAS, and the Championships held by FNQ Regional Swimming Association. A number of our competitive members attended these, with outstanding performances by Ben Waters and Emilee Salecich, both achieving Age Champions on aggregate in the FNQ Champs.

yes... I am "The Smiling Swimmer"



Ben in the boys 11-12yr 100m breaststroke

**CENTRAL CAIRNS SC**

**DATE: 13 JUL:**  
**VENUE: TAS**

**4 PARTICIPANTS:**  
Adam Foote; Daniel Foote; Nathan Foote; Triton Smith

**TAS SC**

**DATE: 26-28 JUL:**  
**VENUE: TAS**

**10 PARTICIPANTS:** Adam Foote; Amber Waters; Ben Waters; Daniel Foote; Emilee Salecich; Grace Grainer; Keely Salecich; Moyah Urquhart Kereru; Nathan Foote; Phoebe Urquhart Kereru



Ben Waters (nearest) at the start of the boys 11-12yr 100m Backstroke

**FNORSA SC**

**DATE: 16-18 Aug:**  
**VENUE: TAS**

**12 PARTICIPANTS:** Adam Foote; Amber Waters; Ben Waters; Daniel Foote; Emilee Salecich; Estelle Urquhart Kereru; Grace Grainer; Keely Salecich; Moyah Urquhart Kereru; Nathan Foote; Phoebe Urquhart Kereru; Triton Smith

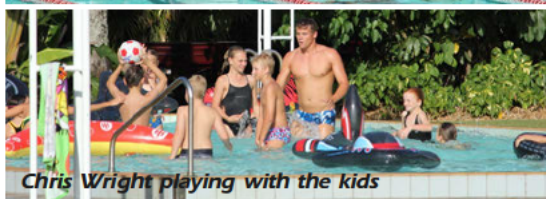


Emilee Salecich and Ben Waters receiving their trophies, certificates and towels at the FNQ Champs - respective Age Champions.

# Coral Coast Invitational



Keely Salecich (left) dives in against Cameron Sprenger in the freestyle heats



Chris Wright playing with the kids

The 2013 FNQ Coral Coast Invitational 2-day event held at Tobruk Pool was a chance to race against some Olympians in a series of elimination heats and handicapped finals. Some less-serious fun races were staged such as a T-shirt relay, and the Olympians wound-down with a bit of recreational time with the kids and inflatables in the wading pool.



Chris and Mel recuperating with other participants after the T-shirt relay

## Club JX Award winners

At our first club night 8 members were presented with JX Awards, in recognition of their swimming achievements over the last season. Well done!

from left to right:

- GREEN Estelle Urquhart Kereru
- GREEN Naomi Zwart
- GREEN Phoebe Urquhart Kereru
- GREEN Keely Salecich
- GREEN Amber Waters
- SILVER Moyah Urquhart Kereru
- SILVER Benjamin Waters
- GOLD+ Bayley Bettini





# Olympians visit the pool



Chris Wright and Melanie Schlanger lead the squad kids in a 'synchronised jump-in'



Mel poses with some squad girls



Jason grabs a photo for his brag book!



Mel posing again with the boys

Thursday's squad training took on a different format in mid September with two well-known Olympians arriving to boost everyone's morale before the season start. We were privileged to have Chris Wright and

Melanie Schlanger visit the pool for an hour or so, giving a bit of a pep-talk, a chance to meet them in person (and grab some autographs!), with a few fun activities arranged, followed by practical demonstrations in the pool; Chris and Mel showed

the kids how to perform turns, and have a friendly "glide-off" to see who could glide underwater the furthest. Needless to say there was a reason why these guys are Olympic Champions!



left: Ben and Moyah starting their "glide-off".

below: Chris demonstrating his Butterfly turn.

right: Chris and Mel having their pep-talk with the kids.







Li'l Stingers is the newly named Learn to Swim classes at Woree Pool. Changes that have been made immediately to this program include:

1. Greg Baillieu will now be assisting in this area also.
2. The new courses are endorsed by Royal Life Saving Australia and all parents will receive constant updates on where their child is and how they are progressing.
3. More than double the amount of learn to swim spots provided previously now available.
4. Certificates issued to all kids who advance through the levels.

5. Use of the small pool will be kept exclusively for learn to swim (during LTS session times) thus removing any distractions from the pool and giving children the best opportunity to develop their skills.

6. To encourage our new Stingrays to develop their Skills any current Stingrays member who joins the term four program will receive their first lesson Free. Normal term Cost \$125 for ten weeks. Stingrays cost \$112.50. Any older child joining Mini or Junior Squad will also receive a free lesson. See reception at the pool to register and claim your free lesson.

**WOREE BICENTENNIAL AQUATIC CENTRE**

**Stingrays is online**

We have our website:- [cairnsstingrays.com.au](http://cairnsstingrays.com.au)

and we are also on Facebook – Cairns Stingrays Swimming Club – keeping members up to date with news items, events, Club Night activities and achievements.



**Stingrays Carnival**

Sat 12<sup>th</sup> October

Twilight Meet  
Gates open 12:00  
for 1pm start

Nominations close Fri 4 Oct

**See you there!**

**Stingrays Date Claimers**

- Fri 4 Oct** Cairns Stingrays Carnival - nominations close
- ( Fri 4 Oct** Central Cairns Carnival - nominations close TBA )
- Fri 4-6 Oct** Atherton Carnival
- Thu 10 Oct** Committee Meeting
- ( Fri 11 Oct** Dimbulah Carnival - nominations close TBA )
- Sat 12 Oct** Cairns Stingrays Carnival
- ( Fri 18 Oct** Marlin Coast Carnival - nominations close TBA )
- Sat 19 Oct** Central Cairns Carnival
- ( Fri 25 Oct** Innisfail Carnival - nominations close TBA )
- Sun 27 Oct** Dimbulah Carnival

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