



Cairns Stingrays News

November 2014

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Woree Pool

4054 6964



Emogen swimming her 100m Freestyle in the Girls' age 11-12 Event at Atherton Carnival



From the President

Well Swimmers and Parents although we have a break for Christmas don't forget our season is far from over. We ramp up carnivals in the new Year culminating in the FNQ Championships towards the end of season. We have the Malanda meet to go before the break and I wish the kids all the best especially any of those new swimmers who will be attending.

From a club perspective we are very busy. I can't stress enough to all parents how more hands just makes this job easier. Thanks to all of the parents who are taking an active role in their child's swimming and the growth of our club. For those who are still hesitant to do so any offer is appreciated and there is no job that is too hard. As a committee it is our role to ensure we have a succession plan for our club and this only occurs when new people involve themselves with the club and take an active role in getting to understand what is involved.

In saying that our official representative John King has offered his services to validate and qualify parents as our club officials. We already have a group that has done this but I urge all parents to get involved in club nights as this is where you learn. So whether it is shadowing me as I get cranky with kids in marshalling, LOL, or Pete for Chief time keeper or check starter or starter please take the time to get out of the stands and come and say hello. We wont bite and you might actually enjoy it.

So until next Year I would like to wish you all a safe and Merry Christmas and look forward to seeing all the kids back at Learn to Swim, Squad, Club Nights and Carnivals in the New Year.

Regards – *Jason Salecich (President)*

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Club Night matters

Club Night procedure is beginning to flow more smoothly with kids and parents getting the hang of the routine. This season has also been a learning curve for the Committee Members and those who help run the evenings with adjustments having to be made to cater for the spread of different ages. Getting the Club to operate on an 'inclusive' agenda with the older kids assisting the very young Dolphin Members has been a very positive step and we are impressed with the level of their commitment and enthusiasm and maturity; this can only reinforce a sense of self-worth, help integrate club members and enhance the club ethic of not just providing the physical infrastructure for swimming activity, but that emotional connection of working as a team, supporting each other.

One practical area that requires extra diligence is the marshalling of swimmers to their appropriate lanes – there is still the odd case of swimmers ending up in the wrong lane. This may be primarily a marshalling issue, and we have sometimes had to do without a Check Starter taking kids to the blocks, but it may also be worth mentioning that it is important for the swimmers to listen and concentrate when they are about to swim.

Upgrades

The following swimmers were awarded upgrades from 25m to 50m over the last month:

<i>Reginald Dixon</i>	<i>to 50m Freestyle</i>
<i>Reginald Dixon</i>	<i>to 50m Backstroke</i>
<i>Reina Martin</i>	<i>to 50m Breaststroke</i>
<i>Reina Martin</i>	<i>to 50m Freestyle</i>
<i>Reina Martin</i>	<i>to 50m Backstroke</i>
<i>Charlie Smyth</i>	<i>to 50m Breaststroke</i>
<i>Charlie Smyth</i>	<i>to 50m Backstroke</i>
<i>Edward Diola</i>	<i>to 50m Breaststroke</i>
<i>Edward Diola</i>	<i>to 50m Backstroke</i>
<i>Owen Hallett</i>	<i>to 50m Breaststroke</i>
<i>Edward Orchard</i>	<i>to 50m Butterfly</i>
<i>Blake Strahan</i>	<i>to 50m Breaststroke</i>
<i>Saffron-Lily Geyle</i>	<i>to 50m Freestyle</i>

Well done to everyone on your achievements - and keep improving!

25m benchmark times

<i>Freestyle</i>	<i>25 seconds</i>
<i>Breaststroke</i>	<i>33 seconds</i>
<i>Backstroke</i>	<i>30 seconds</i>
<i>Butterfly</i>	<i>28 seconds</i>

Remember, if your child achieves the above times or better in each stroke on two occasions they are eligible to upgrade.

"And don't forget, it's Ho-Ho-Ho"



Holiday time soon... and i'm making a special visit to your Stingrays Christmas Break-up!"

Santa's on his way!

We end the first half of the season with our Break-up Christmas Party, being held on Friday 5th December. There won't be a swimming schedule that night, but we will round off with some fun games, we will have our second Series Awards to present, and of course there will be food as provided by members, and a bit of a relaxed party atmosphere - as well as the arrival of Santa who will be giving all the kids presents!

It's not all about serious swimming!

Club Night Series Awards #1

Our first Series Awards were presented on 7th November to the ten most-improved swimmers over the previous four weeks; in fact there were 12 in the listing due to equal points ratings in two instances. Congratulations to all those listed and who received their Stockland Certificates and vouchers, and well done to Natalie who gets the personalised towel on this occasion.



Pos	Name	Pts
1	Natalie Beck	42
2	Daniel Foote	39
3	Nathan Foote	36
4	Emogen Bergey	34
5	Reginald Dixon	32
6	Maddison McDonald	30
7	Claudia Sharpley	27
8=	Edward Orchard	22
8=	Triton Smith	22
10=	Owen Hallett	20
10=	Adam Foote	20
10=	Flynn Riordan	20

Carnival time continues

Atherton LC Carnival

The primary meet of the Tablelands district, Atherton traditionally holds a carnival over 3 days, with the long distance events held on the Friday evening, and all other standard races and relays being held on the Saturday and Sunday. In the same tradition as previous years, they held a "Skins" knockout event whereby the winners of the qualifying heats get selected to compete in the finals; the finals consist of a series of consecutive 50m races with strokes selected at random each time; the slowest of each race gets knocked out until they find an overall winner in both men's and women's categories. Unfortunately although some Stingrays athletes swam the initial qualifying heats, no-one qualified into the finals. It was an exciting interlude to watch however, and we each had our preferred rival clubs' competitors to barrack for.



Emilee in the Girls 9-10 50m Butterfly



Emogen in the Girls 11-12 50m Butterfly



Keely in the Girls 11-12 50m Butterfly

ATHERTON LONG COURSE MEET

DATE: 31 Oct - 2 Nov:

VENUE: ATHERTON POOL

24 PARTICIPANTS: Adam Foote; Amber Waters; Ben Waters; Brock Salecich; Clay Salecich; Daniel Foote; Edward Diola; Ella Diola; Emilee Salecich; Emogen Bergey; Ezlan Bergey-Bray; Grace Grainer; Kali Houlihan; Keely Salecich; Kyle Lucas; Lachlan Salecich; Natalie Beck; Nathan Foote; Neve Houlihan; Owen Hallett; Sam Tress; Susan Hutchins; Triton Smith; Zara Hallett



Triton in the Boys 13-14 50m Butterfly

Medals	G	S	B
Emilee	5		1
Edward	3		
Daniel	2		
Lachlan	1	1	2
Amber		2	2
Sam		1	4
Brock		1	2
Triton			2
Ben			1
Keely			1
Nathan			1

Butterfly Gallery

Here's a compilation of Stingrays athletes in their Butterfly events taken at the Atherton Carnival, demonstrating their techniques in what is considered the most difficult stroke to master.



Amber in the Girls 13-14 50m Butterfly



6-year-old Zara swims her first 25m butterfly

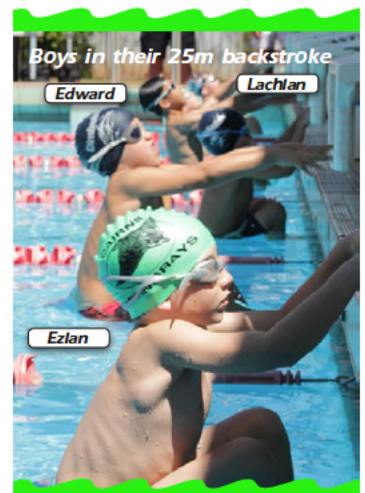
STATISTICS	
Improvements	40%
First time swims	15
No swims	3
Junior Dolphin wins: Ezlan won First Place in 3 of his races but doesn't receive medals; all Dolphin entrants get Participation Ribbons, as per the 7 & Under Age Rule stipulation.	



Nathan swimming Butterfly in the Boys' 12 & Under 200m Individual Medley



Natalie in her 25m freestyle



Boys in their 25m backstroke



Sam swimming his Butterfly leg of the Men's Open 200m IM



Susan in her 25m freestyle

Carnival Capers



The carnival atmosphere didn't stop once the swimming was over... Many of the attending families for the Atherton Carnival had booked into one of the town's popular accommodation sites overnight, making a weekend of it.

Kids (and adults!) all had a good wind-down in the resort pool, for some relaxed recreational swimming or just taking it easy.

We all pooled resources and contributed to a BBQ dinner with plenty of varied salads to feed everyone - and all the hungry swimmers. In

fact we made too much, so there was leftovers for Sunday, as long as it could be kept for the journey back to Cairns.

The adults even had a chance to have some social R'n'R, once the kids all adjourned to one of the units to watch a movie - time to break out the beers, or perhaps a ginger beer was enough for some of us!



TAS LC 'B' Qualifier Carnival

Trinity Anglican School held a 'B'-Qualifying meet over one day. They offered most standard race events, with a minimum distance of 50m. Prizes given were cash amounts for first, second and third overall places in Open events, and \$5 for first place getters, and chocolate prizes for second and third place in individual age-group categories between the ages of 8 and 12, in other specified Open events. All of our six competitors received awards in at least a couple of their events, which is a satisfying outcome.

Kali and Neve also had an outright placement each: Kali came second in the 800m Freestyle, while Neve came third in the 200m Backstroke.

TAS LONG COURSE 'B' QUAL MEET

DATE: 8 Nov: VENUE: TAS AQUATIC CENTRE

8 PARTICIPANTS (NON-SWIMMERS ON THE DAY SHOWN IN BRACES):

Charlie Smyth; Edward Diola; Ella Diola; (Flynn Riordan); Jenna Mattinson); Kali Houlihan; Nefi Green; Neve Houlihan

STATISTICS	
Improvements	38%
First time swims	6
No swims	2

Placements	1	2	3
Ella (Age 12 category)	2	2	
Edward (Age 8 category)	2		
Nefi (Age 9 category)	1	1	
Charlie (Age 10 category)		1	1
Kali (Age 15 category)		1*	1
Neve (Age 14 category)			2*

* denotes outright win placements.

TAS Finale Carnival



Edward is swimmer #1 in the 8x50m Mixed Freestyle Relay



Emilee is swimmer #2 with Jane-Lee #4 in the 8x50m Mixed Freestyle Relay



Amber poised to dive as Ben reaches the side

Sequence of swimmers in the 8x50m Mixed Freestyle Relay:-
 1. Edward → 2. Emilee →
 3. Charlie → 4. Jane-Lee →
 5. Nathan → 6. Ben → 7. Amber
 → 8. Sam

TAS LC 'A' Qualifier Carnival

Back at TAS again for their 'A' Qualifier meet held over two days at the weekend. Saturday starts leisurely mid-morning with the long distance races, for which we had no entrants. Then there was a break followed by session 2 for the rest of the day featuring all the usual race events. The first day ended with the 4 x 50m medley relays in two age categories for which we entered one team in the girls' 12 & Under event, and one team of boys in the men's open event, based on the available competitors on the day.

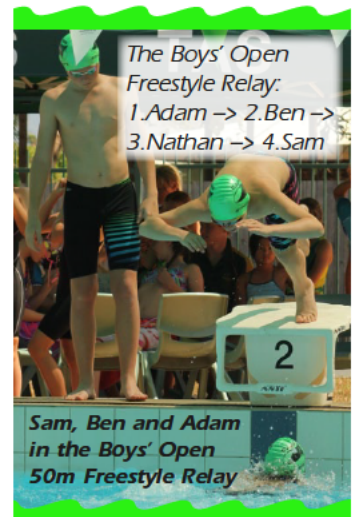
Day 2 began with an earlier start, into some 400m and 200m events, for which we had 3 boys, and 2 girls entered. Then there was a break before the last session of the day kicked off. This saw a variety of short and medium distance races, interspersed with the 200m IM after lunch, and finishing off at the end of the day with three sets of 50m freestyle relays; again, we had a similar spread of age groups as before, enabling us to put forward a team in the girls' 12 & Under, the men's open, and ending with a mixed 8x50m Free Relay with stipulations on required age groups and swimming order.



The Girls' 12 & Under Freestyle Relay:
 1. Emilee → 2. Grace → 3. Jane-Lee → 4. Ella

Grace, Emilee & Ella in the Girls' 12 & Under 50m Freestyle Relay

TAS LONG COURSE 'A' QUAL MEET
DATE: 22-23 Nov
VENUE: TAS AQUATIC CENTRE
13 PARTICIPANTS:
 Adam Foote; Amber Waters; Ben Waters; Charlie Smyth; Daniel Foote; Edward Diola; Ella Diola; Emilee Salecich; Grace Grainer; Jane-Lee Pregl; Nathan Foote; Sam Tress; Sandra Eustice



The Boys' Open Freestyle Relay:
 1. Adam → 2. Ben → 3. Nathan → 4. Sam

Sam, Ben and Adam in the Boys' Open 50m Freestyle Relay

Medals	G	S	B
Emilee	3		
Edward	1	2	
Daniel			1
Sam			1

STATISTICS	
Improvements	64%
First time swims	5
No swims	0



Sam swimming in the Boys' 13 & Over 100m Butterfly

Stingrays Date Claimers

CLUB Fri 5 Dec CHRISTMAS BREAK-UP PARTY (#10)

Sun 7 Dec Malanda Carnival

Christmas Break

Fri 23 Jan FNO Sprints Carnival - **Nominations Close**

CLUB Fri 30 Jan Club Night #11 (Resumes again)
Marlin Coast Carnival - **Nominations Close**

Sat 31 Jan FNO Sprints Carnival

CLUB Fri 6 Feb Club Night #12

Sat 7 Feb Marlin Coast Carnival

CLUB Fri 13 Feb Club Night #13 (Aquathon)

Carnival Knowledge

Malanda - An excellent family-friendly meet with races for littlies.

FNO Sprints - Organised by the Far North QLD Region's Swimming Association, the title simply refers to the fact that it focusses on shorter distances – there is just one longer distance event, the 200 IM, while all other races are either 25m, 50m and 100m. This Meet is especially inclusive for the young Dolphin Members (8 & Unders), for which there are 25m events in all strokes. Additionally, Dolphin Members will be the only ones to receive Participation Awards, no other ribbons or medals will be awarded; chocolate prizes for first 3 place getters in specified events. This is a one-day Twilight event (bring repellent!), being held at the Marlin Coast Pool.


Marlin Coast - Summer Peninsula Qualifier; details closer to the event.

NOTE: to compete at carnivals all swimmers must be 'Competitive'.

Useful links


Woree Pool provides several integrated services to the community, including Learn-to-Swim classes, Squad Training for kids and adults, Aquafit classes, Wipeout inflatable assault course, and is home to swimming clubs (Stingrays, and Mudcrabs Masters swimmers club, as well as a regular Underwater Hockey Club and has affiliations with Cairns Crocs Triathlon Club). More information about these services can be found online at the following:-

cairnssstingrays.com.au

 [cairnssstingrays swimming club](https://www.facebook.com/cairnssstingrays)

 [Li'l Stingers](https://www.facebook.com/lilstingers)

www.woreepool.com

 [woree sports and aquatic centre](https://www.facebook.com/woreesports)

www.mudcrabs.org.au

www.cairnscrocs.org.au

<https://www.flickr.com/groups/cairnssstingrays/>

to view photos of Stingrays swimmers taken at the regional carnivals. You will need to become a member of the Flickr community and then request to join the group.



Cairns Stingrays Swimming Club wishes to thank our Major Sponsor—Lennon Cairns Chartered Accountants



Lennon Cairns
chartered accountants

Stingrays would also like to thank the following local businesses that support us:

Reef City Customs



Cairns Radiology



Cairns Womens' Imaging



Snap Printing



Cazalys Cairns



Lenards Westcourt

Footprint Design



Woree Sports

& Aquatic Centre



Kuranda Butterfly Sanctuary