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Woree Pool

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From the President

I would like to welcome our many new and returning club members. As a President I am very excited to see so many new faces. Well it will be an interesting first few club nights as we work through the best ways to give all of our swimmers a fun evening. I can't stress enough parents that our club is based on family involvement and I urge all parents to take an active role in your child's swimming.

Swimming is not like netball, soccer or such sports. It is one that takes time for kids to develop and it relies heavily on parent support. As I have mentioned it also will take training to see your child improve. I want to grow and nurture all kids by keeping it fun through the early years and club nights is where we do this, whilst still preparing kids who may wish to compete down the track.

So parents, please ask questions and involve yourself in learning about the sport and our club because that is what will ensure our kids get the best opportunities.

Mareeba carnival is upon us and it is a great carnival for beginner swimmers. So if your child can swim 25m regardless of ability why not give it a go.

Jobs. Catering is one job no one wants to do but we ask everyone has a go. Please check out the roster as it is the way our club raises funds.

Anyway that's enough from me. Welcome to your club and I hope you enjoy your child's swimming development for many years to come...

Regards -

Jason Salecich (President)

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President's News Column

Gym progress

The new construction is progressing well, with the main structure already in place. Current projections suggest we will have completion in November, and that lock up stage will have occurred by carnival time (mid-October), making it functional at least as a utilitarian space for our purposes on the day. We already have equipment to kit it out with:- several spin bikes, rowing machine, incline benches, free weights, kettle bells...

It is intended to operate as a real community gym, either to augment swimming training or for independent use at a very reasonable price. It's first priority will be to Stingrays Swimming Club squad training for land-based training development to complement their aquatic efforts.

Stingrays Shirts

Shirts are "all systems go" in the manufacturing process and we will be advised of an 'ETA' in a couple of weeks time.



In the small pool: the older kids assist the young ones in their races across the pool.



Club Night kicks off

We had our first club night on the 12th September with a great attendance of our many new members, along with those returning from the previous season. The President, Jason gave everyone a welcoming introduction to the club and explained the routine that we follow; he introduced the new members to the seasoned members, who performed some demonstration of strokes for the new ones to identify.

Alice, our Race Secretary had managed to create a customised race programme for the evening to give everyone the opportunity to try their hand at races, with some fun noodle and kick board races in the undercover 18m pool, and a mix of all strokes in both 25m and 50m distances for the older ones. That week's results do not contribute to the accumulative Series Awards, which will begin with week 2, although we posted results of this in the second week just for interest.

Our second week begins the programme proper, with recording of times - everyone begins the season with 'no-time' (NT), even return members so that every successive week each member has the chance to improve their times and accumulate points towards the Series. There will be two 4-Week 'Series Awards' between now and the pre-Christmas break-up, and a 4-week, followed by a final 3-Week 'Series Award' when the season adjourns in late January 2015. Members need to achieve a four-week period of attendance and improvement (3-weeks for the final series) in order to aim to be amongst the top 10 in that Series. (A 4-week period need not be consecutive - your time improvement will be recognised at the next available Series Award, but bear in mind there are only the 4 prizegiving opportunities, and 'regulars' stand a better chance at winning than 'irregular' attendees!).

Kitchen Roster

Club Night Canteen operates on a volunteer roster basis:- we value families and members getting involved and taking turns to prepare their choice of food for the evening. This only needs to be a simple snack item, perhaps supported by some home baking. All food expenses incurred will be reimbursed by the club, and entry fee is waived for those catering on the night.

The canteen roster is posted up on the noticeboard: if you are interested in catering for a particular night please add your name to the list. We would like to let members know what food is available a week or two in advance if possible.

Menu ideas

hamburgers

hot dogs

pizza

toasted sandwiches

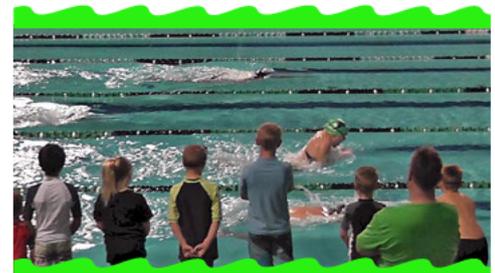
fried rice

chicken kebabs

nachos



In the main pool: the big kids demonstrate strokes to the new members.



Stingrays Carnival

Timekeeping

Timekeeping on Club Nights is performed manually with the aid of stop-watches; these need to be used to start, and stop each race as accurately as is achievable. We understand that this method is likely to introduce slight timing inaccuracies, due to each timer's reaction times on both starting when they see the starting gun light signal, and on stopping when their swimmer touches at the other end. Times are recorded using a clipboard and pencil per lane.

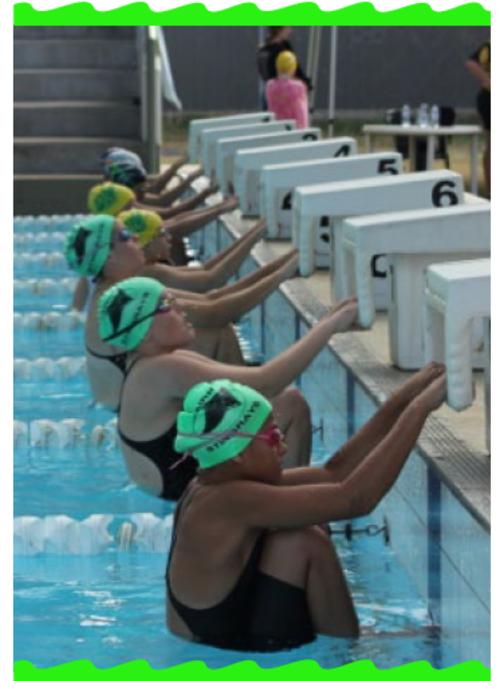
We always require one timekeeper per lane, we use the full complement of eight lanes on Club Nights - we will require 8 parents to carry out this task. All timekeepers take up a position closest to the end point of each event - halfway along the pool for 25m races, and at either end of each lane for 50m or longer races. For 25m races, it is advised that timekeepers choose the side of the pool closest to their lane, to minimise confusion.

Always take notice of the Chief Timekeeper, who will announce each race Event and Heat, and record these two numbers at the top of your current slip. Record your stop-watch time at the bottom; if you have no swimmer in your lane please write "n/s" at the bottom - every slip still needs to be submitted to the race Recorder for confirmation - our kids usually perform the role of courier of each race's slips back to the Recording room. Please reset your stop-watch to zero after each race. It is always good practice to keep timing every race even if you have no swimmer in your lane - just in case another lane requires a backup due to a mis-start, or problem with their watch.

Our own swimming carnival will be coming up mid October. This is an opportunity for us to showcase our own athletes, so it provides the opportunity for any competitive member to "give-it-a-go"...

Club nights are designed to mimic the routine that happens in competitive carnivals, so it is a formula that becomes familiar, and participants get used to the procedures and feel more at ease.

Aside from competitors we also require help from as many parents as possible - it all goes towards making it run as smoothly as possible; as they say, many hands make light work... it is also a fun atmosphere - and there will be medals to be won!



TWILIGHT Carnival

Cairns Stingrays Swimming Club



Saturday 18th October

Gates open 12:00pm for 1:30pm start
Gate Entry: \$2.00 for non-competitors

Come and swim for Stingrays

Nominations from our competitive club members to be received by Friday 10th October (at Club Night);
25m Events - for 8yrs & under
Enquire with the staff on the Welcome table at Club Night



Short Course Meets

During the "off-season" is traditionally held the short-course meets; these are staged in 25m pools and have different ratings to the long course times. It is useful for competitive swimmers to gain times in both distance pools - it is also necessary to have valid times before considering entering for the short course championships.

Saints SC

Saint Augustines' School is the home of Saints Swimming Club and their short course carnival was being held at Gordonvale 25m pool facility. Stingrays presented a respectable team of 12 swimmers, in a total of 52 events. Overall we had a 98% improvement rate on previous times (26 of the 52 events), while 22 events were new swims (had no previous recorded times).

All participants received certificates as an award for their efforts. Results were ranked into two age-group categories - split either as 9-&Unders, 10-&Overs - or 10-&Unders, 11-&Overs, depending on event distance. Our most notable achievers were Emilee and Daniel, winning places as shown in the table.

SAINTS SHORT COURSE MEET

DATE: 26 JUL:
VENUE: GORDONVALE POOL
12 PARTICIPANTS: Adam Foote; Amber Waters; Ben Waters; Daniel Foote; Emilee Salecich; Flynn Riordan; Grace Grainer; Keely Salecich; Nathan Foote; Owen Hallett; Sam Tress; Triton Smith



Amber in her 200m freestyle

Age-group Placements	1	2	3
Emilee (9yr & Under)	3	1	1
Daniel (9yr & Under)			1



Triton swimming his 100m butterfly



Newcomer Flynn, age 10 swimming 100m Breaststroke



Stingrays lineup: Sam (front), with Adam and Nathan ready to start their 50m backstroke

TAS SC

Trinity Anglican School Swimming Club held a 2-day qualifying Meet at their own aquatic facility which allows for both 50m and 25m distance meets to be staged in the one pool; they also have premier facilities with touch-pad automatic timing systems installed in each lane.

Their program offered open entry events for most standard distances, and split age-group categories in the 25m, and the longer distance events - to limit entry to those events based on age and ability. Our competitors took part in mostly the 50m, 100m, and 200m events, while Kate also competed in a 400m freestyle event.

The TAS Meet is described as an 'A-Qualifier' which means it is the last opportunity to obtain state qualifying times to qualify for State Championships held at the end of August. Our five swimmers competed in 32 events with 100% improvement over their previous times (18 events).

TAS SHORT COURSE MEET

DATE: 2-3 AUG:
VENUE: TAS AQUATIC CENTRE
5 PARTICIPANTS: Adam Foote; Daniel Foote; Nathan Foote; Kate Gould; Sam Tress

Age-group Winners	Place & Event
Kate (17 yr-olds)	1st - 400m FREE
Adam (13 yr-olds)	1st - 200m BREAST
Sam (13 yr-olds)	3rd - 200m FREE



Daniel in his 50m butterfly



WATER 1.90m

Kate in her 400m freestyle

Short Course Championships

FNQ SC Championships

The Region's finale to the short course season was a two-day event held at Gordonvale Pool, with 10 of the region's clubs represented. This included the newly formed Gordonvale Club, and two clubs from further afield - Weipa, who try to send a contingent to most carnivals, and Cannonvale near Airlie Beach in the NQ Region.

The carnival kicked off with some long distance events - the men's 1500m, and women's 800m freestyle, and 400m Individual Medley; none of our competitors entered for these. Stingrays club members arrived to start session 2 - which ran for the remainder of day 1, with general swimming events and finishing with two sets of relays: the 4x 100m Medley Relay and the 4x 100m Freestyle Relay for which we entered both men's, and women's teams. The men's relay came third out of five teams, and the women's came fourth out of five teams.

Day 2 began with some middle distance events as part of session 3, for which only Adam Foote participated in the 200m breaststroke; followed by general swimming events of session 4 taking us to early afternoon. The final event was another 4x 100m Medley Relay for which we again entered a men's and women's team - these both came fifth in rankings, out of eight men's teams, and six women's teams.

Medals	G	S	B
Ben	4	3	1
Emilee	4	1	
Kate	2	2	
Adam	1		2
Amber		3	5
Triton		1	2
Keely		1	
Nathan		1	
Sam			5
Daniel			3

Placement medals were given out throughout the days when they came to hand, while the second day concluded with the prizegiving of the aggregate and perpetual awards, and overall regional club champions - which predictably wasn't Stingrays!

FNQ SHORT COURSE CHAMPIONSHIPS MEET

DATE: 16-17 AUG:

VENUE: GORDONVALE POOL

12 PARTICIPANTS: Adam Foote; Amber Waters; Ben Waters; Daniel Foote; Emilee Salecich; Grace Grainer; Kate Gould; Keely Salecich; Nathan Foote; Owen Hallett; Sam Tress; Triton Smith



Stingrays' age-aggregate winners, Benjamin (12 yr olds), Kate (17 yr olds) & Emilee (9 yr olds). (photo courtesy Sue Gould)



Ben & Sam in 50m backstroke

Long Course Season Begins

Marlin Coast LC Carnival

The long course carnivals kicked off with the Marlin Coast Club carnival, attracting 13 clubs, which included two Townsville based clubs and 1 entrant from PNG Swimming Federation. Stingrays had 12 swimmers on the day.

It was a full day, starting with a long distance session (no Stingrays participants). Races included some 25m distances, entered by 6-yo. Zara Hallett. Our athletes achieved an 87% improvement rate on their times, with 1 DQ (disqualification). Prizes were chocolates, ranging in size for first to third placements; prize winners shown at right.

MARLIN COAST LC MEET

DATE: 13 SEP:

VENUE: SMITHFIELD POOL

13 PARTICIPANTS - 1 NON-SWIMMER ON THE DAY (SHOWN

IN BRACES): Adam Foote; Daniel Foote; Emilee Salecich; Grace Grainer; Jane-Lee Pregl; Keely Salecich; (Kyle Lucas); Nathan Foote; Owen Hallett; Sam Tress; Sandra Eustice; Triton Smith; Zara Hallett

Placement	1	2	3
Emilee	3	1	
Nathan		1	2
Adam		1	1
Sam			2
Triton			1



Owen diving in for his 50m freestyle



Grace & Jane-Lee beginning their 50m freestyle



Zara diving in for her 25m breaststroke

Stingrays Date Claimers

Fri 3 Oct Mareeba Carnival - Nominations Close

CLUB Fri 10 Oct Club Night resumes again
Stingrays Carnival - Nominations Close

Sun 12 Oct Mareeba Carnival

CLUB Fri 17 Oct Club Night
Dimbulah Carnival - Nominations Close

Sat 18 Oct Stingrays Twilight Meet Carnival

CLUB Fri 24 Oct Club Night
Atherton Carnival - Nominations Close

Sun 26 Oct Dimbulah Carnival

Fri 31 Oct CLUB NIGHT REST DAY

Fri 31 Oct - 2 Nov Atherton 3-day Carnival

Carnival Knowledge

For any new competitive members considering going to any of the carnivals, here is an outline to assist your decision;

Mareeba - suitable for all ages, a good one for younger kids: there will be 25m options with a halfway rope, the same as our own pool.

Dimbulah - an excellent meet for everyone; little kids welcome, with 25m events to suit. Always a great time, despite the distance!

Atherton - spread over 3 days, the Tablelands' main meet for the more competent swimmers; attracts a wide variety of clubs.

Central Cairns - a general all-round spread of events, very similar to our own Stingrays Meet; also a twilight carnival this year.

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:-

cairnsstingrays.com.au

 [cairns stingrays swimming club](https://www.facebook.com/cairnsstingraysswimmingclub)

www.woreepool.com

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

www.mudcrabs.org.au

www.cairnscrocs.org.au

fascination.fotomerchant.com

to view photos of Stingrays swimmers taken at the regional carnivals.



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



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

Cazalys Cairns



Snap Printing



Footprint Design



Rusco 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