



**Cairns  
Stingrays  
Swimming Club**

**STINGRAYS RESOURCES**

Website - cairnsstingrays.com.au  
Facebook - Cairns Stingrays  
Flickr - Stingrays Swimming Club  
Vimeo - stingrays  
YouTube - Cairns Stingrays

**SQUAD TRAINING**

Coaches Sander and Franka are back on board with their school holiday programme of squad training as from Tuesday 7<sup>th</sup>, with morning training beginning at 7:00am. Refer to the squad training schedule for dates and times applicable for each squad.

*the month ahead*  
**January**  
*at a glance*

**CLUB NIGHT NOTICES**

We appreciate January is generally a "write-off" month, with people taking annual holidays and having a break from club matters... We will be holding a monthly club night on the 17<sup>th</sup> for members who will be around, just to get back into the swing of things - and also as a primer for anyone going to the Atherton Carnival the following weekend (see below). The last day of January sees the commencement of the new term's Club Nights once school begins again - and throughout February.

**THIS MONTH'S CARNIVALS**

**ATHERTON** - Saturday 25 & Sunday 26 January.  
Gates open 08:00 am for a 09:00 start  
Entry costs \$4 for adults.  
Programmes downloadable from FNQ website. A limited number of programmes will be available at the venue on the day.  
Nominations close - Monday 21 Jan.

Atherton is once again holding a two-day Preparation carnival on the Australia Day long weekend, which will be a comprehensive meet to suit most abilities and attracts a good attendance from many clubs, including our neighbouring NQ Region. Stingrays has previously incorporated the carnival with camping over the long weekend, with the NRMA Woodlands Caravan Park a popular venue - do book ahead though.

**Stingrays' Dates for your Diary**

**Fri 17 Jan**

Club Night #07 (Series Awards #2)




**Sat-Sun 25-26 Jan**

Atherton LC Preparation Carnival  
venue: Atherton Swim Logic Pool

**Fri 31 Jan**

Club Night #08

Get the following Google Calendars:

-  **Stingrays Events**
-  **FNQ Swimming Carnivals**
-  **State & National Levels**



**GOOD DAY STINGRAYS PARENTS AND CARERS.**

For those unsure of who I am.. I'm Karen Skudder, and I run the fitness sessions at the Woree Sports and Aquatic Centre.

I would like to let you all know that I have now started offering more sessions, and feel that some of these new times might appeal.

Monday and Wednesday morning at 5.30am, I run a 30 minute High Intensity Interval Training Session.

Monday and Wednesday afternoon at 4.30pm, I am now running a 30 minute High Intensity Resistance Training Session; and 5.15pm, I am running a 30 minute High Intensity Interval Training Sessions designed to maximize results in minimal time.

So, if you have been putting off the exercise and putting the kids first... I think I have solved your problem for you!

*Ask about the special rates for Stingrays Club Members.*



**OPEN HOURS**

**Karen Skudder FHIITNESS**  
**Woree Sports and Aquatic Centre**

MONDAY	5.30, 8.30, 9.45am
MONDAY	4.30, 5.15, 6.00 pm
TUESDAY	8.30, 9.30 am
TUESDAY	5.45 pm
WEDNESDAY	5.30 am
WEDNESDAY	4.30, 5.15, 6 pm
THURSDAY	8.30 am
THURSDAY	6pm
FRIDAY	5.30, 8.30, 9.45 am
SATURDAY	5.30 730 am
SUNDAY	CLOSED

**0412 173 764**