

# Cairns Stingrays News

October 2016

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**Woree Pool**

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FROM LEFT TO RIGHT: Amber, Jane-Lee and Ella coming home in the 100m breaststroke at Dimbulah Carnival, with Stingrays timekeepers prominent in their green shirts



Well Mums and Dads and Swimmers we are in full swing. I must say I am enjoying watching our new families get involved and become part of our great club. I will say it regularly that your childs swimming journey is much more fun if we as parents also dive in.

There is so much fun to be had and new friends to be made and this was so evident this week with the graduation of some of our Stingrays family from High School namely Nick and Kali.

They came down and shared it with their friends and it symbolizes what swimming can do for your child if you keep them involved and involve yourself.

There is too much to talk about his month so here it is in point form

- ❖ Congrats to all of our State Swimmers now preparing to do us proud at Brisbane in early December.
- ❖ Dont forget to bring a prize for the xmas Raffle asap and also your other special little requirement Mums and Dads for this event. If you don't know what I am talking about see Jim G.
- ❖ Dont forget Malanda carnival is a super fun day in a 25m pool and we would love to see as many Stingrays as possible to the last carnival before a break.
- ❖ Dont forget if you have a child in LTS to book them in for what will be the busiest term next year.
- ❖ Also movie night in School Hols stay tuned for this one.
- ❖ Sponsors - We are looking for sponsors for the two large signs at the pool. If you are involved in a business or know someone who may be interested please let me know.

Well thats it for me until next time

Regards -

**Jason Salecich (President)**

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# Club News

Club Nights continue to be well supported with kids getting into the routines: the Dolphin kids are enjoying their fun races in the undercover pool, with some great bonding between them and their older helpers; great to see the older experienced swimmers encouraging and building that trust with their young charges.

Some of the junior swimmers have been taking the plunge into doing some 25m races in the main pool, which is also good to see them progress. Some of these have also attended regional carnivals to swim 25m races - featured in later pages.

The older swimmers have performed well in their 50m and above races, and enjoyed(!?) our introduction of some long distance races.



Daniel Staska (front) and Thomas Greatorex in a breaststroke race



Finn Heughan, Korbin Mills, Miley Walters & Bonnie Peden in the noodle races.

## Upgrades

The following swimmers were upgraded from 25m to 50m over this period:



Isabella Madelin Ella Kai Sophie

<b>Isabella Higginson</b>	<b>to 50m Freestyle to 50m Backstroke</b>
<b>Madelin McAuley</b>	<b>to 50m Butterfly to 50m Backstroke</b>
<b>Ella Jarvis</b>	<b>to 50m Freestyle to 50m Backstroke</b>
<b>Kai Travers-Mason</b>	<b>to 50m Freestyle</b>
<b>Sophie Greatorex</b>	<b>to 50m Backstroke</b>

Well done to these swimmers on their achievements.

## Raffle prize winners

The lucky winners of the bag of delectable goodies for club night #7's raffle was... the Footes! They won hamper goods including a bottle of wine, mineral water, nuts, cheeses, smoked salmon and other aperatif items - indulgencel



## Club Night Series Awards #1

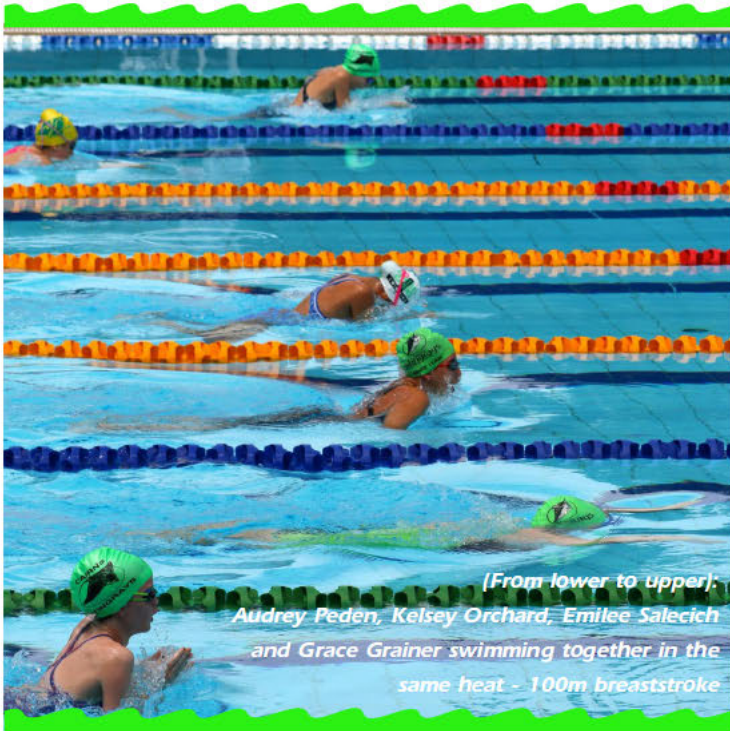
Our first Series Awards were presented on 28<sup>th</sup> October to the ten most-improved swimmers over the previous four weeks; they were presented with their personalised certificates. The personalised towel for top achiever went to Albert An.

Pos	Name	Pts
1	Albert An	39
2	Chelsea Szepuk	28
3	Emily Jarvis	23
4	Madelin McAuley	18
5=	Kai Travers-Mason	16
5=	Isabella Higginson	16
7	Susan Hutchins	14
8=	Kelsey Orchard	12
8=	Natalie Beck	12
8=	Alexandra Greatorex	12





# Long Course Carnival Season



(From lower to upper):  
Audrey Peden, Kelsey Orchard, Emilee Salecich  
and Grace Grainer swimming together in the  
same heat - 100m breaststroke

## MARLIN COAST LONG COURSE 'KICK-OFF' MEET

**DATE:** 30 SEPT & 1 OCT: **VENUE:** MARLIN COAST POOL

**30 PARTICIPANTS:** Adam Foote; Adam Woodward; Albert An; Amber Waters; Audrey Peden; Ben Waters; Daniel Foote; Edward Diola; Edward Orchard; Ella Diola; Emilee Salecich; Grace Grainer; Jane-Lee Pregl; Kali Houlihan; Keely Salecich; Kelsey Orchard; Liam Thieme; Lindsay Goudie; Madison Thieme; Maggie Peden; Natalie Beck; Nathan Foote; Neve Houlihan; Nicholas Goudie; Owen Hallett; Patrick Martin; Ryan Woodward; Sam Tress; Susan Hutchins; Zara Hallett

## Marlin Coast LC 'Kick-Off' Carnival

The new season officially "kicked-off" with the Marlin Coast long course carnival, over two days – Friday, and Saturday. Friday's evening session included the 400m IM, the long distance races and the 50m races in all strokes.

Saturday involved a full day of racing. Conditions were decidedly gloomy with passing showers. Our 30 participant contingent saw the debut of a few newcomers – Patrick Martin who joined this season, Lindsay Goudie and Liam Thieme join their siblings to debut the race scene, Albert An is a veteran of the carnival scene transferred to Stingrays from another club; Audrey Peden continues supporting carnivals from last season, joined by a younger sister Maggie who debuts this season in the 25m events.

The resulting statistics (table below) indicate the newcomers - and anyone swimming a race event for the first time - (First time swims) made up a total of 30 races between them; our 30 participants swam in a total of 170 events (races), with only 9 being scratched on the day (No-swims); we had an overall 65% improvement rate on their previous times (p.b's), with no-one DQ'd (disqualified).

The Placements chart shows the swimmers who got a first, second or third place in their events, and the number of each place achieved.



Maggie Peden  
about to  
start her  
25m  
breaststroke

Placements	1	2	3
Ella	1	1	2
Kali	1	1	1
Sam	1	1	1
Adam W	1		1
Adam F			1
Amber			1
Ben			1

STATISTICS	
Improvements	65%
First time swims	30
No swims	9
DQ's	nil



Patrick Martin pushes off to  
start his 100m backstroke



Liam Thieme swimming  
his 100m breaststroke



# Central Cairns Carnival

Centrals held their carnival at our Woree Pool facility, which kicked off around midday with the Dolphins Carnival, a mini carnival event specifically for kids aged 8 and under, who may want to try out race events for the first time. It is designed to introduce young kids to the concept of competitive swimming, from the standpoint of fun and assistance from the older members should they require it. A chance to put their learn-to-swim knowledge into practice, and boost their confidence and discipline to follow instructions and stay safe. (see next page)

With a bit of a carnival atmosphere, there was also some novelty races - one freestyle with fins, and another, a backwards 50m IM - which was very interesting to watch! - there was also inflatable dolphins!

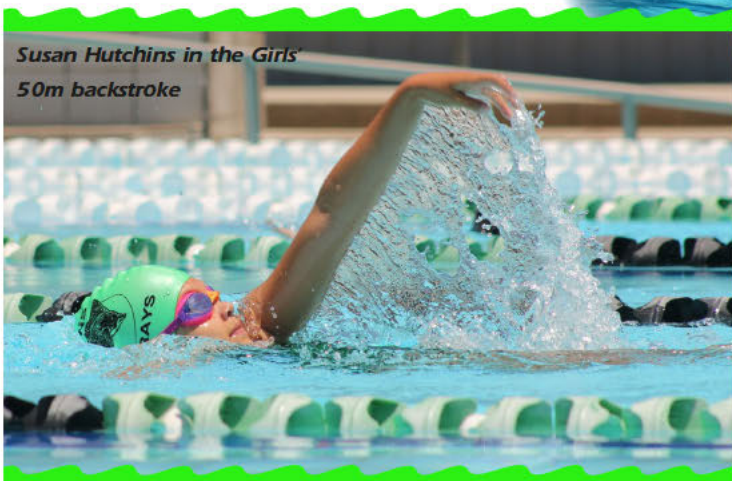
Nathan Foote (front) and Ben Waters in their 100m breaststroke



Audrey Peden in the Girls' 100m breaststroke



Susan Hutchins in the Girls' 50m backstroke



Patrick Martin swimming his 100m butterfly

### CENTRAL CAIRNS LONG COURSE CARNIVAL

DATE: 9 OCTOBER: VENUE: WOREE POOL

28 PARTICIPANTS: Adam Foote; Albert An; Alexandra Greatorex; Amber Waters; Audrey Peden; Ben Waters; Daniel Foote; Edward Diola; Edward Orchard; Ella Diola; Emilee Salecich; Emogen Bergey; Ezlan Bergey-Bray; Grace Grainer; Jane-Lee Pregl; Keely Salecich; Kelsey Orchard; Liam Thieme; Madison Thieme; Natalie Beck; Nathan Foote; Owen Hallett; Patrick Martin; Phoebe Peden; Sam Tress; Susan Hutchins; Thomas Greatorex; Zara Hallett

STATISTICS	
Improvements	57%
First time swims	12
No swims	4
DC's	2

Placements	1	2	3
Sam	3	1	
Jane-Lee	1		
Adam F		2	1
Benjamin		2	1
Ella		1	2
Keely		1	2
Nathan		1	
Edward O			2



Madison swimming her 50m butterfly





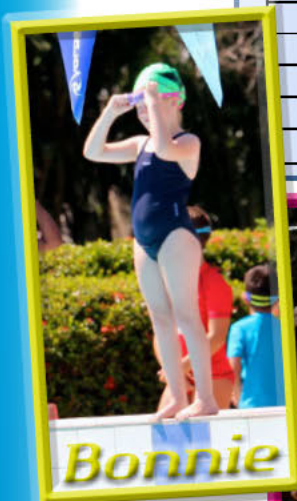
# JUNIOR DOLPHIN SWIMMING CARNIVAL



Session 1: 9.30 am : Junior Dolphin : Nominate and pay on the day - form attached - \$10 per swimmer

	Age	Distance	Stroke
1	8 & Under	12 ½ or 25	Freestyle
2	8 & Under	12 ½ or 25	Backstroke
3	8 & Under	12 ½ or 25	Breaststroke
4	8 & Under	12 ½ or 25	Kick Board Race

Novelty Events



**Bonnie**

**Sophie**

**Jamie-Lee**



The Junior Dolphin Swimming Carnival is a specially staged "Mini Carnival" tailored for the 8-&Under 'Dolphin' members of each club.

There were heats in all four strokes of 25m from the blocks to the centre rope, and other novelty races.

It attracted around 20-30 young swimmers, some swimming in a carnival scenario for the first time.

Stingrays had seven eligible entrants swimming - Sophie Greatorex, Maggie Peden, Bonnie Peden, Jamie-Lee Potts, Belle-Marie Potts, Braydon Hutchins and Hayden Beck.





# Dimbulah Carnival

Probably Stingrays' favourite carnival venue, Dimbulah is a very family-friendly meet, with events to suit all ages and abilities. As an added advantage we left a weekend of rainy weather in Cairns to be greeted with dry and fair conditions and welcome cloud cover with a breeze keeping temperatures comfortable. Even better for those who camped overnight in the adjacent campground.

This year they changed their format from an all-day Sunday meet to an afternoon/evening Saturday, making it more relaxed for travelling to, and enabling people to stay overnight for the weekend if they wanted.

We had some more newcomers making their debut here - Jamie-Lee and Belle-Marie Potts, and Bonnie and Phoebe Peden joined their other two sisters making a family full-house!



Maggie Peden (front) with Bonnie Peden in the Girls' 7 and Under 25m freestyle

## DIMBULAH LONG COURSE FAMILY MEET

**DATE: 15 OCTOBER: VENUE: DIMBULAH POOL**

**27 PARTICIPANTS:** Adam Foote; Adam Woodward; Albert An; Amber Waters; Audrey Peden; Belle-Marie Potts; Ben Waters; Bonnie Peden; Daniel Foote; Edward Diola; Ella Diola; Emilee Salecich; Emogen Bergey; Ezlan Bergey-Bray; Flynn Riordan; Grace Grainer; Jamie-Lee Potts; Jane-Lee Pregl; Keely Salecich; Lindsay Goudie; Maggie Peden; Nathan Foote; Owen Hallett; Phoebe Peden; Ryan Woodward; Susan Hutchins; Zara Hallett



Jamie-Lee Potts in the Girls' 25m breaststroke

STATISTICS	
Improvements	54%
First time swims	3
No swims	3
DQ's	2



Lindsay Goudie in the Girls' 50m breaststroke

Medals	G	S	B
Sam	7	2	
Emilee	2	4	1
Ryan	2	2	3
Kali	2		
Edward D	1	1	2
Thomas		4	1
Ella		2	2
Amber		1	2
Adam W		1	1
Edward O		1	
Jane-Lee		1	
Nathan		1	
Ezlan			2
Neve			2
Adam F			1
Ben			1
Grace			1

Midway through the programme they held the relays for which we were able to put forward the following teams:

### Mixed 10 & Under (4x50) 200m Freestyle Relay

1. Audrey 2. Albert 3. Susan 4. Edward D

### Mixed 14 & Under (4x50) 200m Freestyle Relay

1. Daniel 2. Owen 3. Emogen 4. Grace

### Boys (4x50) 200m Freestyle Relay

1. Adam W 2. Benjamin 3. Adam F 4. Sam

### Girls (4x50) 200m Freestyle Relay

1. Keely 2. Jane-Lee 3. Amber 4. Ella

Afterwards there was time for a bit of a social gathering with some dinner laid on; most families drove home, while a couple of us (and other Clubs) camped overnight to return to Cairns the following day.



Albert An in the Boys' 100m freestyle





# TAS Carnival



Sophie Greatorex reaching the line in the Girls' 7 and Under 25m backstroke

## TAS LONG COURSE OPEN QUALIFYING MEET

DATE: 29-30 Oct: VENUE: TAS AQUATIC CENTRE

32 PARTICIPANTS: Adam Foote; Adam Woodward; Albert An; Alexandra Greatorex; Amber Waters; Ben Waters; Connor Lloyd; Daniel Foote; Edward Diola; Edward Orchard; Ella Diola; Emilee Salecich; Emogen Bergey; Ezlan Bergey-Bray; Flynn Riordan; Grace Grainer; Jane-Lee Pregl; Keely Salecich; Kelsey Orchard; Liam Thieme; Lindsay Goudie; Madison Thieme; Natalie Beck; Nathan Foote; Nicholas Goudie; Nicholas Martin; Owen Hallett; Patrick Martin; Ryan Woodward; Sam Tress; Sophie Greatorex; Thomas Greatorex; Zara Hallett

## TAS LC Open Qualifying Meet

TAS continued their tradition of a two-day carnival broken into two sessions per day with break in between, separating their long distance and medley events from the standard races. Conditions were nigh on ideal on both days, with some cloud cover keeping the temperature down, and breezy conditions making it much more comfortable. This meet saw Patrick's younger brother Nicholas Martin take part in the 25m events.



Connor Lloyd in the Boys' Open 50m backstroke



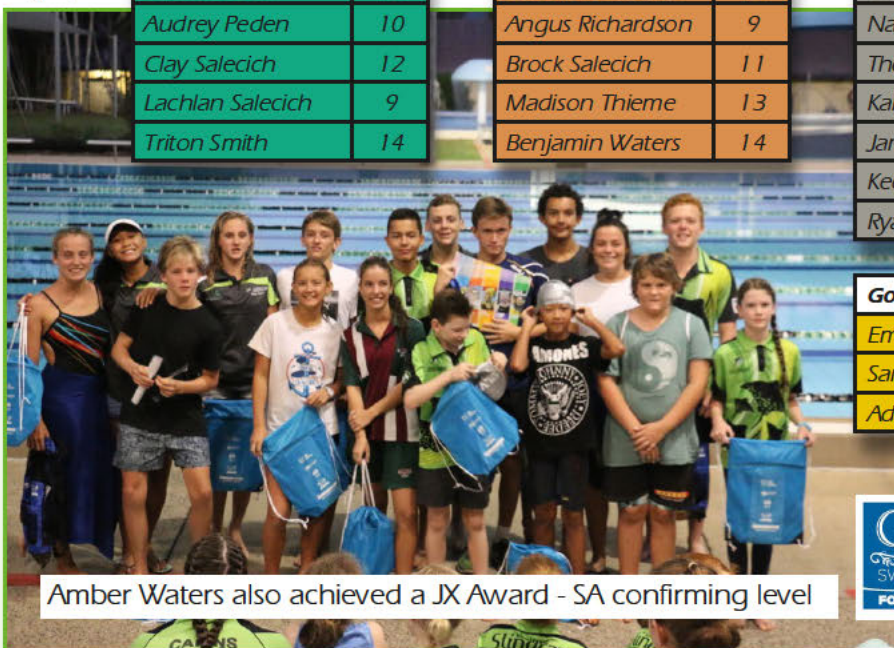
Connor Lloyd in the 100m breaststroke



Nicholas Martin awaiting the start of his 25m butterfly

## JX Awards

JX Awards for the year 2015-16 were presented at our fourth Club Night, 14<sup>th</sup> Oct. The Australian Junior Excellence Program recognises, rewards and encourages junior swimmers (ages 9 to 16 years) who, through their development of aquatic skills and fitness, achieve a high standard of swimming excellence. These are swimmers who have achieved times set by Swimming Australia during their best performances recorded in officially recognised meets, and graded from Green to Gold according to how far above these benchmark times they achieve. Congratulations to everyone who made it this season!



Amber Waters also achieved a JX Award - SA confirming level

Green Award	(age)
Adam Foote	15
Daniel Foote	10
Audrey Peden	10
Clay Salecich	12
Lachlan Salecich	9
Triton Smith	14

Bronze Award	(age)
Neve Houlihan	15
Edward Orchard	13
Angus Richardson	9
Brock Salecich	11
Madison Thieme	13
Benjamin Waters	14

Silver Award	(age)
Edward Diola	9
Ella Diola	13
Nathan Foote	13
Thomas Greatorex	9
Kali Houlihan	16
Jane-Lee Pregl	12
Keely Salecich	12
Ryan Woodward	12

Gold Award	(age)
Emilee Salecich	10
Samuel Tress	14
Adam Woodward	13





## Stingrays Date Claimers

**CLUB** Fri 11 Nov Club Night #8

Sat/Sun 12-13 Nov Gardens Carnival (Townsville)

**CLUB** Fri 18 Nov Club Night #9

Sat/Sun 19-20 Nov Saints 'A Qualifier' LC Carnival

**CLUB** Fri 25 Nov Stingrays 'Aquathon' Fundraiser

**CLUB** Fri 2 Dec Stingrays Christmas Party

Sat 3 Dec Malanda 'Family Fun' SC Carnival

## Carnival Knowledge

**Townsville Gardens Carnival** - Competitive Qualifier carnival with heats and finals format; nominations have already closed. Stingrays has 18 swimmers attending over the weekend. A chance to compete with swimmers in the North Queensland Region.

**Saints Qualifier Carnival** - A two-day carnival to suit more experienced swimmers; minimum distances of 50m, with events up to 1500m.

**Malanda 'Family Meet' short course Carnival** - a great enjoyable day for families and the last scheduled regional carnival before Christmas. A good opportunity for a more relaxed "wind-down" social atmosphere in their 25m pool with events to suit littlies as well as older swimmers. They usually include relay events, with chance for young swimmers to try their skills in a relay setting.



# Aquathon

Friday 25<sup>th</sup> November (Club Night)

The swim will last half-an-hour, and the aim is to achieve as many laps as possible; there will be prizes awarded for the most number of laps (in each age/distance category), and the most amount of sponsorship money raised. We intend this to be an enjoyable challenge, and a practical way of raising some funds for all to share, in the club's activities.

**HAPPY SPONSORING!**

## Santa's on his way!

We end the first half of the season with our Break-up Christmas Party, being held on Friday 2<sup>nd</sup> December. We will round off with some fun games, and of course there will be food as provided by the Club and contributed 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!**

Cairns Stingrays Swimming Club wishes to thank our sponsors for this season:



**Lennon Cairns**  
chartered accountants

