



# Cairns Stingrays News

Feb-Mar 2015

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**Woree Pool**

4054 6964



Stingrays' "Cheer Squad" cheering Adam Foote on in the Boys' aged 14 & Under Medley Relay



### From the President

Well Swimmers and Parents. The season may have ended but it appears we are busier than ever. Most importantly I cant stress to all of you how I would love to see as many as possible at our next two major events.

Our Gym Grand Opening on 29<sup>th</sup> is a vital time to show how much we have grown and what a strong club we are so please try and take an hour out of your busy schedule to be there. We would love to see some of our little swimmers as well. Please wear club shirts and black shorts if you have them.

We then move onto our presentation. We have so much to celebrate this year and remember every child should get something dependent on their level of participation. It is the time we get to recognise all of our swimmers paying special recognition to those who have excelled during the year. Once again it gives our swimmers the motivation to keep going and reaching their own personal goals whilst, just as importantly hopefully motivates our very junior swimmers to look up to those kids who are achieving in the pool. It is a fun day for kids and chance for adults to catch up so please confirm your attendance with Natalie and give her an idea of what plate you may bring as an offering to all of those hungry swimming kids.

Sponsors – On another note we are looking for some key sponsors. If any parent has a contact or someone who may be interested we would love a lead to discuss options with them. Please let me know as we are currently after sponsors for next season.

Dont forget our club night is planned for this Friday also and I look forward to catching up with you soon.

Regards –

*Jason Salecich (President)*

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# Club Night Matters

## JX Award Winners this Season 2014-15



Earlier in February we handed out this season's new JX Award packages to club members who have been recognised for their swimming accomplishments by Swimming Australia. Members were awarded JX shirts, caps, posters and certificate according to their level of achievement: there are four levels – Green, Bronze, Silver and Gold.

The swimmers awarded are listed above-right in their achievement levels.



The Australian Junior Excellence Program recognises, rewards and encourages junior swimmers

(ages 9 to 13 years) who, through their development of aquatic skills and fitness, achieve a high standard of swimming excellence. Congratulations to everyone who made it this season!

Green Award	(age)
Ella Diola	11
Adam Foote	13
Nathan Foote	11
Triton Smith	12
Estelle Urquhart Kereru	12
Phoebe Urquhart Kereru	12

Bronze Award	(age)
Keely Salecich	10
Sam Tress	12
Moyah Urquhart Kereru	13
Amber Waters	13

Silver Award	(age)
Ben Waters	11



## Club Night Series Awards #3

Pos	Name	Pts
1	Edward Orchard	69
2	Nathan Foote	50
3	Keely Salecich	48
4	Kelsey Orchard	46
5=	Fyn Sharpley	43
5=	Natalie Beck	43
7=	Charlie Smyth	39
7=	Samuel Tress	39
9	Adam Foote	37
10=	Triton Smith	36
10=	Daniel Staska	36

Our third Series Awards was presented on 20<sup>th</sup> March to the ten (11 in fact) most-improved swimmers over the previous four weeks; eight members were present on the night to receive their Stockland Certificates and vouchers, and well done to Edward who gets the personalised towel on this occasion.



### Upgrades

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

Ezlan Bergey-Bray	to 50m Backstroke
Connor Larsen	to 50m Backstroke
Maddison McDonald	to 50m Backstroke
Reina Martin	to 50m Butterfly
Daniel Staska	to 50m Backstroke

Well done to these swimmers on their achievements.

### Stingrays Date Claimers

<b>CLUB</b>	<b>Fri 24 Apr</b>	Club Night: April
	<b>Wed 29 Apr</b>	Gym Official Opening (see Ad p.6)
	<b>Sat 2 May</b>	FNO RSA Annual Awards Presentation Evening (see Ad p.6)
	<b>Sat 9 May</b>	AGM & Presentation (see Ad p.6)
	<b>Fri 15 May</b>	Committee Meeting
<b>CLUB</b>	<b>Fri 29 May</b>	Club Night: May

## Carnival Roundup

### Marlin Coast LC "B" Qualifier Carnival

Held on a Saturday afternoon with racing starting at 3:00pm, this 'twilight' carnival was supported by 13 local clubs and a total of 208 competing athletes. Stingrays put up 29 swimmers, which is a joint record number for this season (together with the Malanda Meet), although there were 3 non-swimmers on the day. Only two other clubs bettered our turnout in terms of numbers - these being Mareeba, and host club Marlin Coast.

Racing started with the Open 200m Medley, followed by all other races for all four strokes, in age group and distance categories - this included 25m races for age 8 & Unders, for which we had two boys and four girls participate. 8-year-olds could also nominate for 50m races under the 8-12yr category, for which we had one boy - Angus, enter in all strokes, while Maddison swam 50m Backstroke.

The best overall performers on the day include Edward, Kelsey, Blake, Maddison, Fyn, Nathan and Jane-Lee in terms of improvements over non-improvements.

### MARLIN COAST LONG COURSE MEET

**DATE: 7 FEB:**

**VENUE: MARLIN COAST POOL**

**29 PARTICIPANTS: - 3 NON-**

**PARTICIPANTS ON THE DAY (SHOWN**

**IN BRACES):** Adam Foote; Amber

Waters; Angus Richardson;

Ben Waters; Blake Strahan; Charlie

Smyth; Claudia Sharpley; Daniel

Foote; Daniel Staska; Edward Diola;

Edward Orchard; Ella Diola; Emilee

Salecich; Fyn Sharpley; Grace

Grainer; Jane-Lee Pregl; Jenna

Mattinson; Keely Salecich; Kelsey

Orchard; Kyle Lucas; Maddison

McDonald; Natalie Beck; Nathan

Foote; (Nefi Green); Owen Hallett;

(Reina Martin); Sam Tress; (Susan

Hutchins); Zara Hallett

Place	1	2	3
Emilee	1	1	
Nathan	1		
Daniel F		1	1
Maddison		1	1
Kyle		1	
Angus			3

### STATISTICS

Improvements	40%
First time swims	13
No swims	13
DQ's	1

### Participation Ribbon (7 & Unders)

Blake	Jenna	Zara
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### Saints LC "A" Qualifier Carnival

Saints Swimming Club held their 'A'-Qualifier Carnival on the last day of February with swimming starting at 8:30am for a day-long carnival.

There were 13 attending clubs with a total of 156 athletes competing, and prizes included prize money in the older age group categories of distances of 100m and 200m; Ribbons being awarded for all other long distance and 50m races, for the first three place-getters. Age 7 & Unders get Participation Ribbons.

The first session included all the long distance races, with 3 Stingrays athletes swimming in the 400m IM, and one in the 800m Freestyle. The second and third sessions took up the rest of the day, with a lunch break in between.

Stingrays presented a core group of 6 swimmers, with one non-participant on the day; considering our minor presence some great achievements were made by all our competitors, as is demonstrated in our Stats and Awards tables here, and some major time improvements were made in some races - some in double figures.

### SAINTS LONG COURSE MEET

**DATE: 28 FEB:**

**VENUE: MARLIN COAST POOL**

**6 PARTICIPANTS: - 1 NON-**

**PARTICIPANT ON THE DAY**

**(SHOWN IN BRACES):** Jane-

Lee Pregl; Kali Houlihan;

(Nefi Green); Neve

Houlihan; Sam Tress;

Triton Smith

STATISTICS	
Improvements	56%
First time swims	2
No swims	4
DQ's	1

	Awards		
	1	2	3
Sam	1		2
Neve	1		
Triton		2	
Kali		1	2

# FNQ Championships



Stingrays' ladies stationed on the front desk taking the entrance monies.

**FNORSA REGIONAL LC CHAMPIONSHIPS**

**DATE: 7-8 MAR:**

**VENUE: MARLIN COAST POOL**

**27 PARTICIPANTS: - 2 NON-PARTICIPANTS ON THE DAY (SHOWN IN BRACES):** Adam Foote; Amber Waters; Ben Waters; Brock Salecich; Clay Salecich; Daniel Foote; Edward Diola; Edward Orchard; Ella Diola; Emilee Salecich; (Emogen Bergey); (Ezlan Bergey-Bray); Flynn Riordan; Grace Grainer; Jane-Lee Preg; Kali Houlihan; Kate Gould; Keely Salecich; Kelsey Orchard; Lachlan Salecich; Nathan Foote; Nefi Green; Neve Houlihan; Owen Hallett; Sam Tress; Sandra Eustice; Triton Smith



For the March Past we looked resplendent in our new shirts, topped off with the stingray hats again.

## FNQ LC Championships Carnival

The culmination of the year's competitive swimming calendar for the Far North Region happened over two full days of events, staged at the Marlin Coast Pool, Smithfield.

As in previous years it kicked off with the clubs' March Past whereby each Club presents itself showing off its Club colours – shirts and any other regalia and accoutrements to add to the carnival atmosphere. There is also the incentive to win the trophy for the Best Presented Club at the March Past, which this year was awarded to Atherton Swimming Club.

They changed the format for this year such that it consisted of Heats and Finals, in order to more closely resemble what happens at "real" Championship Meets; Heats were staged during the morning session on each day, after which there was a break of several hours while they compose the program for the Finals, and we adjourned back at the pool again at a specified time each afternoon to begin the Finals. Finalists were announced at their blocks in turn just like a professional championship. Finals races usually alternated with the announced prizegiving ceremonies held on the far side of the pool on the winners' dais.



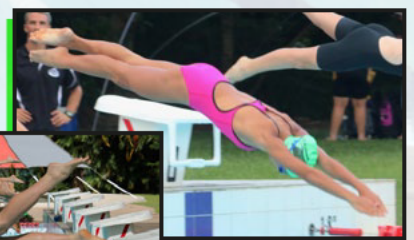
Emilee in her 50m Back final

Kali in her 100m Fly final



Amber & Kali in their 50m Breast final

Ella in her 100m Free final



Sam in his 50m Fly final



Triton in his 50m Breast final

## Stingrays swimmers who made it into the finals:



Name	Finals entered
Adam Foote	100 Breast
Amber Waters	50 Breast; 100 Back
Daniel Foote	50 Breast; 50 Fly
Ella Diola	100 Free
Emilee Salecich	50 Free; 50 Back; 50 Breast; 50 Fly
Kali Houlihan	100 Free; 100 Fly; 50 Free; 50 Breast; 50 Fly
Lachlan Salecich	50 Free; 50 Breast; 50 Back
Nathan Foote	100 Breast
Sam Tress	100 Free; 100 Fly; 100 Back; 50 Fly
Triton Smith	50 Breast; 100 Breast
Clay Salecich	50 Breast (last-minute substitute)

# FNQ Finals Winners

**EVENT: 800M FREESTYLE**  
**CATEGORY: GIRLS OPEN**  
**SWIMMER: NEVE HOULIHAN**  
**POSITION: THIRD PLACE**  
**TIME SWUM: 11:27.35s**

	swimmer	time	club
1 <sup>st</sup>	Harriet Grant	10:42.37	Marlin Coast
2 <sup>nd</sup>	Eloise Houghton	11:20.45	Marlin Coast
3 <sup>rd</sup>	Neve Houlihan	11:27.35	Stingrays

## 800m FREE



**EVENT: 50M BACKSTROKE FINAL**  
**CATEGORY: BOYS 8 YEAR OLDS**  
**SWIMMER: LACHLAN SALECICH**  
**POSITION: THIRD PLACE**  
**TIME SWUM: 46.33s**

	swimmer	time	club
1 <sup>st</sup>	Albert An	49.02	Edge Hill
2 <sup>nd</sup>	Alex Lammert	50.89	Marlin Coast
3 <sup>rd</sup>	Lachlan Salecich	59.46	Stingrays



## 50m BACK



**EVENT: 100M FREESTYLE FINAL**  
**CATEGORY: GIRLS 15 & OVER**  
**SWIMMER: KALI HOULIHAN**  
**POSITION: THIRD PLACE**  
**TIME SWUM: 1:03.88s**

	swimmer	time	club
1 <sup>st</sup>	Lauren Arenas	1:00.89	Marlin Coast
2 <sup>nd</sup>	Ryleigh Lammert	1:03.55	Marlin Coast
3 <sup>rd</sup>	Kali Houlihan	1:03.88	Stingrays



## 100m FREE



**EVENT: 200M IM**  
**CATEGORY: GIRLS 17 & OVER**  
**SWIMMER: KATE GOULD**  
**POSITION: FIRST PLACE**  
**TIME SWUM: 3:31.78s**

Note: no other competitors in this age-group category.

## 200m IM



**EVENT: 50M FREESTYLE FINAL**  
**CATEGORY: BOYS 8 YEAR OLDS**  
**SWIMMER: LACHLAN SALECICH**  
**POSITION: THIRD PLACE**  
**TIME SWUM: 46.33s**

	swimmer	time	club
1 <sup>st</sup>	Albert An	37.63	Edge Hill
2 <sup>nd</sup>	Alex Lammert	45.87	Marlin Coast
3 <sup>rd</sup>	Lachlan Salecich	46.33	Stingrays



## 50m FREE



**EVENT: 50M FREESTYLE FINAL**  
**CATEGORY: GIRLS OPEN**  
**SWIMMER: KALI HOULIHAN**  
**POSITION: THIRD PLACE**  
**TIME SWUM: 28.81s**

	swimmer	time	club
1 <sup>st</sup>	Ryleigh Lammert	28.07	Marlin Coast
2 <sup>nd</sup>	Lauren Arenas	28.13	Marlin Coast
3 <sup>rd</sup>	Kali Houlihan	28.81	Stingrays



## 50m FREE





## Land-Based Training Facility Grand Opening



Facility to be officially opened by the Member for Cairns, Mr. Rob Pyne  
 Opening to be covered by local media  
 All Stingrays members are invited to attend; please wear your Club shirts and black pants. Kids should wear their togs and Club shirts, for a well-presented appearance



**Wednesday 29 April; 4:30pm**  
 (Official proceedings will commence promptly at 5:00pm but please arrive ahead of this time).  
**Woree Pool Pool Close, Woree Qld 4868**



## Break-up Party, Annual General Meeting & Presentation Day



The day will involve-  
 Presentation of trophies  
 Election of the new Committee for the 2015-16 swimming Season  
 Annual club photo (please bring your club shirt)  
 Free sausage sizzle and drinks

**When: Saturday 9<sup>th</sup> May 2015**  
**Time: from 11:00am**  
**Where: Woree Pool**  
**Bring: your Stingrays T-shirt for annual Club Photo**



## Easter Parade

*Our final (official season) Club Night was the week before Easter so we combined it with our traditional Easter Egg Raffle prizegiving.*

*It was also a good excuse for dressing up in the typical Easter 'Bunny-Ear' Headwear, and the 'not-so-typical' Onesies - I believe this was a precursor trial for the overnight MS Swimathon due to happen the following day/night?*



*Club leaders on parade: Jenny sporting her bunny ears, Simon being, well just Simon, and Jason in his onesie; I believe the word "Fail" must have dropped off his outfit!?*

**After our usual swim**

**programme of events, everyone gathered in our new undercover area for the Easter Egg Raffle; tickets were drawn by each prizewinner who had the choice of the eggs available on the table, until they were all gone. Those who didn't receive anything were able to share out the additional mini eggs.**

**Club Nights will continue through the "low season" once a month.**

*Amber and Kali dressed to impress...*



### FNQRSA ANNUAL AWARDS PRESENTATION EVENING

ALL FNQ CLUB SWIMMERS AND THEIR FAMILIES ARE INVITED

Saturday 2nd May 2015

Start time 5pm finish time approx 7:30pm

Woree Swimming Pool

Adults \$10 per head

Swimmers and siblings FREE

Finger Food and Soft drinks

(BYO Alcohol)

Guest speakers

Presentation of Major Awards

Recognition of Age Champions

RSVP to your club

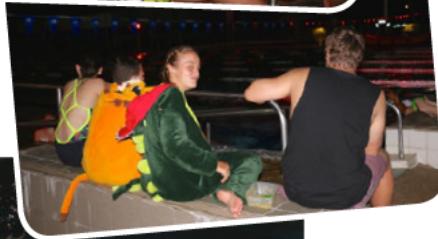
by 25th April 2015



# MS Swimathon

Stingrays was represented by a healthy team of 30 swimmers to swim in the MS Swimathon's Sponsored swim to raise funds for the charity, along with seven other teams held at the Woree Pool. The event was a 12-hour continuous swim overnight from 8pm on Saturday 28 March, to 8am Sunday morning. Team members swam in shifts of small groups who would alternate lengths in any stroke they preferred. An official 'Tally person' checked off each lap on a tally sheet.

Our team members had a great night hanging out with their friends, catching a bit of sleep as well, and Stingrays was credited with earning the most amount of sponsor money, although we conceded to our rivals, Marlin Coast for total number of laps achieved.



Some photos of the swimmers, and the cheer squad urging them on.



Mr President sleeping like a baby - ahhhhh...



Still going as daylight dawned...



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