

## Committee Contacts 2023/24

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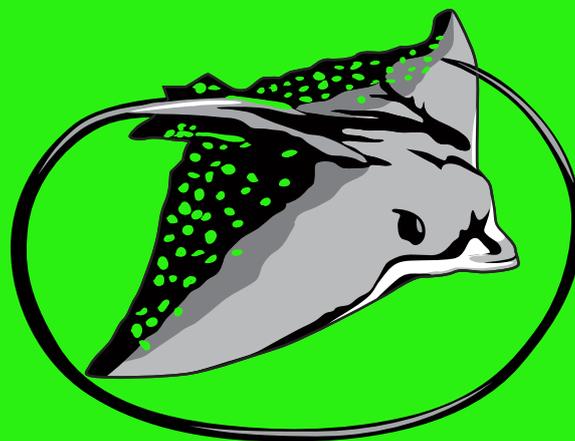


**WOREE POOL** 4054 6964

# Cairns Stingrays Swimming Club

## Members Handbook

2023-24



CAIRNS STINGRAYS SWIMMING CLUB  
[INFO@CAIRNSSTINGRAYS.COM.AU](mailto:INFO@CAIRNSSTINGRAYS.COM.AU)

*"Dedicated to sportsmanship and the  
pursuit of excellence in swimming"*

## Welcome to Cairns Stingrays Swimming Club!

### OUR HISTORY

Cairns Stingrays Swimming Club is a community, non-profit organisation that was founded at Woree Bicentennial Aquatic Centre in 1989. For over 25 years, local children have donned the signature lime green and black togs and shirts and become 'Stingrays'. London 2012 Olympians Brenton Rickard and Chris Wright were both Stingrays in their younger years, their names featuring prominently on the perpetual trophies in our clubhouse trophy cabinet.

### BENEFITS OF CLUB MEMBERSHIP

Stingrays members enjoy participating in squad training and our fun, family-oriented Friday Club Nights. All members also have the opportunity to represent Cairns Stingrays at our annual home carnival and other meets throughout the region.

Swimming as a sport develops physical conditioning, sportsmanship, teamwork, mental discipline and other skills that provide immediate as well as life-long benefits that go well beyond the walls of the pool.

### STINGRAYS CLUB MERCHANDISE

The Club offers its own distinctive "Stingrays green" apparel in the form of sports/polo shirts for members to purchase and wear at club nights, swimming carnivals and other public events in the spirit of team recognition. Our distinctive green and black swimming caps can also be purchased, and their use is essential for swimmers competing in inter club carnivals. Please see our Merchandiser for prices and range of other goods.

### CLUB NOTICE BOARD

Please check the notice board regularly during the season where you will find information such as Friday Club Night Tick Sheets, Kitchen Roster and weekly menu, carnival flyers and closing dates. The notice board is located on the left hand side wall as you enter the pool (opposite the kiosk).

### NEWSLETTERS & CLUB CORRESPONDENCE

Newsletters are published regularly and are emailed out to members. Printed copies are available on request if you do not have access to email. Emails are also regularly sent out to update members on upcoming carnivals and other information.

### CLUB CONSTITUTION

Cairns Stingrays Swimming Club is registered as an Association Incorporation under the Qld Associations Incorporation Act 1981. The Club is bound by a Constitution, the guidelines for which is provided by Swimming Queensland, which sets the procedures that must be followed in administering the Club's affairs, for example, rules for the conduct of meetings and financial management. A copy of the Club's Constitution is available from the club secretary on request.

### STINGRAYS LIFE MEMBERS

Stingrays would like to acknowledge the contribution of all past and present committee members and family volunteers, in particular the following persons who have been awarded Life Membership to the club for outstanding services:

*PETER WATERS, JENNY WATERS, CHRIS GOULD, SUE GOULD, ANNMARIE PRICE, LINDA REILLY, PETER EALES AND SHARLENE EALES.*

### CLUB MANAGEMENT

Swimming is a family participation sport - club activities are organised by our volunteer Stingrays Management Committee members with assistance and input from other club families. Club families are also encouraged to attend meetings and put forward suggestions and recommendations that will improve and strengthen our club. Meetings are held monthly - please contact a committee member for date and venue if you would like to attend.

Management welcomes all new members and wishes you a great swimming season!



Stingrays members and families who attended our end of season break-up long weekend camp at Barrabadeen on Lake Tinaroo

## STINGRAYS MEMBERSHIP FEES AND FORMS

Stingrays Club Membership is one up-front Subscription payment applicable to all child swimmers. It entitles the member to our full season of Friday Club Nights and eligibility to enter the region's swimming carnival circuit\*. This Club Membership fee covers membership of Cairns Stingrays Swimming Club, and includes obligatory fee components for FNQ Swimming, Queensland Swimming (SQ) and Swimming Australia (SAL) Associations as well as insurance and GST. Membership fees for new members includes a silicone Stingrays swimming cap and a Club shirt to the appropriate size. Other club merchandise can be purchased separately from our Uniform shop.



All members, new and returning, must now register and pay online through 'Swim Central' located on the Swimming Queensland website ([www.qld.swimming.org.au](http://www.qld.swimming.org.au)) and pay this Membership Fee using a credit or debit card, and accept the Association's Rules declarations and complete the online Medical declaration for each swimmer (as found on our website - [cairnsstingrays.com.au/fees](http://cairnsstingrays.com.au/fees)), either by renewal email advice or on Sign-On. Birth certificates must also be sighted for new swimming members when joining, to confirm age. All parents and caregivers are also requested to become members and complete the online registration, with all parent and caregiver memberships being free of charge. All Management Committee members are required to obtain a 'Positive Notice blue card for Child Related Employment'. Other club parents and carers are also encouraged to obtain their blue card and the service is free for volunteers.

Forms are available from the committee or can be downloaded from [www.bluecard.qld.gov.au](http://www.bluecard.qld.gov.au).

\* Carnivals involve additional payment of nomination fees per event entered, and paid for online, and a discretionary entrance fee for non-swimming adults when attending.

## STINGRAYS MERCHANDISE

Beside a club shirt and cap included in membership on joining we also supply Stingrays branded sport backpack suitable for carrying all the swimming gear necessary and towels, with compartments for dry items, wet items; pockets for goggles, caps, water bottles etc. Other items for sale include long-sleeved jacket, shorts and singlets which can be purchased through our 'Uniform Shop' service at any time throughout the season.



Other specialised items are available for purchase where appropriate, such as State-branded shirts, caps and jackets for advanced swimmers who qualify and represent Cairns Stingrays at State Meets etc.

These items are usually 'presented' to our swimmers as recognition of their achievement.



## STINGRAYS FRIDAY CLUB NIGHTS

Stingrays has a long tradition of Friday Club Nights, where swimmers get to put into practice the skills they have learnt at squad training. Our Friday Club Night program is coordinated by the Club Night Coordinator with additional assistance from our Management Committee and club families.

**WHEN:** Friday Nights, September to March (school terms) & once a month through Winter

**WHERE:** Woree Sports & Aquatic Centre

**TIME:** Gates open at 5:45pm, with racing from 6:30pm (Summer) until 8:00pm (approx.) (6:00pm start in Winter)

**COST:** \$5.00 per family per week plus yearly club membership fees



Swimmers have the opportunity to swim in (18m), 25m, 50m, 100m and 200m events in all four strokes according to ability, with occasional longer distances thrown in. The program of races changes each week and the program of events is provided to all members at the start of the season and swimmers are required to nominate in advance each week. To nominate, a 'tick-sheet' is located on the club Notice Board where swimmers tick the events they wish to swim in.

Nominations can also be emailed directly to the Race Secretary at [race-sec@cairnstingrays.com.au](mailto:race-sec@cairnstingrays.com.au)

Both tick-sheet and email nominations close at 6.00pm each Thursday evening.



On Friday nights, the Stingrays Canteen has delicious meals and snacks available at reasonable prices and we hold raffles occasionally, with all proceeds going directly back to the club. All nominated swimmers must be accompanied by an adult and parent involvement at Club Nights is absolutely essential. Volunteer timekeepers, marshalls, recorders and kitchen helpers are greatly appreciated and training is

provided. The family kitchen roster and the weekly menu are published on the club Notice board so please check it regularly for notices and events.

Please remember that committee members, officials, and Friday Night helpers are all volunteers - we do this for our children and yours so please offer to help where you can. Parent jobs are outlined below - please do not hesitate to ask a committee member for more information.

## CLUB NIGHT ROLES

### TIMEKEEPERS

Required to time swimmers and record their time. Timekeepers record their swimmer's time either using the electronic 'Dolphin' timing system handset, or rarely manually using stopwatch and pencil and paper. 'Dolphin' handsets are linked to the computer and start each race automatically. The timekeeper is required only to stop their timer at the precise time their swimmer touches the end wall.

### MARSHALL

Has a copy of the Club Night Program, and assembles swimmers in their correct order for their races.

### CHECK STARTER

Has a copy of the Club Night Program and leads swimmers to their races from the marshalling area and checks they are in the right order.

### RACE STARTER

Starts all races for the night with starting gun; communicates with the Chief Timekeeper.

### CHIEF TIMEKEEPER

Has a copy of Club Night program; organises timekeepers, communicates with Race Starter and swimmers, starts a backup stopwatch for each race in case of problems with timekeeper's stopwatches.

### STINGRAYS CANTEEN

Each club family is encouraged to volunteer on a roster basis preparing meals and serving in the canteen on Friday Nights.

### DATA ENTRY

The official Race Coordinator collects race times from runner and enters them into the computer; generates, prints out and displays race results for everyone.



Swimmers preparing to start their race

## FRIDAY CLUB NIGHT SERIES AWARDS

The Club Night season is divided into a number of 'Series' - usually there are four Club Nights per Series and four Series per season. Swimmers strive to achieve Personal Best times (PB's), which earn them 'Series Points' which count towards 'Series Awards' and also end-of-season Perpetual trophy awards. For each Series, the top-ten most improved swimmers are recognised, with the most improved swimmer receiving a special prize.

### RULES

1) Stingrays Management Committee will determine the number of Series that will be conducted in the season and the types of trophies and other awards that will be presented.

2) Points awarded will be allocated in accordance with the guidelines as set out below:

-1.50 - 0.00 seconds slower than best club time	1 point
0.01 - 0.50 seconds slower than best club time	2 points
0.51 - 1.00 seconds faster than best club time	3 points
1.01 - 1.50 seconds faster than best club time	4 points
1.51 - 2.00 seconds faster than best club time	5 points
2.01 - 2.50 seconds faster than best club time	6 points
2.51 - 3.00 seconds faster than best club time	7 points
3.01 - 3.50 seconds faster than best club time	8 points
3.51 - 4.00 seconds faster than best club time	9 points
4.01 - 99.00 seconds faster than best club time	10 points

3) Personal Best times ARE carried over from the previous season into the new season but points are not awarded on any improvement for the first swim, to counter any "strategic" swimming practices.

4) Points are awarded in all strokes -25m, 50m and the nominated distance events. Swimmers swim EITHER the 25m OR 50m races - depending on their ability, NOT BOTH.



Excellence Award winners receiving their trophies

5) 25m swims - swimmers bettering the times below twice are automatically promoted to 50m for their next swim.

Freestyle	25 seconds
Breaststroke	33 seconds
Backstroke	30 seconds
Butterfly	28 seconds

6) Very young swimmers can swim an 18m distance and will be promoted to 25m at the discretion of the Club Night Coordinator and coach.

7) Swimmers absent to attend Achievers or Development Squad activities shall be awarded points averaged over that Series and this will be limited to five (5) times per season.

8) Swimmers absent to attend any carnival outside the FNQ region, other than for Achievers or Development squad commitments, shall not be awarded any points for missed Club Nights.

9) No points will be awarded to a swimmer who swims at a distance less than their recognised distance e.g. a child currently swimming 50m cannot revert to 25m.

10) Swimmers MAY swim in both 100m and 200m races.





## TROPHIES AND AWARDS

Stingrays holds an annual club Presentation Day, which includes the club's Annual General Meeting (AGM) and Break-Up Party, at the end of each swimming season. This is typically held on a weekend in the 'low season' around May/June, at the pool, or in conjunction with a social occasion - depending on club members, when presentation of trophies and awards occurs for our swimmers in recognition of the effort they have put into their swimming for the past season.



### CLUB NIGHT SEASON

#### MOST IMPROVED IN EACH STROKE AWARD

We award a Winner and a Runner-Up in both junior and senior categories in each of the four strokes - breaststroke, butterfly, back and freestyle based on how much a swimmer has improved their time over the course of the season (restricted to 25m & 50m results).

#### STINGRAYS CLUB TROPHIES

Each Stingrays swimmer is awarded one trophy at the conclusion of each season from the categories below:

**PARTICIPATION TROPHY** - is awarded to all swimmers who participate in a minimum of six Club Nights.

**ENCOURAGEMENT TROPHY** - is awarded to all swimmers who participate in a minimum of six Club Nights and who compete at a minimum of three FNQ Carnivals throughout the season.

**ACHIEVEMENT TROPHY** - is awarded to all swimmers who participate in a minimum of six Club Nights and a minimum of three FNQ Carnivals and win an individual age group place, medal or ribbon.

**EXCELLENCE TROPHY** - is awarded to all swimmers who participate in a minimum of six Club Nights and a minimum of three FNQ Carnivals and who compete at an FNQ Championships Carnival and win an individual age group place medal.

#### STINGRAYS PERPETUAL TROPHIES

Stingrays award a number of Perpetual trophies and awards each year. They are presented to Junior (10 years and under) and Senior (11 years and over) swimmers (age as at 31 December). In addition to awards below, additional trophies, medals or awards may be presented at the discretion of the Management Committee.

**CLUB CHAMPIONS** - awarded to the swimmers with the highest total points for all Club Night Series Swims (Junior & Senior; Male and Female).

**CARNIVAL COMPETITOR OF THE YEAR** - awarded to the swimmer with the highest total points for all FNQ meets, FNQ Championships and State and National Age Championships. Points are awarded as per meet entry conditions.

**CLUBPERSON OF THE YEAR** - based on points accrued throughout the season, awarded on all aspects of Club Participation, Training and Behaviour. - See page opposite for detailed criteria.

**VOLUNTEER OF THE YEAR AWARD** - decided by the Management Committee and goes to a parent/caregiver who has made an extra contribution to the club during the season.



## CLUB PERSON OF THE YEAR

To run from sign-on to season end, points will be tallied and top 5 will be announced with series awards.

(does not include winter club nights and short course carnivals)

1 point for each club night	1 point for attending carnivals
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No age limit. Any competing member is eligible and do not have to attend carnivals to be included.

### TOP 3 PB'S ON CLUB NIGHTS - POINTS ALLOCATED:

3 points top	2 points 2nd best	1 point 3rd best
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### TOP 3 PB'S AT CARNIVALS - POINTS ALLOCATED:

3 points for best	2 points 2nd best	1 point 3rd best
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Bonus point for a more than 5 sec PB for the 3 largest PB's

### BEST SUPPORTER AT CARNIVALS - POINTS ALLOCATED:

3 points for best	2 points for 2nd	1 point for 3rd
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This is to be judged by a different parent/committee member every carnival this way children are unaware and cannot play to the specific person every carnival.

Supporter includes helping teammates, cheering when club mates in the water, leading warm up and team cheering, supporting club mates (especially new people and young ones) making sure races aren't missed, helping club mates get ready for races, making sure everyone at marshalling on time, representing the club well at the carnival, (attitude, behaviour)

### BEHAVIOUR AND WILLINGNESS TO HELP AT CLUB NIGHTS:

3 points for best	2 points for 2nd	1 point for 3rd
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This to be judged by different parent, committee member weekly.

Helping with junior members, volunteering to help set up or pull down, running timekeeping slips for club night co-ordinator/race secretary, listening to instructions at marshalling.

### TRAINING/SQUAD POINTS AWARDED BY COACHES WEEKLY:

Attitude at training, readiness to complete sets as directed, readiness for squad e.g. changed, stretches done and warmed up, gear bag and water bottles at the ready.

For older squads completing sets with minimal supervision or direction from coach unless a technical set.

Also based on competitor agreement in handbook / swimmer contract.

3 points for best	2 points for 2nd	1 point for 3rd
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## LIFETIME STINGRAY AWARD

Awarded to any Stingrays swimming member who has achieved a minimum of seven years continual membership with the Club without a lapse and does not leave to join another club. They will be considered a 'Lifetime Stingray' on leaving. This was introduced in 2022 and retrospectively recognised all members that qualified the criteria.



## CARNIVAL INFORMATION

Cairns Stingrays members are encouraged to compete at carnivals throughout the region. FNQ RSA devises and distributes the annual calendar of events, with a brief short-course season (25m pool) from May to August, and the main long-course season (50m pool) which kicks off in September and runs till the championships finale in April, with a summer break. Cairns Stingrays usually hosts a short-course, and a long-course carnival - sometimes two long-courses - a Transition, for all abilities, and a Preparation, usually prior to a State Meet for qualifying times.

An adult must stay at carnivals with your child and be available to help out with timekeeping. It is essential all families help with timekeeping at all carnivals they attend as timeslots are allocated in proportion to the number of swimmers that have nominated from the club. Information 'Flyers' for each upcoming Carnival are circulated to members via email or located on the FNQ website, containing a link that will take you to the online nomination process. All nominations are to be done by the parent on behalf of their child online through this system. All members will need to have a Swim Central login. You will also be required to submit payment via Visa / Mastercard. Please contact our Race Secretary Alice Foote, or contact another committee member if you would like any assistance with this process.

### IMPORTANT POINTS FOR CARNIVAL NOMINATIONS:

No nominations will be accepted after the closing date displayed on the flyer.

Please do not nominate for a carnival if you do not



intend to go as the club job roster (eg for timekeeping) is based on the number of swimmers who have nominated not necessarily the number who attend.

Carnival nominees should also be prepared to be available for inclusion in any relay races that may be held at an event - there is no additional cost to the member to take part, cost is paid by the Club. Swimmers will be carefully considered by the coach on performance based criteria.

Before nominating for events at carnivals, please speak with your coach about suitability for the events you wish your child to race in.

To compete in any FNQ Championships YOU MUST have times for all events being entered.



## Club Code of Conduct

Cairns Stingrays Swimming Club endorses the Swimming Australia Member and Child Welfare Policies and Procedures, including Code of Conduct. Full Swimming Queensland / Swimming Australia Policies, Procedures and Rules are available from the Swimming Queensland website [www.qld.swimming.org.au](http://www.qld.swimming.org.au).

### SWIMMING AUSTRALIA GENERAL CODE OF BEHAVIOUR AND ROLE SPECIFIC CODES OF CONDUCT

Each organisation and individual bound by this Policy should abide by these Codes as guidelines for acceptable behaviour.

#### ATHLETE CODE OF CONDUCT - AN ATHLETE WILL:

- ✓ *Play by the rules;*
- ✓ *Not argue with an official and always use the appropriate rules and guidelines to resolve a dispute;*
- ✓ *Control his or her temper;*
- ✓ *Not verbally abuse or sledge officials or other Athletes;*
- ✓ *Not deliberately provoke, bully or take unfair advantage of another competitor; Work equally hard for him or herself and their team;*
- ✓ *Be a good sport and applaud all good performances whether they are made by his or her team or the opposition;*
- ✓ *Treat all participants in the sport as the Athlete would like to be treated;*
- ✓ *Cooperate with his or her coach, team mates and opponents;*
- ✓ *Participate for his or her own enjoyment and benefit and not just to please parents and coaches; and*
- ✓ *Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.*

#### PARENT / GUARDIAN CODE OF CONDUCT - A PARENT OR GUARDIAN WILL:

- ✓ *Remember that children should participate in sport for their enjoyment and not of the enjoyment of parents or guardians;*
- ✓ *Encourage children to participate but will not force them;*
- ✓ *Focus on the child's efforts and performance rather than winning or losing;*
- ✓ *Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence;*
- ✓ *Never ridicule or yell at a child for making a mistake or losing a competition;*
- ✓ *Remember that children learn best by example;*
- ✓ *Appreciate good performances and skills by all participants;*
- ✓ *Support all efforts to remove verbal and physical abuse from sporting activities;*
- ✓ *Respect officials' decisions and teach children to do likewise;*
- ✓ *Show appreciation for coaches, officials and administrators as without them children could not participate;*
- ✓ *Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.*

## STATEMENT OF COMMITMENT

Cairns Stingrays Swimming Club Inc. is committed to the health, safety and general well-being of all its members. The organisation is dedicated to providing a safe environment for our members and of service providers participating in our activities.

Sport in Australia is held as a positive influence that enriches the lives of all who are involved. As Australians, we greatly value this essence of sport in our culture and our community, and we all have the right to enjoy our sport, at whichever level we participate. This Policy is an essential part of our organisation's proactive and preventative approach to tackling inappropriate behaviour relating to children.

As a sport, we are proud to lead the way in ensuring safe and harassment-free sport for all of our competitors, coaches, officials, administrators, volunteers and supporters.

Cairns Stingrays Swimming Club Inc. believes that the welfare and protection of children is the responsibility of each individual and organisation within the swimming community. Cairns Stingrays Swimming Club Inc. recognises that everyone has a part to play in looking after children with whom they are working, or come into contact, and we are committed to the following principles:

- 🏊 *The child's welfare is the first and foremost consideration*
- 🏊 *All children have the right to be protected from abuse*

It is our commitment to ensure that everyone associated with Cairns Stingrays Swimming Club Inc. complies with the Child Welfare Policy and the guiding principles of child welfare.

## STINGRAYS SWIMMING CLUB COMMITTEE ROLES

### PRESIDENT -

*JASON SALECICH*

The public face of the club who liaises with Local Government, Community Groups, Swimming Organisations, Stingrays Members and prospective members; prepares agendas and chairs meetings.



### CLUB NIGHT COORDINATOR -

*ALICE FOOTE*

Sets the Club Night schedule for the season and weekly events; manages Friday Club Nights; responsible for the correct data entry on Team & Event Manager Programs; organises awards.



### VICE-PRESIDENT

*PETER CLARK*

Assists the President where required and performs the President's role in their absence; proactive member of the committee.



### RACE SECRETARY - ALICE FOOTE

Complies with all requirements for Carnival Nominations; provides details of upcoming meets to club members.

### SECRETARY -

*AMANDA MATTSON*

Processes and actions club 'Correspondence In and Out' (both paper and electronic) through the collection of mail from the club post-box and of emails; a hands-on member of the committee who takes meeting minutes and is involved in general organisation of club activities.



### UNIFORMS & MERCHANDISING -

*VICKI STEWART*

Keeps record of merchandise in stock, orders in new stock when needed, sells and receipts clothing to members, attends committee meetings when relevant.



### REGISTRAR -

*KIM CRACKNELL*

Responsible for managing the registration of all club members using Swimming Queensland's 'Swim Central' website and maintaining club member information.



### NEWSLETTER & PUBLICATIONS -

*MARTYN FOOTE*

Prepares and publishes newsletters, carnival results and other special publications, including photography, as a visual record of Club activities; creates and provides certificates for presentations, and other graphic applications including updating the website.



### TREASURER -

*LYDELL BECK*

Collects and disposes of money, pays creditors, keeps adequate financial records, manages banking and transactions, produces financial reports for committee meetings, AGM's and annual audit; organises cash for events; plays active role in committee meetings. Treasurer's sub-role - collects Club Night and carnival door entry money.



### SOCIAL MEDIA COORDINATOR -

*AMBER WATERS*

Communicating all relevant and sponaneous goings-on in the Club via online social media methods, keeping our online presence active and lively, and members informed.



### FUNDRAISING &

**GRANTS OFFICER -**

*AARON CRACKNELL*

Sources and applies for alternate funding revenue avenues to augment our club fund-raising efforts in order to assist and improve the facilities of the club, and funding for swimmers and coach training for state meets.



### KITCHEN COORDINATOR -

*JULIE PAGE*

Oversees the Club's kitchen facilities; organises club night food rosters, keeps food stocks maintained or ordered, and manages food prep for carnivals.



### FNQ DELEGATE - PETER CLARK

Attends FNQ Regional Swimming Association meetings and reports back to the Stingrays Committee.

All committee members are urged to attend committee meetings regularly, for the smooth running of the Club's management.



## SWIMMING SQUAD TRAINING

Cairns Stingrays Club Membership goes hand-in-hand with swimming squad training at Woree Pool. The pool's lessee, Woree Sports & Aquatic Centre, provides high quality Squad Training at an affordable price. Aply coached by Ryo Kito.



**HEAD COACH - RYO KITO**

Squad Training is the natural progression from our 'Li'l Stingers' Learn-to-Swim programme.

Squads are divided into levels based on ability and commitment. The four core components of the Squad program are stroke development, personal development, intellectual development and values.

Squad categories are:

**Skate Rays** - Junior development program from 8-12 yrs old. Skate Rays are to attend 2-4 sessions a week.

**Tiger Rays** - mixed development program for 11yrs and older. Tigers are to attend 1-4 sessions per week.

**Leopard Rays** - Junior development program from 11-14yrs old. Swimmers develop race techniques. Leopards are to attend 3-6 sessions a week.

**Eagle Rays** - senior development squad for competitive swimmers 14yrs and older. Eagles attend 4-6 sessions a week.

**Manta Rays** - senior top squad. State competitors, National and International. 18+ hrs of swimming and up to 10hrs of land based training.

Please see the Woree Sports and Aquatic Centre website for the squad swimming timetable.

All Swimmers should bring their goggles and water bottle to training. Other equipment such as kickboards, fins, paddles and pull-buoys may also be recommended at certain stages during training - Stingrays owns a small quantity of communal use equipment in case of emergency. All swimming gear is stored securely in a lockable storage cage at the pool end and can also be used by members to store their own equipment between sessions. Please make sure swimmers' gear is named clearly.

## SWIMMING EXCELLENCE PROGRAMS

### AUSTRALIAN JUNIOR EXCELLENCE PROGRAM (JX)

The Australian Junior Excellence (JX) program recognises performances of swimmers aged 9 - 13 to encourage and inspire the next generation of competitive swimmers.



Within the JX program, junior swimmers strive to achieve gold, silver, bronze or blue standard times when they compete throughout the year, with swimming clinics offered throughout the year in every state and territory.

Bio Island's philosophy to inspire Australians to live a healthy and active lifestyle aligns with Swimming Australia's ideals, so we sincerely value this partnership and hope it will continue to strengthen across the course of the program until 2022.

For doing so, qualifiers receive special recognition by way of:

- A JX prize pack including a cap, poster and certificate
- Have their name published on the JX website

### HISTORY OF THE PROGRAM

The Junior Excellence Program was established in 2007 to recognise, reward and incentivise junior swimmers who are on part of their swimming journey, learning and refining as they develop into senior swimmers. Each year Swimming Australia releases the JX criteria and standards for the forthcoming season which swimmers, parents and coaches can use as targets throughout the year.

Swimmers aged from 9 to 13 years, who accomplish times set by Swimming Australia, qualify at gold, silver, bronze or blue standard, depending on their best performance/s during the season.

All 'approved' swim meet results are loaded into the Swimming Australia's Swim Central and used as results towards an overall award for each individual swimmer. At the end of the qualification period, Swimming Australia will publish the JX results on the website.

JX qualifying times are available on the Swimming Queensland website: [www.qld.swimming.org.au](http://www.qld.swimming.org.au)



## USING OUR WEBSITE

Our Stingrays website contains a wealth of relevant information, background material and continually updated resources - go to: [cairnsswimming.com.au](http://cairnsswimming.com.au)

The screenshot shows the website's navigation menu with red circles around the links: Home, About, Fees & Join, Club Nights, Calendar, Newsletters, Contact, and Sponsors. Red arrows point from these links to callout boxes:

- Home:** Our homepage includes links to our other resources - Flickr for photos, Vimeo for videos, and our YouTube channel.
- About:** the About page has some background history of the club, and also outlines our club rules.
- Fees & Join:** Fees & Join gives a breakdown of our fee structure, explains the Dolphin program, has a link to the official swimming.org portal for joining, and has our Medical and Media Policy Form.
- Club Nights:** Club Nights - has explanatory information, and a comprehensive listing of each club night listing events which also gets updated each week with the results, and a photo gallery.
- Calendar:** Calendar lists all scheduled events in Google Calendar format and can be saved to your own calendar for convenience.
- Newsletters:** Newsletters: the page where you can download our monthly newsletters, the carnival results, and other publications or material we create for members' benefit. Also contains previous years' archives.

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



## USEFUL LINKS



FNQSA - including links to the regional calendar and downloadable programs and results:  
[fnq.swimming.org.au](http://fnq.swimming.org.au)

Swimming Queensland:  
[qld.swimming.org.au](http://qld.swimming.org.au)



Swimming Australia:  
[swimming.org.au](http://swimming.org.au)



FINA - includes information on the International Point Score (IPS) used for determining eligibility for various Regional and State Development Squads: [fina.org](http://fina.org)