



Cairns Stingrays News

October 2014

Committee Contacts 2014/15

PRESIDENT

Jason Salecich

VICE PRESIDENTS

Jenny Waters

Simon Hallett

SECRETARY

Natalie Grainer

cairnsstingrays@hotmail.com

TREASURER

Debbie Lucas

treasurer@cairnsstingrays.com.au

REGISTRAR, NEWSLETTER & PUBLICITY

Martyn Foote

publicity@cairnsstingrays.com.au

Grants Officer

Frank Grainer

CLUB NIGHT COORDINATOR & Race Secretary

Alice Foote

UNIFORM COORDINATOR

Aneta Hallett

cairnsstingrays.com.au



Woree Pool

4054 6964



The Stingrays Carnival in early evening twilight as the last few events are being staged.



From the President

Well the season is on in earnest and I am very proud to see how many kids are coming to club night and competing at carnivals. We have been one of the strongest represented clubs at all carnivals and kids and parents you are the reason so I commend you all on that. The Stingrays

Carnival has come and gone and despite my own dramas with my two who decided to get very sick the night before and lay on the ground for the carnival all the kids that did swim did exceptionally well. Thanks to all of the parents who made it a successful carnival and we will let everyone know re the financial benefit shortly.

The shirts are here and we were lucky enough to launch them at the recent Atherton Carnival. We are officially the coolest team on the block and they look awesome. Thanks Martyn for your tireless efforts and Anita for going around late and picking them up. So wear the shirts proudly Mums, Dads and swimmers and don't be afraid to wear them outside carnivals and club nights as they are truly great promotion for our club. In saying that we have one rule and that is every Stingrays has a club cap to swim in. If your child is competing in carnivals can you please ensure you purchase a cap and that they wear them at carnivals.

Well it wont be long and I will be talking about Christmas parties and breaks before the New Year. We have a few club nights and carnivals before then so swim hard kids as I know this is generally a tough time of the year with school and other pressures.

See you all at club night in your awesome Stingrays Shirts.

Regards –

Jason Salecich (President)

In this month's edition

.....	
President's Word	p.1
.....	
Club Night info	p.2
.....	
Club Night	
upgrades	p.2
.....	
Report: Mareeba	
Carnival	p.3
.....	
Report: Stingrays	
Carnival	p.4
.....	
Report: Dimbulah	
Carnival	p.5
.....	
Date Claimers	p.6
.....	
Carnival Knowledge	
	p.6
.....	
Useful links	p.6
.....	
Our Sponsors	p.6

Club Night matters

Thank you to all families and parents/ carers for your diligence at Club Nights; we are aware sometimes that it can seem like organised chaos, what with kids going to and fro, orders for food, marshalling, and they usually want to socialise with their friends in between all of this... that could be the very signs of a healthy club scenario, where people feel at ease with each other. We also want everyone to enjoy their time coming to our evenings, and we know that we require help from parents to timekeep and various other jobs to make it all run smoothly, which can take parents away from their children and make things seem a bit fragmented...

We like to see parents getting involved, and perhaps appreciate the sometimes hectic and stressful aspects of making it all run smoothly; one area that is very stressful is the Race Coordinator's task, who's job, although it is computerised, depends on the uninterrupted flow of the correct information from all the timekeepers, feedback from marshalling about any events that are combined at the last minute, and hopes to goodness that the computer program doesn't crash through any number of different means! This all suggests that interruptions in and around the Recorder's Box on the stand be kept to a minimum, and should ideally be considered out-of-bounds to anyone not on official club business – an open door is NOT NECESSARILY an open invitation! (it may just mean it is hot and stuffy and in need of airflow...)

One positive development that we are looking into is the use of Meet Mobile for our Club Nights – Carnival goers are already familiar with the convenience of following race results almost immediately directly on their mobile phones; this technology can easily be implemented for our use in the club. See article in blue box opposite:

Shirts have arrived!



You will no doubt be very pleased to learn that our new shirts have arrived - and they look spectacular! All members who have pre-ordered them will be able to receive them at the next Club Night. Atherton Carnival goers were pleasantly surprised at the surprise "delivery" brought up "hot off the ship" and unpacked there and then.

Follow your Club online

With Meet Mobile app on your phone you can receive instant results of every team member as they compete at each swim meet as they happen; see their placement, see their improvement time (over their previous recognised swim times), and keep track of their rivals' progress. Results are searchable, and include all recognised swim meets nationally and internationally. This facility has been available for anyone to use at the carnival meets so far this season, and is a great way of getting feedback on your child's efforts.



Upgrades

The following swimmers were awarded upgrades from 25m to 50m over the last month:

Kelsey Orchard	to 50m Freestyle
Kelsey Orchard	to 50m Backstroke
Kelsey Orchard	to 50m Breaststroke
Ezlan Bergey-Bray	to 50m Freestyle
Edward Diola	to 50m Freestyle
Fyn Sharpley	to 50m Freestyle
Fyn Sharpley	to 50m Backstroke
Fyn Sharpley	to 50m Breaststroke
Fyn Sharpley	to 50m Butterfly
Lachlan Salecich	to 50m Freestyle
Lachlan Salecich	to 50m Backstroke
Owen Hallett	to 50m Freestyle
Owen Hallett	to 50m Backstroke
Edward Orchard	to 50m Freestyle
Edward Orchard	to 50m Backstroke
Edward Orchard	to 50m Breaststroke
Lovelyn Kopeap	to 50m Freestyle
Connor Larsen	to 50m Freestyle
Issayah M-K	to 50m Breaststroke
Fidelma Powi	to 50m Freestyle

Well done to everyone on your achievements - and keep improving!

Upgrade benchmark times reminder

The following table lists the times in each stroke for swimmers to achieve in order to qualify to upgrade; if these times are bettered on two occasions we will issue that swimmer with an upgrade certificate. We deem that their ability is sufficient to move to a 50m distance, and while this may be a struggle for some initially, with practice and effort it should become easier – it is all about confidence-boosting and a sense of achievement.

25m benchmark times

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

Back-to-back Carnival time

October is reknowned as the peak month for carnivals and there can often be swim meets every weekend. This year there were three smaller-scale one-day 'B' Carnivals, including our own; our club was definitely well represented at all of these, and our camaraderie and enthusiasm is getting to be one of our strengths.

Mareeba LC Carnival

Held at the Mareeba Memorial Swimming Pool on a Sunday, after a 1 hour drive to arrive around 8am, for a 9am start, saw a very healthy Stingrays contingent of 29 swimmers in an expected total of 146 entries. We were the largest club in numbers aside from the host club, out of a total of ten regional clubs attending.

This was the first carnival attended by many of our newcomers, with nine new Stingrays in total getting their first official times. The remaining stalwart members achieved a 58% improvement in their times, with medals and ribbons won according to the chart below; Mareeba offered medals for 100m and longer distance races, while ribbons were awarded in the 50m races. All age 8 and Unders swimming in the 25m events received Participation Ribbons for each event they swam.



	Medals			Ribbons		
	G	S	B	1	2	3
Amber	3		2	3		
Sam	3		1	3		
Emilee	2			3		
Adam	1	1		1		2
Triton	1	1				1
Keely	1		1	2		1
Nathan		2	1		1	2
Ben		2			2	1
Daniel		1	1	1		1
Kali		1			1	2
Neve		1				2
Grace			1			
Brock				2	1	
Clay					1	
Jane-Lee						1



Zara, Susan, Madison & Natalie posing in their matching togs after their backstroke.



Brock swimming his 50m breaststroke



Ezlan in the Boys 8 & Under 25m breaststroke

MAREEBA LONG COURSE MEET

DATE: 12 Oct:

VENUE: MAREEBA POOL

29 PARTICIPANTS: Adam

Foote; Amber Waters; Ben Waters; Brock Salecich; Clay Salecich; Daniel Footo; Emilee Salecich; Emogen Bergey; Ezlan Bergey-Bray; Flynn Riordan; Grace Grainer; Jane-Lee Pregl; Jenna Mattinson; Kali Houlihan; Kate Gould; Keely Salecich; Kyle Lucas; Lachlan Salecich; Madison McDonald; Mitchell Wilkes; Natalie Beck; Nathan Footo; Neve Houlihan; Owen Hallett; Sam Tress; Sandra Eustice; Susan Hutchins; Triton Smith; Zara Hallett

Participation Ribbon	#
Jenna	2
Madison	3
Natalie	2
Susan	3
Zara	3
Ezlan	3
Kyle	3
Lachlan	2



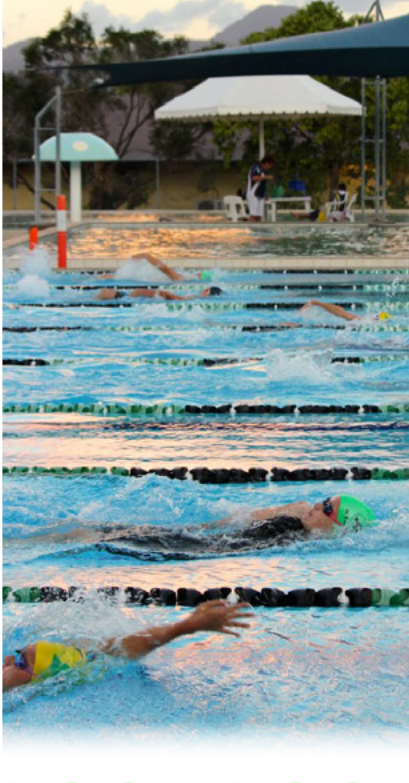
Mitchell (below) and Clay (right) swimming in adjacent lanes in the Boys Open 50m breaststroke



Kali, Neve and Emogen pushing off at the start of their Open Women's 50m backstroke event

Stingrays Twilight Carnival

Amber (foreground) and Kate (farthest lane) swimming 50m backstroke towards early evening



Cairns Stingrays LC Carnival

Our own carnival proved to be a great success! We followed last year's format of a twilight meet, but starting an hour later to extend into early evening. We had 12 clubs participate including ourselves, putting forward a total of 168 swimmers (officially, less scratchings on the day) - a good turnout, and we put up the most athletes - 38 listed to race, but had seven scratchings due to illness. Apart from the regulars, together with the newbies who came along to Mareeba the previous week, we had an extra 7 members swimming their first carnival with us.

Medals were awarded for all 50m and 100m Open events, while longer distances were for times only. Our swimmers' medal tally is as per the table shown; special mention should go to Amber Waters for her achievement of 7 golds, continuing her success from Mareeba. A participation medal was given to all 8 & Unders swimming their 25m events.

We staged two Relay events - the Freestyle relay, and the Individual Medley relay for swimmers aged 11 & Under, for which we put forward a girls' team in both; unfortunately we could not present a Boys' team on the day due to scratchings. The Girls put in an excellent effort coming second in each race... well done girls!

The carnival finished at the predicted time of 7pm, with the last few events staged under twilight conditions and floodlights, making for a very pleasing "cooling off" to the day.

CAIRNS STINGRAYS LONG COURSE MEET

DATE: 18 OCT: VENUE: WOREE POOL

38 PARTICIPANTS: - 6 NON-PARTICIPANTS ON THE DAY (SHOWN IN BRACES): Adam Foote; Amber Waters; Ben Waters; Blake Strahan; (Brock Salecich); Charlie Smyth; Claudia Sharpley; (Clay Salecich); Daniel Foote; Edward Diola; Edward Orchard; Ella Diola; (Emilee Salecich); Emogen Bergey; Ezlan Bergey-Bray; Flynn Riordan; Fyn Sharpley; Grace Grainer; Jane-Lee Pregl; Jenna Mattinson; Kali Houlihan; Kate Gould; (Keely Salecich); Kelsey Orchard; Kyle Lucas; (Lachlan Salecich); Laura Wilkes; Natalie Beck; Nathan Foote; Nefi Green; Neve Houlihan; Madison McDonald; Mitchell Wilkes; Owen Hallett; Sam Tress; (Sandra Eustice); Susan Hutchins; Zara Hallett

Medals	G	S	B
Amber	7		
Sam	3	1	2
Kali	3		1
Kate	3		
Nathan	1	2	2
Daniel	1	1	3
Edward D	1	2	
Ella	1		
Neve		4	2
Adam		2	3
Ben		2	3
Edward O		1	1
Jane-Lee			3
Ezlan			1
Laura			1

Participation Medal

Jenna
Madison
Natalie
Susan
Zara
Blake
Edward D
Ezlan
Kyle

Charlie swimming her 50m Breaststroke



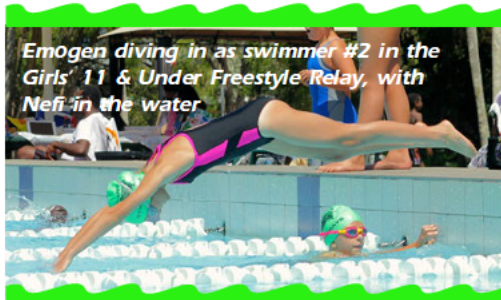
Newcomer Edward in the Boys' Open 50m Butterfly



Ella in the Girls' Open 50m Breaststroke



Emogen diving in as swimmer #2 in the Girls' 11 & Under Freestyle Relay, with Nefi in the water



Kelsey dives in as swimmer #4 in the Girls' 11 & Under Medley Relay



...as Emogen finishes the butterfly leg

Dimbulah Carnival

Dimbulah LC Carnival

The weekend after our carnival involved the drive west early Sunday morning for the 8:00am start of Dimbulah's carnival. We had another good turnout of athletes - all regulars now and no newcomers, although 15 of our 145 race entries were "No-Timers" - NT, having no previous times. The meet attracted nine regional clubs with an all-up attendance of 150 participants.

One of the day's highlights were the relays just before lunch; these were 200m mixed freestyle, in 12 & Under, and Open age categories. Mixed meant they had to consist of two boys and two girls; we had enough swimmers to make up 4 teams, so we had an A and a B team in each age category. In some exciting racing, both of our A teams came first, with our 12 & Under B-Team coming a respectable fourth (out of ten teams), and the Open B-Team coming sixth (out of eight teams).

The impressive medal and ribbon tally speaks for itself with a really good 'take-home haul'. Their awards structure was a little different to others, in that they offered medals to the 8-yr-old category swimming 25m, giving that age group the chance to win a medal on their own merit. Medals were given for 50m events while ribbons were awarded for all longer distances.



Racing kicked off with the combined event, the Girls' and Boys' Open 400m IM; there were only 4 competitors - all Stingrays. From left is Ben, Sam, Triton and Amber

DIMBULAH LONG COURSE MEET

DATE: 26 OCT:

VENUE: DIMBULAH POOL

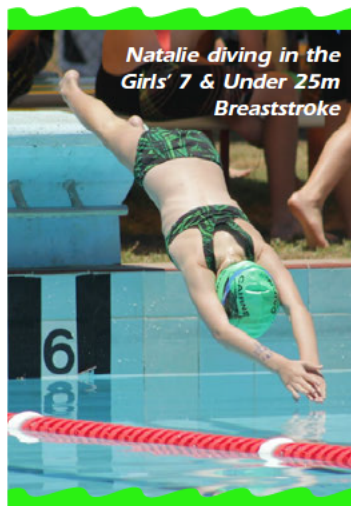
27 PARTICIPANTS: Adam Foote; Amber Waters; Ben Waters; Brock Salecich; Clay Salecich; Daniel Foote; Edward Diola; Ella Diola; Emilee Salecich; Flynn Riordan; Jane-Lee Pregl; Kali Houlihan; Keely Salecich; Kyle Lucas; Lachlan Salecich; Laura Wilkes; Natalie Beck; Nathan Foote; Neve Houlihan; Madison McDonald; Mitchell Wilkes; Owen Hallett; Sam Tress; Sandra Eustice; Susan Hutchins; Triton Smith; Zara Hallett

	Medals			Ribbons		
	G	S	B	1	2	3
Amber	3	1		3	1	
Emilee	3	1		3		
Nathan	3	1			3	
Edward	3					
Ella	2	2				
Sam	2	1		3		
Keely	2	1		1		1
Kali	1	2	1	1		
Madison	1	2	1			
Adam		4			4	
Brock		3			1	
Lachlan		2	2			
Daniel		1	3	1		1
Jane-Lee		1	1		1	1
Laura			3			
Neve			1	2	1	1
Ben			1	2		
Triton			1		3	1
Clay			1			1

Participation Ribbon	#
Natalie	3
Susan	3
Zara	3



Kyle in the Boys' 8yr 25m Freestyle



Natalie diving in the Girls' 7 & Under 25m Breaststroke



Susan in the Girls' 7 & Under 25m Freestyle



Laura in the Girls' Open 50m backstroke



Adam (above) and Triton (right) in the Boys' 200m Breaststroke



Kali (yellow cap) and Amber (background) diving at the start of the Girls' Open 50m Freestyle

Stingrays Date Claimers

- CLUB** Fri 7 Nov Club Night #6
- Sat 8 Nov TAS B-Qualifier Carnival
- CLUB** Fri 14 Nov Club Night #7
- TAS A-Qual Carnival - **Nominations Close**
- CLUB** Fri 21 Nov Club Night #8
- Sat 22-23 Nov TAS A-Qualifier Carnival
- CLUB** Fri 28 Nov Club Night #9
- Malanda Carnival - **Nominations Close**
- CLUB** Fri 5 Dec CHRISTMAS BREAK-UP PARTY
- Sun 7 Dec Malanda Carnival

Carnival Knowledge

There are three more carnivals between now and the Christmas holiday break; here's the lowdown on what they are;

TAS B-Qual - this has replaced the previously scheduled Central Cairns Carnival; all 50m and over events, aimed at improving and obtaining qualifying times, there are no medals but cash prizes for top 3 placegetters - all Open events, no age distinction. Other prizes of chocolates.


TAS A-Qual - A 2-day meet of 50m and over events; a mixture of all standard events, some with age restrictions and competent abilities; a good selection of relay races, and medals awarded to top 3 placegetters, no age distinction, except for specific 50m events which will be multi-aged; relays have chocolate prizes.

Malanda - An excellent family-friendly meet with races for littlies.

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:-

cairnssstingrays.com.au

 [cairnssstingrays swimming club](https://www.facebook.com/cairnssstingrays)

 [Li'l Stingers](https://www.facebook.com/lilstingers)

www.woreepool.com

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

www.mudcrabs.org.au

www.cairnscrocs.org.au

<https://www.flickr.com/groups/cairnssstingrays/>

to view photos of Stingrays swimmers taken at the regional carnivals. You will need to become a member of the Flickr community and then request to join the group.



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