



Cairns Stingrays News

Swimming Club

March 2014

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Woree Pool
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Kate Gould swimming in the Girls' 10 & Over freestyle at the FNO Championships



From the President

Well Swimmers and Mums and Dads the official season has ended but as mentioned earlier we hope to conduct some club nights through the winter period in keeping swimmers prepared for the winter short course carnivals etc. We will ensure we give a couple of weeks notice as to when these will occur.

MS Swimathon – Congrats to all swimmers, non swimmers and parents that came and supported on the day. I was very a proud Dad and President and it was great to see our swimmers getting on so well and working together as a team. I have always said that the Stingrays will be a family friendly club with plenty of spirit and that was clearly displayed at the Swimathon. For those interested, our team won the most laps swum in 12 hours – that being 741. We also won the hour of power where we completed 76 laps in one hour. Doing sprints in the tenth hour of the event was extremely hard and we all muscled up and got the job done.

For some reason there were no kids at Squad on Monday... LOL??

Jason's Thought for the Day – What would you rather remember? The feeling you have when you give feeble excuses or the feeling you get when you achieve what you set out to do?

Train hard have fun and see you all down at the pool soon.

Regards –

Jason Salecich (President)

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"Dive, dive, dive..."



Emilee - Girls' Medley Relay Team member #3 dives over Jane-Lee

President's News Column

Coaching News

Well unfortunately I have to report that Pat our very new coach will be leaving us for personal reasons. It is unfortunate but I am sure all of you know by now I don't give up easy and I am committed to ensuring we get our coaching right moving forward. Nathan is more than capable and will carry out this duty as he did before and I will report back when I have some more idea on where we go from here. I am also going to the Gold Coast at the end of this month to get my bronze coaching certificate as well. So you had better behave for Nathan kids or you might end up with grumpy old me as your coach and that would be scary wouldn't it.

Presentation Day

Dont forget to let us know if you are coming. Natalie will be sending details out and we would ask parents confirm with us so we can ensure we cater correctly etc. We would love to see all of our members down at the Esplanade enjoying the day and acknowledging our swimmers who have excelled throughout the year. (See promo, back page)



Adam swimming 100m breaststroke



Keely in her 100m breaststroke



Daniel swimming breaststroke in the Boys' medley relay

FNQ Champs

The final meet of the season, and the culminating event to everyone's efforts where all the region's clubs should be represented. It was held over two days, friday night featured the longer distance races which saw five of our members attend. Saturday was the main day kicking off with the parade at 9am. We sported our stingray hats and also the addition of our giant stingray for this year. Although this was quite an imposing spectacle it did not gain us the award for best presented club this time unfortunately.

As for our participants' performances, they all did excellent jobs in their events – out of 70 event entries we only had 3 non-swims, and 3 DQ's

FNQ LONG COURSE CHAMPIONSHIPS

DATE: 7-8 MAR: **VENUE:** SMITHFIELD POOL

14 PARTICIPANTS: Adam Foote; Amber Waters; Ben Waters; Daniel Foote; Ella Diola; Emilee Salecich; Grace Grainer; Jane-Lee Pregl; Kate Gould; Keely Salecich; Nathan Foote; Nefi Green; Owen Hallett; Sam Tress



Well done to the Woree Sports & Aquatic Team which comprised several Stingrays members – and adults! – for achieving the most number of laps (741: which is the equivalent of over 37km!) over the course of the 12-hour event to raise money for Multiple Sclerosis.

Congratulations on a fantastic effort by all involved.



The Girls 12 & Under Medley Relay: Jane-Lee dives in as the second swimmer, with Keely finishing her backstroke leg and Grace awaiting the final leg.



Nefi in her 50m breaststroke

(disqualifications); 27 were P.B's (personal-bests) with an average improvement of 2.9s, compared with a worse-time average of 2.5s over 37 swim events – so a net positive outcome & general improvement; good effort on the day!

We also entered four teams into the relay events – a 12-&-Under girls', and a 12-&-Under boys' team of four in both the freestyle and the Medley relays; while results weren't the best it made for beneficial practice and somewhere to improve from.

Age-group	1	2	3
Emilee (8yr)	3	1	
Kate (17&O)	1		
Daniel (8yr)		1	
Ben (12yr)			1



Owen swimming his 50m freestyle

Placement results shown (table, above-right), show medal winners on the day. Additional awards such as Age Champions will be awarded at the FNQ Annual Awards Presentation to be held on the 17th May.



Amber in her 100m breaststroke



Sam swimming freestyle in the Medley Relay



Nathan swimming his 50m freestyle



Grace swimming the freestyle leg of the Girls' medley relay



Ben in his 100m freestyle



Emilee swimming her 50m butterfly



Ella in her 50m butterfly



Cairns Stingrays Swimming Club

Presentation Day

Saturday 10th May

Stingrays will be holding its Club Break-Up Party + combined trophy presentation and Annual General Meeting on the revised date of Saturday 10th May, location the Esplanade adjacent to the lagoon, from 2pm onwards. A BBO lunch will be provided, but cakes, fruit and other healthy snack options are welcomed from parents in order to make it an enjoyable family occasion.

This is the last official event in the season's calendar where all members who have participated will receive awards and medals according to their achievement, in line with our constitutional requirements as outlined in the Handbook.



Club Night Series Awards #4

Our fourth Series Awards were presented on Friday 4th March, to the top ten most improved swimmers over the previous four weeks. Nefi Green achieved the most points and was awarded the personalised towel.

Well done to everyone! (Lana & Sam not featured).

Pos	Name	Pts
1	Nefi Green	41
2	Natalie Zwart	38
3	Natalie Beck	37
4	Rachael Leeson	36
5	Jane-Lee Pregl	33
6=	Lana Gentle	32
6=	Adam Foote	32
6=	Neve Houlihan	32
9	Owen Hallett	31
10	Sam Tress	30



Stingrays Date Claimers

Sat 10 May Club Break-up Party, Presentation & AGM

Cairns Stingrays Swimming Club wishes to thank our Major Sponsor—Lennon Cairns Chartered Accountants



Stingrays would also like to thank the following local businesses that support us:

Cazalys Cairns



Snap Printing



Footprint Design



Rusco Colortek

Norweld

Trinity Auto Group

IGA Woree

Bunnings Warehouse

Great Adventures

Southside Quality Meats

Bayview Gardens Newsagency

Big Cat Cruises

Paronella Park

Cairns Golf Club

Cairns Wildlife Safari

Swimart, Southside Shopping

Village Woree

The Wax Pot, Woree

Stella Florist and Gift Gallery

Southside Shopping Village Woree