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Woree Pool

4054 6964

State Championships Edition



STINGRAYS STATE TEAM MEMBERS GROUP PHOTO
AT THE BRISBANE AQUATIC CENTRE



Well Stingrays as the competition year winds down it is important to remind swimmers and parents that the swimming year never does. As our young swimmers grow teaching them the simple messages about the sport is very important. So heres a few I thought of earlier:

- ◆ Like everything in life you only get out of it what you put into it
- ◆ The race at the carnival is the performance but all the hard work is done at the dress rehearsals (training)
- ◆ You will race how you train.
- ◆ Never make it about being the best just about being YOUR best.

I have hundreds of them but the overriding statement is that commitment, hard work and teamwork will help them achieve their best. Just as importantly parents the level of commitment for you is also high and as swimmers age so too must their sessions of training to compete in a very tough sport. From our kids that need to go from once a week to twice or three times a week to our elites who have to push up to nine sessions a week this can't happen without the support of parents.

OK thats enough of that I look forward to FNQ Champs and Stingrays punching above their weight and then we will be having our movie night, MS Swim-a-thon and our presentation and camping trip of which all details will be out shortly. Stay tuned for more details.

Regards –
Jason Salecich (President)

Club News

The last club event for the 2016 year was our Christmas Party Break-up held on Friday 2nd December. It was a fine evening and we had a good turn out of members with a great range of food contributions for the communal table.



Alice An looking very festive

It was mostly an informal gathering around some eats and general socialising but once that was out of the way Jason organised the kids into a bit of seasonal activity with a competitive treasure hunt in groups, where they had to find answers to a sheet of cryptic clues hidden around the pool grounds.

Finally it was time for Santa to arrive and hand out the presents to all the kids - which took a while considering the number of members now... and it all ended as it has done each year recently - with Santa getting dunked and mobbed in the pool by a load of hyped-up excited kids!



Jason talking with Greg Lennon - our long-standing club sponsor, Greg Lennon Accountancy Services.

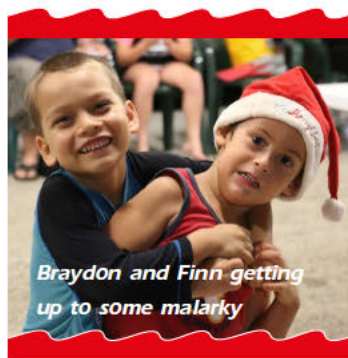


Left-below: Greg and Maggie from Len-nons & Associates.

Right: One of the club's Life Members, Ann-Marie Price - benefactor of the Ann-Marie Price Breaststroke Trophy.



Quiet-time while everyone is eating their plates of food



Braydon and Finn getting up to some malarkey



Coach Nathan gets his gift - and treat to sit on Santa's knee

Raffle winner

Congratulations to Grace Grainer who won the wheelbarrow of goodies in time for Christmas - I dare say she shared it with family too? (Frankie gets the wheelbarrow!)



Jim, as - himself, in his santa hat and festive shirt, before he mysteriously disappeared early in the



The communal table of delights

Malanda Carnival

Malanda's 'Tropical Christmas Short Course Family Meet' has always been a very popular swim carnival for our club - traditionally being the last one before the holiday break-up, this time being held on a Saturday rather than a Sunday. It is a short course pool and suits a lot of the littlies doing 25m races from end to end, and gives the older ones good turning practice!

Weather was fabulous the entire day, no threat of storms, and the fun, festive atmosphere was evident - we still took the swimming seriously of course and came away with placement ribbon awards as per the chart to right. This was Isabella's debut at a carnival and performed competently.

The day ended with relay races.



Ezlan Bergey-Bray in the 100m IM

Participation Ribbon (7&U)

Maggie

Sophie

Bonnie

Braydon

An all-Stingrays heat: Nathan, Ryan, Sam, Adam, Adam and Ben on the blocks for their 100m Individual Medley



MALANDA TROPICAL CHRISTMAS SHORT COURSE MEET

DATE: 3 DECEMBER: VENUE: MALANDA POOL

36 PARTICIPANTS: Adam Foote; Adam Woodward; Alexandra Greatorex; Amber Waters; Audrey Peden; Ben Waters; Bonnie Peden; Brayden Hutchins; Connor Lloyd; Daniel Foote; Edward Diola; Edward Orchard; Ella Diola; Emilee Salecich; Emogen Bergey; Ezlan Bergey-Bray; Grace Grainer; Isabella Higginson; Keely Salecich; Kelsey Orchard; Liam Thieme; (Lindsay Goudie); Madison Thieme; Maggie Peden; Natalie Beck; Nathan Foote; Neve Houlihan; Owen Hallett; Phoebe Peden; Ryan Woodward; Sam Tress; Sophie Greatorex; Susan Hutchins; Thomas Greatorex; Triton Smith; Zara Hallett

	Ribbons		
	1	2	3
Ryan	7	1	
Ezlan	7		
Madison	6	2	
Sam	5		
Nathan	4	4	1
Amber	3	1	3
Emilee	3	2	
Thomas	3	2	
Ben	2	4	1
Kelsey	1	2	
Keely	1	1	2
Liam	1	1	
Audrey	1		
Daniel	1		
Adam W		4	2
Neve		2	1
Alexandra		1	1
Owen		1	1
Adam F			3
Grace			2
Natalie			2
Zara			2
Triton			1

STATISTICS

Improvements	39%
First time swims	17
No swims	4
DO's	1



Braydon Hutchins at the start of his 25m freestyle



Sophie Greatorex in her 25m breaststroke



Bonnie Peden starting her 25m freestyle

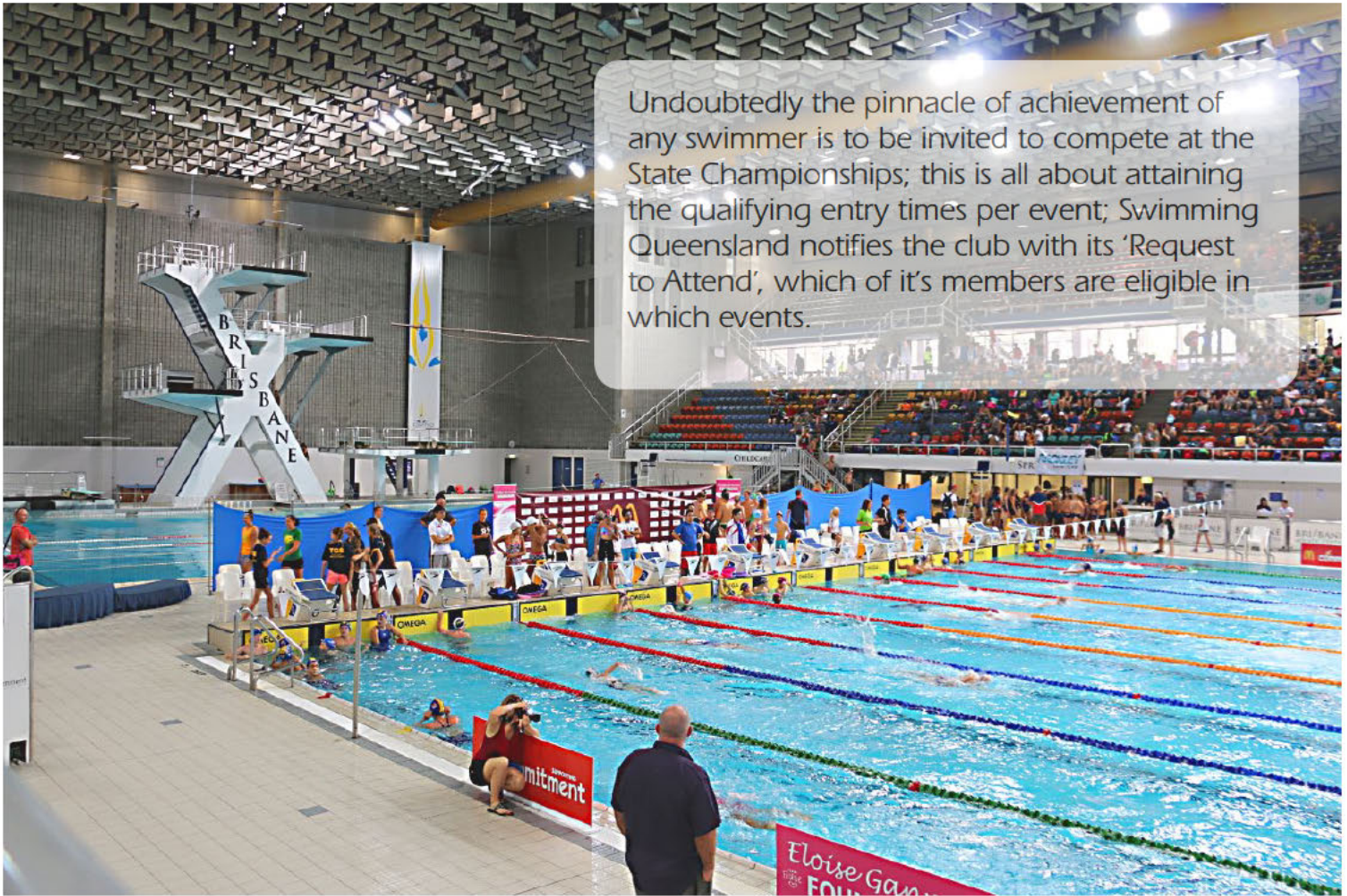


Maggie Peden in her 25m backstroke



Isabella Higginson about to start 25m backstroke

State Long Course Championships



Undoubtedly the pinnacle of achievement of any swimmer is to be invited to compete at the State Championships; this is all about attaining the qualifying entry times per event; Swimming Queensland notifies the club with its 'Request to Attend', which of it's members are eligible in which events.



Stingrays Boys' 16 & Under relay team: Adam Woodward; Adam Foote; Sam Tress and Ben Waters.

Day 1 - Relays

The main session was the Club relays. Stingrays submitted two boys' teams in two categories of relays – the 9-10 age group, and the 16 & Under. Both swam two relays each, the 200m Freestyle and the 200m Medley. There weren't enough Stingrays girls to make up any girls' teams. The 9-10yr team performed outstandingly well, coming first in their heat in the Medley, and third in their heat in the Freestyle.

Boys' 9-10yr age group relay team: Ezlan Bergey-Bray; Albert An; Edward Diola and Thomas Greatorex.



The same 4 boys made up the Boys' 9-10yr relays for our FNQ region (Ezlan & Edward at starting end).



Medley Relay swimmers 2 and 4 in the Boys 16&U; Adam Woodward and Bryce Jones in the 'A' team, and Adam Foote and Ben Waters in the FNQ 'B' Team.

The second session was all the Regional Relays; Stingrays members took part in our FNQ Region relays. We had 20 relay events overall, in both Girls' and Boys' teams in age group categories, some with 'A' and 'B' Teams, made up of athletes from all the represented clubs of our FNQ region wearing their bright orange caps.



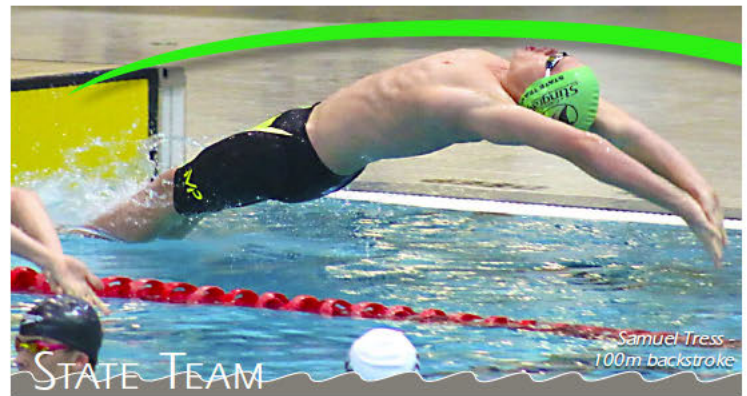
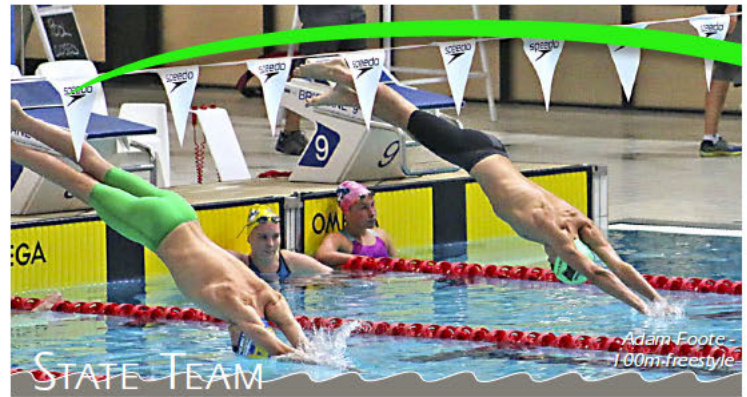
Ezlan & Edward at the start of the Boys' 9-10yr Medley Relay



Day 2 – Day 7

The remainder of the week was devoted to club individual swim events just like a regular regional carnival, except that the programme is more like a bound book which includes a draft timeline for each day so that we can plan when our swimmers need to be there. Each day consisted of heats from 8:30am until finished, with finals starting at 6pm each evening. Our athletes were in a total of 37 events spread across the six days; everyone put in a great effort with many achieving p.b.'s, but only one swimmer qualified into the finals which was Sam Tress in the Boys' 15yr 100m Butterfly on the friday; his final time was 58.58s which earned him 5th place. - well done! It was a fitting end to the week when we could all return to the pool to watch Sam's race and cheer for him.

More often than not everyone stayed at the pool for most of the day just to enjoy the atmosphere, find out who their rivals are, and be in awe of some of the best in their class - knowing that there is still yet another rung to the achievement ladder when considering National level - an elite level that Sam Tress has already had a taste of, last year in Adelaide.



2016 McDonalds Queensland LC CHAMPIONSHIPS DATE: 10-16 DECEMBER: VENUE: BRISBANE AQUATIC CENTRE 15 PARTICIPANTS: Adam Foote; Adam Woodward; Albert An; Amber Waters; Ben Waters; Edward Diola; Edward Orchard; Ella Diola; Ezlan Bergey-Bray; Kali Houlihan; Keely Salecich; Nathan Foote; Ryan Woodward; Sam Tress; Thomas Greatorex



State Championships - Results

Club Relays - Saturday 10th December

These were the four relay teams we put forward as Cairns Stingrays Swimming Club

Boys 9-10 200m Medley Relay					Stingrays 'A' Team	
Backstroke	Breaststroke	Butterfly	Freestyle		Entry Seed	Final Seed
Tom Greatorex	Edward Diola	Albert An	Ezlan Bergey-Bray		11 th	11 th
Event no.	4				Time:	2:44.50

Boys 9-10 200m Freestyle Relay					Stingrays 'A' Team	
swimmer 1	swimmer 2	swimmer 3	swimmer 4		Entry Seed	Final Seed
Albert An	Tom Greatorex	Ezlan Bergey-Bray	Edward Diola		14 th	12 th
Event no.	10				Time:	2:20.95

Boys 16 & Under 200m Medley Relay					Stingrays 'A' Team	
Backstroke	Breaststroke	Butterfly	Freestyle		Entry Seed	Final Seed
Ben Waters	Adam Foote	Sam Tress	Adam Woodward		23 rd	18 th
Event no.	16				Time:	1:58.75

Boys 16 & Under 200m Freestyle Relay					Stingrays 'A' Team	
swimmer 1	swimmer 2	swimmer 3	swimmer 4		Entry Seed	Final Seed
Adam Woodward	Adam Foote	Ben Waters	Sam Tress		23 rd	19 th
Event no.	20				Time:	1:45.86

Regional Relays - FNQ Region Teams

The two relays that featured a Stingrays swimmer that achieved a podium placement. All up there was four podium placements - all third, the two others being the Boys 14 & Under Free Relay, and the Men's Open Medley Relay.

Women Open 200m Medley Relay					FNQ 'A' Team	
Backstroke	Breaststroke	Butterfly	Freestyle		Entry Seed	Final Seed
Ryleigh Lammert	Cassidy Bromley	Hannah Synott	Kali Houlihan		4 th	3 rd
Event no.	29				Time:	2:07.95

Women Open 200m Freestyle Relay					FNQ 'A' Team	
swimmer 1	swimmer 2	swimmer 3	swimmer 4		Entry Seed	Final Seed
Milli McMenamin	Cassidy Bromley	Hannah Synott	Kali Houlihan		4 th	3 rd
Event no.	39				Time:	1:54.19

The region presented a total of 19 relay team events; Stingrays swimmers swam in 13 of these.

State Championships - Results

Individual events - Sunday 11th - Friday 16th

Swimmer	Event	Event no.	Day	Age	Time achieved	Entry Seed	Final Seed
Adam Foote	100 freestyle	68	Sunday	16	1:00.34	88 th	76 th
Nathan Foote	200 IM	58	Sunday	14	2:46.54	55 th	53 rd
	100 freestyle	112	Tuesday		1:13.15	101 st	101 st
	400 freestyle	148	Wednesday		NS	-	-
	200 freestyle	200	Friday		2:30.08	82 nd	82 nd
Ella Diola	100 freestyle	111	Tuesday	14	1:02.84	65 th	53 rd
	400 freestyle	147	Wednesday		5:07.41	70 th	66 th
	200 freestyle	199	Friday		2:19.98	109 th	65 th
Kali Houlihan	200 freestyle	125	Tuesday	17-18	2:16.62	37 th	29 th
	100 freestyle	193	Friday		1:01.88	44 th	33 rd
Keely Salecich	200 freestyle	45	Sunday	13	2:26.72	78 th	65 th
	100 freestyle	151	Wednesday		1:06.97	70 th	90 th
Edward Orchard	100 freestyle	112	Tuesday	14	1:03.06	103 rd	94 th
	400 freestyle	148	Wednesday		4:56.93	54 th	50 th
	200 freestyle	200	Friday		2:21.92	79 th	78 th
Sam Tress	200 backstroke	50	Sunday	15	2:21.88	32 nd	21 st
	100 freestyle	80	Monday		54.80	18 th	16 th
	200 butterfly	88	Monday		2:24.30	17 th	19 th
	100 backstroke	106	Tuesday		1:05.38	29 th	25 th
	400 freestyle	136	Wednesday		4:23.55	22 nd	25 th
	200 freestyle	160	Thursday		2:04.47	28 th	30 th
	200 IM	188	Friday		2:21.69	21 st	20 th
	100 butterfly	196	Friday		59.22	5 th	6 th
	100 butterfly	196-FINAL	Friday - Eve		58.58	6 th	5 th
Amber Waters	100 freestyle	67	Sunday	16	1:04.87	62 nd	56 th
Benjamin Waters	400 IM	60	Sunday	15	5:16.14	35 th	32 nd
	100 freestyle	80	Monday		59.11	80 th	64 th
	1500 freestyle	122	Tuesday		18:16.80	17 th	43 rd
	400 freestyle	136	Wednesday		4:31.70	42 nd	34 th
	200 freestyle	160	Thursday		DQ		
	200 IM	188	Friday		2:31.14	38 th	40 th
Adam Woodward	100 freestyle	80	Monday	15	58.32	58 th	54 th
Ryan Woodward	200 freestyle	46	Sunday	13	2:15.97	73 rd	51 st
	200 IM	76	Monday		2:34.95	35 th	36 th
	200 backstroke	124	Tuesday		2:31.99	27 th	17 th
	100 freestyle	152	Wednesday		1:02.95	80 th	71 st
	100 backstroke	176	Thursday		1:09.48	30 th	17 th
	100 breaststroke	204	Friday		1:23.06	25 th	28 th

Great achievements and outcomes by everyone competing; their Final Seed times are generally improved as they have 'moved up the ladder' in State rankings. Commiserations to Nathan Foote who suffered illness during that week which did affect his performance - he wisely dropped out of the 400 Free for his own welfare, and bravely attempted the 200 Free on the Friday, but alas was still under par. He was diagnosed with bronchitis on return to Cairns.

Stingrays Date Claimers

- CLUB** Fri 3 Feb Club Night #12
- Sat 4 Feb Cairns Stingrays 'Sprint Meet' Carnival
- CLUB** Fri 10 Feb Club Night #13
- CLUB** Fri 17 Feb Club Night #14
- CLUB** Fri 24 Feb Club Night #15
- Sat 25 Feb Tully 'B Qualifier' Carnival

Carnival Knowledge

Cairns Stingrays 'Sprints Meet' Carnival - Our carnival held on the Saturday as a 'Twilight Meet', which will begin at midday or early afternoon and extend into the early evening. This year we are hosts of the 'Sprint Meet' as designated by the FNQ Regional Swimming Association, which means we focus on the shorter distances in preparation for the State Sprint Meet a few weeks later. We hope that as many of our members as possible can attend and compete, with a chance for the littlies to have-a-go at a carnival setting. We do require helpers from our adult members for timekeeping, but also willing volunteers for any other areas you feel comfortable doing - collecting monies, raffles, helping in the kitchen, or even baking or preparing food to bring. Simply being there to support our club is a chance to show that we are a strong and united group with a great team ethic.

Tully 'B Qualifier' Carnival - Tully's first carnival in ten years. An opportunity to show our support for them, and should be suitable for all ages with some 25m races as well. A late midday start allowing travelling time in the morning, and should finish late afternoon/early evening - perhaps schedule a dinner stop at Innisfail on the return?!



FNQ Region Swimming Team at State Champs

Our Far North Queensland Region had 44 swimmers in total, from eight clubs, as it's relay contingent. Nathan Grant was selected as one of the team coaches along with Mareeba's June Cotter, and Central Cairns' Herbie Howard. The swimmers were presented with their regional State Team singlets and orange caps. Here is the group team photo taken after the hard work swimming was done and everyone could relax a bit and enjoy the late afternoon sun beside the outdoor training pool.



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



Lennon Cairns
chartered accountants

