

# Cairns Stingrays News

February 2013

## Committee Contacts 2012/13

### PRESIDENT

Jason Salecich

### VICE PRESIDENTS

Matt Simpson

Jenny Waters

### SECRETARY

Kylea Simpson

### TREASURER

Donna Salecich

### REGISTRAR & NEWSLETTER

Martyn Foote

### CLUB NIGHT COORDINATORS

Chris & Sue Gould

### RACE SECRETARY

Sue Gould

### UNIFORM COORDINATOR

Michelle Smith

### Woree Pool

4054 6964



Bayley Bettini swimming his Butterfly leg of the Men's 12 and Under 200m IM, at the Atherton Carnival.



### From the President

Well members the back end of the season is in the swing and only a week till the next carnival. It won't be long and we will be talking about the end of season wind up and presentation. I want to congratulate all parents and kids that have seen our Friday nights continuing to get good numbers.

Congratulations to all of the series award winners and for those kids who have not won one yet just keep turning up and trying kids as it is with effort will come the rewards.

For the more serious competitive swimmers I know Greg will be pushing hard to see some great results at the back end of the season. SO train hard and believe in your efforts and I look forward to seeing who strives in the upcoming carnivals. Remembering the only person you have to beat is yourself and the rest is a bonus.

Senior Squad and criteria – Members, there has been some communication from Coach Greg about some attendance criteria being set for senior squad with the only goal being to ensure he can give the swimmers the time they need and communicate to the kids the level of commitment required. I acknowledge that there needed to be some discussions to ensure we can communicate the policy and the reasons why. Of course as a club our goal is to encourage participation but I totally endorse there being a structure in place where kids can work towards meeting the standard or criteria of being a senior squad member. To stop people assuming things or listening to third hand information I can report that at this stage any criteria is on hold until which time our committee has considered a training progression that can best service all swimmers regardless of their status. This is no easy task at a time when the numbers are increasing yet resources for Greg ie. staff numbers are very limited. On completion of our next Committee Meeting on Thursday 21<sup>st</sup> we will report back to all club members as to how this is progressing. Let's remember as a club we do not have the say on coaches and techniques so I commend YMCA management and Greg for allowing this negotiation to take place.

I urge parents to come to me with any issues they have, remembering both YMCA and Stingrays both want the sport to grow and there will be issues from time to time especially as we grow.

So that's it for now swim hard , do your best and don't miss Friday nights as there are only a couple of series awards to go and nights missed will put you out of contention.

Regards –

*Jason Salecich (President)*

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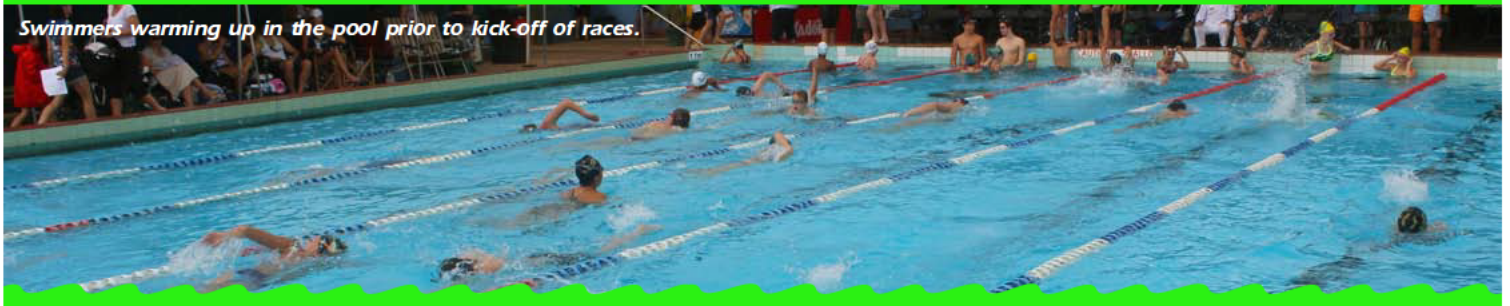
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Swimmers warming up in the pool prior to kick-off of races.



## Atherton Carnival

Atherton 2-day Carnival kicked off on the Saturday morning under lashing rain in the lee of ex-TC Oswald and we fully expected these conditions to last much of the day. However, it wasn't long before the rain abated and the clouds cleared giving us pleasant, if rather hot and humid conditions for the rest of the day.

**DATE: 25-27 JAN:**  
**4 PARTICIPANTS:** Bayley Bettini;  
 Adam Foote; Nathan Foote;  
 Daniel Foote



Bayley awaiting the gun to start his 100m Backstroke.

It was a large meet with many visiting Clubs, some from further afield - it was fortunate that many of the Clubs managed to get there despite the threat of road closures due to flooding. Two families from Stingrays attended, with 4 swimmers in total; swimmers swam a range of events over the course of the two days, with improvements in p.b's: Bayley had 6 p.b's across his seven events, winning six medals – 3 silver and 3 bronze... excellent effort! Adam improved on two of his times, Nathan improved 3. Daniel didn't better any times but was placed second in his freestyle race, and



Bayley with his clutch of six medals:- three silver for 50 butterfly, 50, and 100 backstroke; and three bronze for 50 freestyle, 50 breaststroke and 200 IM

third in his fly, back and breast stroke races.

There was also time for some special additional events: one being the Atherton Mountaineers Masters Swimming Club showcase who were touting for volunteer "senior" swimmers to compete – my wife kindly put my name forward for this! They sold it to us as "anyone who can hold their head above water and move along is welcome to participate" – yea, sure! against all the keeners who've been members of the club for years... Fortunately it was only a 50m sprint and I held my own to (apparently) finish in third place (in my particular heat) in a respectable 34 seconds – not bad for an old croc! (style and technique did not figure very highly).



Adam diving at the start of his 50m Butterfly

They also staged a Skins medley knockout tournament to find an ultimate winner for both male and female swimmers - with cash prizes!



Martyn swimming like he's never swum before!



Adam Foote swimming 100m Breaststroke.



Daniel Foote in the Boys' 8 and Under 25m Backstroke.



Nathan Foote in the Boys' 9-10 50m Butterfly.



## Club Night Communication

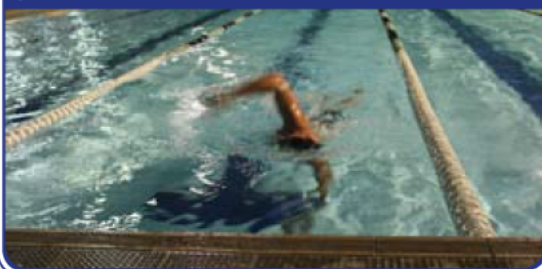


## Timekeeping

Timekeeping on Club Nights is performed manually with the aid of stop-watches; these need to be used to start, and stop each race as accurately as is achievable. We understand that this method is likely to introduce slight timing inaccuracies, due to each timer's reaction times on both starting when they see the starting gun light signal, and on stopping when their swimmer touches at the other end. Times are recorded using a clip-board and pencil per lane.

We always require one timekeeper per lane, the number of lanes in operation on Club Nights tends to be six - we will require six parents to carry out this task. All timekeepers take up a position closest to the end point of each event - halfway along the pool for 25m races, and at either end of each lane for 50m or longer races. For 25m races, it is advised that timekeepers choose the side of the pool closest to their lane, to minimise confusion.

Always take notice of the Chief Timekeeper, who will announce each race Event and Heat, and record these two numbers at the top of your current slip. Record your stop-watch time at the bottom; if you have no swimmer in your lane please write "n/s" at the bottom - every slip still needs to be submitted to the race Recorder for confirmation - our kids usually perform the role of courier of each race's slips back to the Recording room. Please reset your stop-watch to zero after each race. It is always good practice to keep timing every race even if you have no swimmer in your lane - just in case another lane requires a backup due to a mis-start, or problem with their watch.



## Club Night Series Awards

Friday 1 Feb. we presented our second Series Awards to the top ten highest achievers at Club Night meets. This allocates points to each swimmer based on their performance and improvement over the course of the season. Well done to all of these. (for details refer to your handbook).



1<sup>st</sup> Adam Foote  
2<sup>nd</sup> Nathan Foote  
3<sup>rd</sup> Amber Waters  
4<sup>th</sup> Daniel Foote  
5<sup>th</sup> Grace Grainer

6<sup>th</sup> Lex Manning  
7<sup>th</sup> Phoebe Urquhart Kereru  
8<sup>th</sup> Benjamin Waters  
9<sup>th</sup> Estelle Urquhart Kereru  
10<sup>th</sup> Maddison Wright

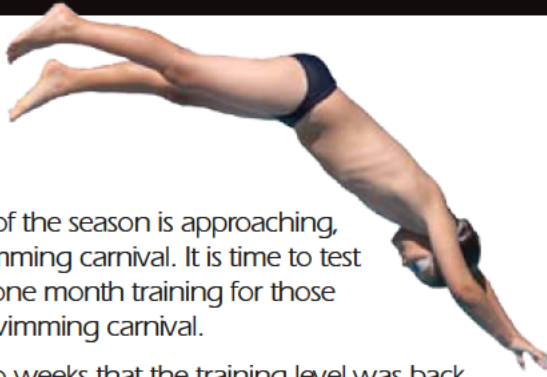
## Looking ahead...

The FNO Long-Course Championships is scheduled to happen mid-March. This is traditionally an end-of-season finale for all FNO Clubs to have a bit of fun whilst competing; the host for this year's carnival is most likely to be Marlin Coast Swimming Club at their Smithfield Bicentennial Pool. There will be a march pass where each club makes their entrance into the arena. A Club costume or festive outfit may be the go, along with a rousing chant... some creative club members have been busy coming up with a chant which we hope to rehearse at our coming Club Nights over the next few weeks.

## NQ Championships... get in quick!

The North Queensland region centres around Townsville and is the venue for the NQ Championships being held at the beginning of March (2<sup>nd</sup>-3<sup>rd</sup>). Although our club is in the FNO Region, the meet is open to FNO clubs. Anyone wishing to participate will need to submit their nominations by this weekend (let Sue know by 17<sup>th</sup> Feb). Greg would love to have a Stingrays contingent take part; it does involve quite a bit of travel and will be an intensive two-day meet, but it would be great to have the Stingrays name represented further afield.

**Refer to the email with flyer attached sent out recently - there are qualifying times required for certain events.**



### From Coach Greg

Hi all. The end of the season is approaching, so is Saint's swimming carnival. It is time to test ourselves after one month training for those who didn't go to Atherton swimming carnival.

I have noticed in the past two weeks that the training level was back to the top, and I have great expectations for this weekend.

It is very encouraging for the rest of the season/winter season to see such high level of performances and dedication, your PBs reflect your hard work.

See you around the pool. **Greg**

### Stingrays' "Steamers"

The Club's foremost swimming hopefuls are steaming ahead, and are as follows: Those who have achieved qualifying times for their ages:-

name	age	strokes
Whitney Sager	16	50 Free / 50 Fly / 50 Back
Baiden Sager	12	50 Free / 50 Fly / 50 Breast / 50 Back
Felicity Plumb	9	50 Free / 50 Fly / 50 Back
Benjamin Waters	11	50 Free / 50 Fly / 50 Back
Jake Bennetts	11	50 Back
Bayley Bettini	11	50 Free / 50 Fly / 50 Back

and those who are close to qualifying:-

name	age	strokes
Moyah Urquhart Kereru	12	50 Free / 50 Fly / 50 Breast / 50 Back
Phoebe Urquhart Kereru	11	50 Free / 50 Fly / 50 Breast / 50 Back
Estelle Urquhart Kereru	11	50 Free / 50 Back
Amber Waters	13	50 Free / 50 Breast / 50 Back
Elise Wheeler	13	50 Free / 50 Fly / 50 Back
Keely Salecich	10	50 Free / 50 Fly / 50 Back
Kate Gould	15	50 Free / 50 Back

### Stingrays Date Claimers

- Fri 1 Feb** Club Night - week 12
- Fri 8 Feb** Club Night - week 13  
Nominations for Saints Carnival close
- 9-10 Feb** QLD Sprint Championships (Brisbane)
- Fri 15 Feb** Club Night - week 14  
Nominations for Marlin Coast Carnival close
- Sun 17 Feb** Saints Carnival (held at TAS pool)  
Nominations for NQ Championships (TSV) close
- Thu 21 Feb** Committee Meeting
- Fri 22 Feb** Club Night - week 15
- 22-24 Feb** Marlin Coast Carnival (3 days - main days Sat & Sun)
- Fri 1 Mar** Club Night - week 16

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



and our other valued sponsor, YMCA



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

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Cairns Golf Club

Cairns Wildlife Safari

Swimart, Southside Shopping

Village Woree

The Wax Pot, Woree

Stella Florist and Gift Gallery

Southside Shopping Village Woree