



Committee Contacts 2014/15

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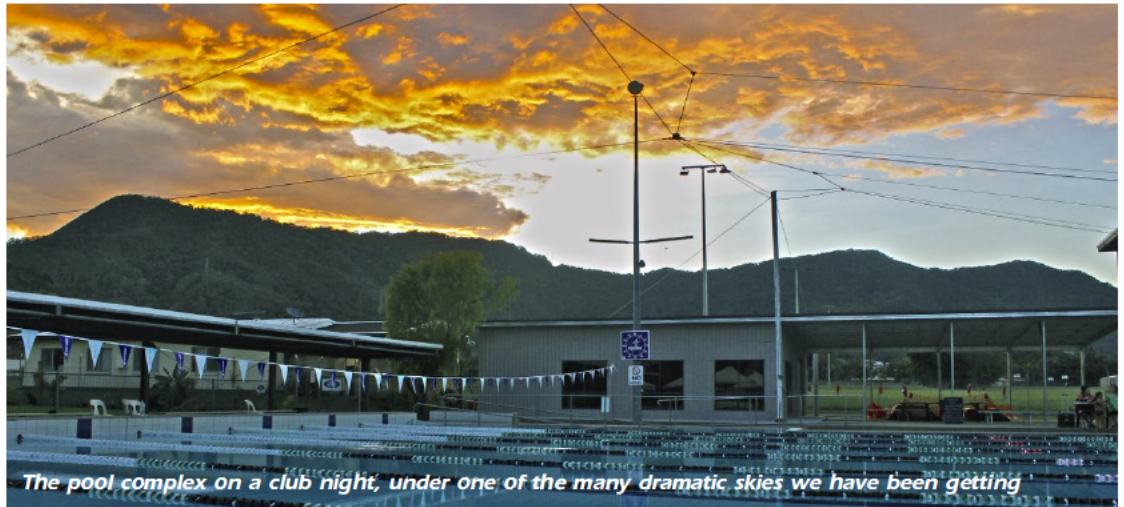
Aneta Hallett

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Woree Pool

4054 6964



The pool complex on a club night, under one of the many dramatic skies we have been getting



From the President

Well hello once again swimmers and parents. I want to stress to all of our swimmers the importance of the FNQ Championships we are heading towards. I encourage all parents to get their child to have a go and be part of the most important carnival of the year. We have a club march past and it is our chance to show what a strong and growing club we are. The kids have a ball and we really get together as a team and that to me as

President is more important than any results we may achieve.

As our season is winding down I ask all parents to not pull their child out of swimming over the winter months. Especially our younger swimmers – their ability to remember technique is not there so any time off results in a definite stall and in some cases decrease in ability. I respect kids do other sports but maintaining swimming a couple of days a week will show great results when they return to their first carnival next year and at the end of the day always complements their fitness for their other chosen sports.

For our learn to swim kids we are going to have a 32° pool year round and the new block walls will ensure this area stays much warmer than it ever has been during the winter months. For the squad swimmers we will have a heated pool to 28° and considering they swim in outdoor pools in Southern states our conditions throughout winter are very good. Parents, any sports especially swimming is about as much as the commitment made by parents as it is by the child themselves. I know this is not easy at times especially as the demands of older swimmers increases but they can't do it without you and your support is an integral part of the parent-coach-swimmer, relationship.

Finally I want to thank my committee and all parents who have helped out immensely this year. It is by far the biggest year in terms of progress at your club and it takes many people to give up their time to make this happen. However it doesn't stop there. We have a long way to go and we need to continue to fundraise to ensure our club can provide the best opportunities for our swimmers.

Regards – Jason Salecich (President)

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President's News Column

Gym progress

"The Queensland Government provided \$87,500 to the Cairns Stingrays Swimming Club to build a Gym/Dry Land Training Facility to increase Queenslanders participation in sport and recreation activities."

"The Queensland Government provided \$9,500 to the Cairns Stingrays Swimming Club to provide training and travel for our coaches, provision of swimming equipment to new members and equipment for our dry land facility Facility to increase Queenslanders participation in sport and recreation activities."

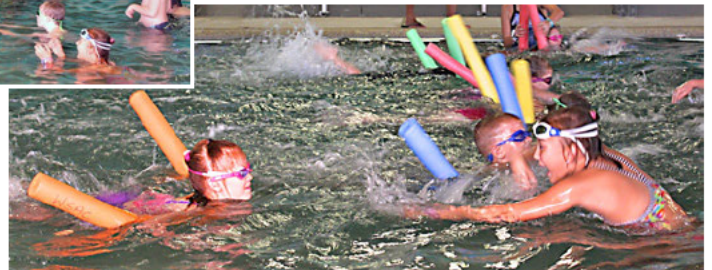
We need to thank Cairns Hardware for supporting the club for structural equipment and the Gambling Community Benefit Fund for the purchasing of gym equipment up to \$10,000.

Club Night Matters

Let's not forget the littlies! Our Dolphin races for the Under 8's held in our undercover learn to swim pool is where it all starts - both in terms of club nights, but also crucially where we 'start' to encourage kids to take up the sport.



Our 'inclusive' method that integrates the older swimmers in assisting the young ones is a great way of reinforcing a healthy club camaraderie.



Upgrades

The following swimmers were awarded upgrades from 25m to 50m over this period:

Kelsey Orchard	to 50m Butterfly
Daniel Staska	to 50m Freestyle

Well done to these swimmers on their achievements.

The young members are helped by the more able and experienced older swimmers, who in turn gain a sense of responsibility over their fledgling charges... it is hoped!

Club Night Series Awards #2

Our second Series Awards was presented on 5th December to the ten most-improved swimmers over the previous four weeks; seven

members were present on the night to receive their Stockland Certificates and vouchers, and

well done to Sam Tress who gets the personalised towel on this occasion.

Pos	Name	Pts
1	Samuel tress	64
2	Daniel Foote	61
3	Emogen Bergey	52
4	Nathan Foote	49
5	Maddison McDonald	40
6	Reginald Dixon	37
7=	Adam Foote	35
7=	Reina Martin	35
7=	Edward Orchard	35
10	Blake Strahan	34



Edward

Adam

Sam

Maddison

Nathan

Emogen

Daniel

Carnival Roundup

Malanda SC Carnival

The last carnival before the Christmas break-up, this is traditionally a very friendly and informal meet, especially suited to the littlies with its 25m pool. As such, it attracted participation from some of the new members to our club aside from most of our regular carnival goers, which was great to see – some for their first competitive carnival.

The swimmer with the most convincing improvement was Edward, who improved on all of his previous times; other improvements came from Emogen, Kali, Neve, followed by Kelsey and Maddison.

STATISTICS	
Improvements	38%
First time swims	25
No swims	2
DQ's	2

MALANDA SHORT COURSE MEET

DATE: 7 DEC:

VENUE: MALANDA POOL

29 PARTICIPANTS: Amber Waters; Ben Waters; Brock Salecich; Claudia Sharpley; Clay Salecich; Daniel Staska; Edward Orchard; Emilee Salecich; Emogen Bergey; Ezlan Bergey-Bray; Flynn Riordan; Fyn Sharpley; Grace Grainer; Jane-Lee Pregl; Kali Houlihan; Keely Salecich; Kelsey Orchard; Kyle Lucas; Lachlan Salecich; Mackenzie Dixon; Maddison McDonald; Natalie Beck; Neve Houlihan; Owen Hallett; Reginald Dixon; Sam Tress; Sandra Eustice; Susan Hutchins; Triton Smith

Participation Ribbon (7 & Unders)	
Ezlan Bergey-Bray	

	Ribbons		
	1	2	3
Amber	4	1	
Kali	4	1	
Keely	4		1
Sam	4		1
Emilee	2	2	1
Lachlan	2		2
Brock		3	1
Clay		2	
Jane-Lee		1	2
Triton		1	1
Ben			3
Neve			2
Kyle			1

FNO LC Sprints Qualifier Carnival

First of the new year 'Twilight' carnivals, organised by FNO Association and assisted by all clubs. Stingrays had 20 entrants nominated - 10 boys and 10 girls, although four swimmers did not attend on the day (3 boys & 1 girl).

Statistically, the girls performed better than the boys, with most convincing improvements over non-improvements by Neve, Kali, Zara & Jenna. Boys who performed best on average in their swims were Owen, Sam & Nathan respectively.

Despite the presence of heavy cloud and threat of rainfall, the event was thankfully rain-free.



Amber at the start of her backstroke

FNO SPRINTS QUALIFIER MEET

DATE: 31 JAN:

VENUE: MARLIN COAST POOL

20 PARTICIPANTS: - 4 NON-PARTICIPANTS ON THE DAY (SHOWN IN BRACES): Adam Foote; Amber Waters; Ben Waters; (Brock Salecich); (Clay Salecich); Daniel Foote; Edward Diola; Ella Diola; Emilee Salecich; Jenna Mattinson; Kali Houlihan; Keely Salecich; (Lachlan Salecich); (Maddison McDonald); Natalie Beck; Nathan Foote; Neve Houlihan; Owen Hallett; Sam Tress; Zara Hallett

Place	1	2	3
Emilee	2	2	
Kali		1	1
Daniel		1	
Amber			1
Neve			1

STATISTICS	
Improvements	35%
First time swims	6
No swims	22

Participation Award (8 & Unders)		
Jenna	Natalie	Zara



Ben and Adam swimming in the 100m butterfly



Nathan starting his backstroke



Ella looking graceful doing butterfly

Stingrays Date Claimers

- CLUB** Fri 20 Feb AQUATHON (re-scheduled event)
- CLUB** Fri 27 Feb Club Night #13
FNO Champs - **Nominations Close**
- Sat 28 Feb Saints 'A' Qualifier Carnival
- Fri 6 Mar FNO Championships - Day 1 (evening)
- Sat 7 Mar FNO Championships - Day 2 (day)
- CLUB** Fri 13 Mar Club Night #14
- CLUB** Fri 20 Mar Club Night #15
- CLUB** Fri 27 Mar Club Night #16 (final)

Carnival Knowledge

Saints - Aimed at older swimmers - a competitive event.

FNO Championships - The Finale event to the year, this is the region's main event, with a march past of all competing clubs (before start of swimming events on Saturday morning); there are races to suit all ages and levels, with individual race awards, and finishing the day with the season aggregate awards, to those swimmers who have performed the best throughout the season's carnivals.

We are Good Sports!

Cairns Stingrays Swimming Club Joins Good Sports Program

Sports clubs such as ours play a significant role in the community and therefore have a responsibility to our members and their families. In recognition of this, the Cairns Stingrays Swimming Club has elected to participate in the Australian Drug Foundation's Good Sports program.

The program is run in Queensland by Good Sports Queensland in conjunction with Queensland Government and the Australian National Preventive Health Alliance. The program has been designed to assist clubs with the responsible management of alcohol, food and drink and is the only nationwide program of its kind.

As a community based club we believe involvement in this program is a way for our club to promote a healthy and welcoming club culture whilst working to consistently meet our duty of care obligations in regards to alcohol, food and drink consumption.

To become Good Sports Level 1 accredited we will address a number of criteria including having Responsible Serving of Alcohol trained bar staff, our facilities will be smoke free and we will promote and offer healthier food and drink options where possible.



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