



Cairns Stingrays News

December 2013

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Woree Pool
4054 6964



Daniel Foote swimming in the Boys' 100m Freestyle event at the Malanda Carnival



From the President

Well members 2013 is winding down but the season is far from over. I hope everyone enjoys the break to be ready for the new year. I know after ten carnivals in a row we all wanted a rest. We will have a short break from squad over Christmas and early new year but only a couple of weeks.

So I will keep it short and sweet. Enjoy the break, and I will c u at our first Club. If you are a squad swimmer then early in the New Year. Don't forget where the pool is in the holidays as you can always come down and have a swim.

Don't forget for a bit of fun the wipeout is operating Tuesday, Thursday, Saturday and Sundays from 1:00 till 3 pm.

Stay safe and see you all in 2014.

Regards -

Jason Salecich (President)

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Club Nights commence
Friday 21st January

See you there!

This month's "Cheeky Swimmer..."

Estelle

Carnival Conclusion



Jane-Lee Pregl swimming in the Girls' 50m Backstroke



Brothers Adam & Nathan neck-and-neck in adjacent lanes in the Boys' 50m Backstroke

Malanda Carnival

Held on Sunday 1st December, and traditionally the last carnival of the pre-Christmas early season, has a fun and relaxed atmosphere to it; as well as being a 25m Short-Course pool which is great for the younger swimmers who can swim from end to end in 25m races, it also gives the older ones turning practice in their longer races - whether they relish the idea or not! The Tableland weather was kind to us on the day with ideal conditions. Two new Club members made their debut here – Alex and Nefi Green, and swam well in their events; double-figure p.b.'s were made by Adam, Moyah and Ella, and other p.b.'s were achieved by Nathan, Bayley, Phoebe and Kyle Lucas.

	Medals			Ribbons		
	G	S	B	1	2	3
Bayley	4			3		
Daniel	2	1		4		
Keely	2		1	3		1
Ben	1	4		1	3	
Adam	1	3	1	1		3
Amber	1	2	1	1		1
Emilee	1			4		
Phoebe	1			1	1	2
Nathan		3	2		4	
Sam			2			1
Nefi				1	2	1
Ella				1	1	1
Grace						1
Moyah						1

MALANDA B-QUAL

SHORT COURSE

DATE: 1 DEC

VENUE: MALANDA POOL

21 PARTICIPANTS: Adam Foote; Alex Green; Amber Waters; Bayley Bettini; Benjamin Waters; Daniel Foote; Emilee Salecich; Edward Diola; Ella Diola; Estelle Urquhart Kereru; Grace Grainer; Jane-Lee Pregl; Keely Salecich; Kyle Lucas; Moyah Urquhart Kereru; Nathan Foote; Nefi Green; Owen Hallett; Phoebe Urquhart Kereru; Sam Tress; Zara Hallett

Participation Ribbon

Alex Green

Edward Diola

Kyle Lucas

Zara Hallett



Nefi Green in the Girls' 8-yr olds 25m Freestyle



Edward Diola in the Boys' 7 & Under 25m Freestyle



Alex Green in the Boys 7 & Under 25m Breast-stroke



Grace Grainer in the Girls' 50m Breast-stroke

Club Night Series Awards #2

Pos	Name	Pts
1	Nathan Foote	58
2	Amber Waters	42
3=	Madison McDonald	41
3=	Adam Foote	41
3=	Matthew Leeson	41
6	Makenzie Grosser	40
7	Leo Grosser	39
8	Racheal Ison	38
9=	Grace Grainer	35
9=	Lorita Barnes	35
9=	Sandra Eustice	35

Our second Series Awards were presented on 29th November to the ten most-improved swimmers over the previous four weeks; there were 11 in the listing due to equal points ratings in two instances. Congratulations to all those listed and who received their Stockland Certificates and vouchers, and well done to Nathan who gets the personalised towel on this occasion.

Photo shows members who were present on the evening.



Stingrays Christmas Party

...you put your right arm in, your left arm out...



Ho ho ho... it's jolly Santa

The Christmas Break-up Party received a great turnout of kids and parents, and a great spread of food which we kicked off the evening with. Then it was into a few pool-related games; a team challenge to find hidden letters which then spelled out the word 'SANTA', followed by - you guessed it - a visit by the man himself, and his cage full of presents to hand out to everyone. To show their appreciation, Santa was duly chased into the pool and stripped of his garb - in the good old Stingrays tradition!

is it just what I want?

Yes - something to remind you of us... every hour!

Cor blimey... get his bony French bottom off me knee!



and the winners are...



Jayled

Jenny

Mark

Who wins the basket of festive alcohol - rigged I reckon!

Who's nanna won the Reindeer Christmas decoration.

right - I wanna see you miserable lot having some fun tonight!





GEORGINA HOPE SWIMMERS FOUNDATION JUNIOR EXCELLENCE PROGRAM (JX)
2013-14 CRITERIA AND QUALIFYING TIMES

Swimming Australia Excellence Programs Australian Junior Excellence Program (JX)

The Australian Junior Excellence Program (JX) recognises, rewards and encourages junior swimmers who, through their development of aquatic skills and fitness, achieve a high standard of swimming excellence. The Program now also recognises the achievements of SWD and OWS children.

Under the Program, swimmers aged from 9 to 13 years who accomplish times set by Swimming Australia qualify at Green, Bronze, Silver or Gold standard, depending on their performance/s during the season. For doing so, qualifiers receive special recognition by way of:

- ◆ A distinctive JX cap (9 and 10 year olds) or JX shirt (11 to 13 year olds)
- ◆ A JX certificate of achievement, signed by the National Youth Coach and members of the Australian Swim Team!
- ◆ A JX motivational poster, featuring elite Australian swimmers
- ◆ Publication of their name on our website

Australia is one of the top swimming nations in the world and by achieving the Green, Bronze, Silver or Gold JX standard, junior swimmers are on the pathway to international success.

JX Green means that you completed at least one tier 4 time in any event. JX Bronze means that you have completed at least one tier 3 time in any event.

JX Silver means that you have completed at least one tier 2 time in any event. JX Gold means that you have completed at least one tier 1 time in any event for 9-10 year-olds, or a tier 1 time in any two events for 11-13 year-olds. (These times can be found on the website at:- qld.swimming.org.au/jx-overview.html)

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)

www.woreepool.com

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

www.mudcrabs.org.au

www.cairnscrocs.org.au

fascination.fotomerchant.com

to view photos of Stingrays swimmers taken at the regional carnivals.



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

Russco 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