

Cairns Stingrays News

December 2015

Committee Contacts 2015/16

PRESIDENT

Jason Salecich

president@
cairnssingrays.com.au

VICE PRESIDENT

Jenny Waters

vicepresident@
cairnssingrays.com.au

SECRETARY

Natalie Grainer

cairnssingrays@hotmail.com

TREASURERS

Alice Foote / Jenny
Waters

treasurer@
cairnssingrays.com.au

REGISTRARS

Simon Hallett /
Marty Foote

registrar@
cairnssingrays.com.au

Grants Officer

Frank Grainer

grants@cairnssingrays.com.au

CLUB NIGHT COORDINATOR & RACE SECRETARY

Alice Foote

race-sec@
cairnssingrays.com.au

NEWSLETTER & PUBLICITY

Marty Foote

publicity@
cairnssingrays.com.au

cairnssingrays.com.au



Woree Pool
4054 6964

Jason about to give the signal for the start of the Aquathon, with swimmers lined up ready to go



From the President

Well Xmas has come and gone and we are winding back up for the last part of our season. I hope the kids (and Mums and Dads) have had a good break. Of course we now have the big Atherton Carnival and then move through eventually to the FNQ Long Course

Championships. We are encouraging as many people as possible to come up to Atherton as we enjoy a family friendly night on the Saturday of which we are all staying at the Woodlands Caravan Park. You would need to book asap as we had held accommodation for the club but this has now lapsed.

We have still got plenty of Club Nights to come and enjoy also. I wanted to thank kids and parents for their efforts in the Aquathon which raised valuable funds for the club. It was an excellent night and special mention to Benjamin Waters who beat my 42 lap record in the half hour time period. Well Done Ben.

Finally parents I wanted to just thank you for supporting your kids in their swimming. As we have always said I want this club to be succesful not just in terms of what we achieve in the pool but the experiences we give our kids, the friendships forged and the growth of participation at our club. We cant do that without parents supporting us. It wont be long and I will be talking about the AGM and once again will be asking parents to support where they can.

So welcome back and we will see you at the first club night I hope...

Regards – Jason Salecich
(President)



In this month's edition

.....	
President's Word	p. 1
.....	
Club News	p. 2
.....	
Series Awards	p. 2
.....	
Report: TAS Carnival	p. 3
.....	
Report: Malanda Carnival	p. 4
.....	
Report: Aquathon & Break-Up Party	p. 5
.....	
Date Claimers	p. 6
.....	
Carnival Knowledge Aquathon results	p. 6
.....	
Our Sponsors	p. 6

Club News

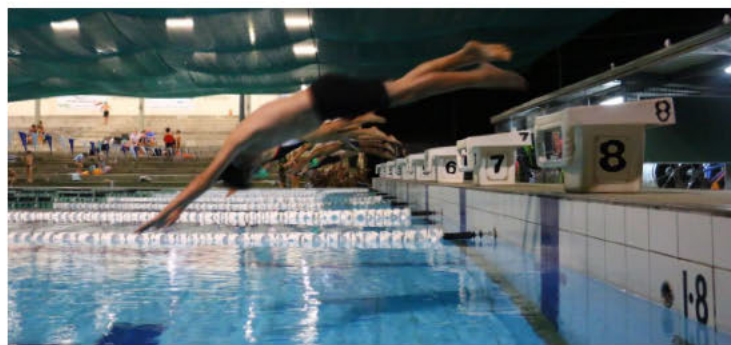
Club Night fun

Friday Club Nights are seeing a reasonable attendance by members and participation in various duties by parents has been good. Our older kids are showing their responsibility and maturity over the little ones during the "Dolphin" fun races in the undercover pool which is great to see, and hopefully their ability as competent swimmers in the older races has a positive effect on mentoring and giving confidence to the less able swimmers. Their continuing improvement has to be a sign of this.



ABOVE: The older members hold the mat steady whilst they run along it as the final fun activity for the Dolphin members.

RIGHT: Timekeeping - we are gradually seeing more newcomers getting involved in this simple activity - timing with stopwatch and recording the time on a slip. There's even some jovial banter to be had whilst doing it!



Club Night Series Awards #2

Our second Series Awards were presented on 20th November to the ten most-improved swimmers over the previous four weeks; they were presented with their personalised certificates. The personalised towel for top achiever went to Adam Foote.

Pos	Name	Pts
1	Adam Foote	57
2	Kelsey Orchard	55
3=	Nathan Foote	54
3=	Edward Orchard	54
5	Ashleigh Richardson	51
6	Daniel Foote	50
7	Jane-Lee Pregl	44
8	Grace Grainer	43
9	Owen Hallett	40
10	Madison Thieme	33

Senior "Elite" swimmer Sam handed out the awards



Upgrades

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

Daniel Staska	to 50m Breaststroke to 50m Backstroke to 50m Freestyle to 50m Butterfly
Cameron Flett	to 50m Backstroke
Susan Hutchins	to 50m Backstroke
Sasha Fischer	to 50m Backstroke
Madelin McAuley	to 50m Breaststroke

Well done to these swimmers on their achievements.



Long Course Carnivals

TAS 'A-Qualifier' LC Carnival

A 2-day carnival at the weekend, was attended by 19 swimmers from Stingrays - Triton Smith had to forego attending due to being incapacitated from an accident. We were the sixth largest club in numbers on this occasion, dropping somewhat from our usual place.

With a staggered start on the saturday beginning with the long-distance races with only Ben participating, most families arrived in time for Session 2 mid morning. The weather conditions were thankfully overcast with a cooling breeze making it pleasant, and rain held off apart from an occasional sprinkle. Day 2 began earlier with a 400m IM, for which we had no-one entered; then into the general programme proper, and the weather was somewhat brighter and warmer.

Kali was our top achiever, winning a gold (50m Free), and bronze medals (50m Fly), and gaining overall second place in both 100m and 200m Open Freestyle races. She also swam in a time trial to gain State Qualifying time and missed out by just 0.05s – such rotten luck! Well done overall though. And well done to the others who also gained medals or placements as shown in the chart below. Best p.b.

	Medals			Place		
	G	S	B	1	2	3
Kali	1		1		2	
Edward D		1	1			
Ella		1				
Daniel			1			
Sam						2
Ben						1

improvements must go to Ben Waters who dropped 29s on his 200m Backstroke, and Edward Orchard who dropped 18s on his 200m IM, and Jane-Lee Pregl improved her 200m IM by 12s.

Participation Ribbon

(B&U)

Peter

Sasha

STATISTICS

Improvements	67%
First time swims	2
No swims	2
DO's	0

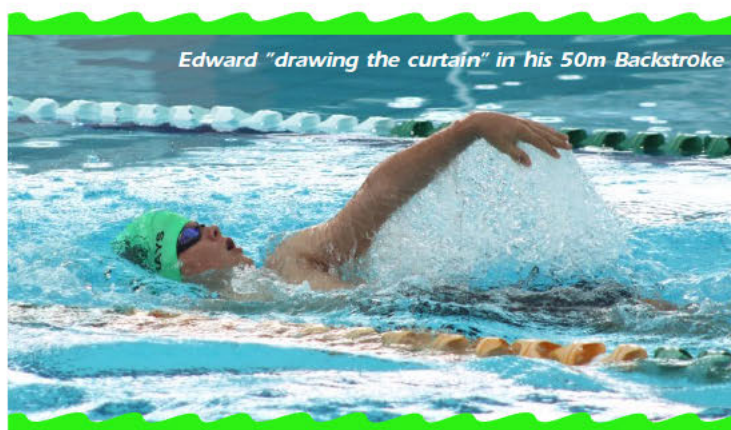


Neve keeping pace with her rivals in the 400m Freestyle

TRINITY ANGLICAN SCHOOL LONG COURSE MEET

DATE: 21-22 NOVEMBER: VENUE: TAS AQUATIC CENTRE

19 PARTICIPANTS: Adam Foote; Adam Woodward; Amber Waters; Angus Richardson; Ashleigh Richardson; Ben Waters; Daniel Foote; Edward Diola; Edward Orchard; Ella Diola; Jane-Lee Pregl; Kali Houlihan; Kelsey Orchard; Nathan Foote; Neve Houlihan; Peter Fischer; Ryan Woodward; Sasha Fischer; Sam Tress



Edward "drawing the curtain" in his 50m Backstroke



Edward in his 100m butterfly



Ashleigh swimming her 50m freestyle



Kali swimming her 100m freestyle



Ella in her 100m butterfly

Short Course Carnivals



Malanda Family beginners Meet

Held this time on a Saturday rather than their usual Sunday, the Stingrays contingent staked its claim to a good proportion of the covered grassy hill, to accommodate families of the 29 competitors. The host club had decked their pool with a Christmas theme and up to their lively and informal reputation.

The programme kicked off with 100 IM races, then Butterfly event followed by Breaststroke, Backstroke and finally Freestyle events. A end was staged some informal 4x25m relay races in all strokes was different from the usual, and enabled us to select our tea according to preferred strokes, as well as giving our newcomers the opportunity to take part; we entered five teams, one in stroke category.



MALANDA FAMILY MEET

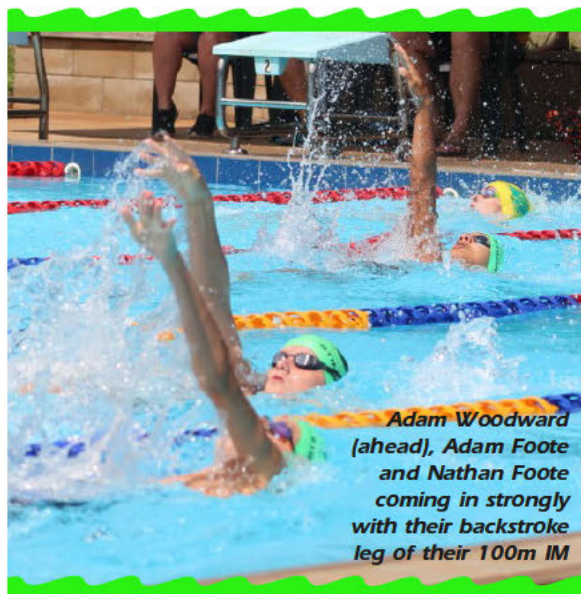
DATE: 5 DEC: VENUE: MALANDA POOL

29 PARTICIPANTS: Adam Foote; Adam Woodward; Alexandra Greateorex; Amber Waters; Angus Richardson; Ashleigh Richardson; Audrey Peden; Ben Waters; Daniel Foote; Edward Orchard; Emilee Salecich; Emogen Bergey; Ezlan Bergey-Bray; Flynn Riordan; Grace Grainer; Kali Houlihan; Keely Salecich; Kelsey Orchard; Maggie Peden; Natalie Beck; Nathan Foote; Neve Houlihan; Nicholas Goudie; Owen Hallett; Phoebe Peden; Ryan Woodward; Sophie Greateorex; Susan Hutchins; Zara Hallett

Stingrays didn't earn themselves any first places in the relays but it was all done for the enjoyment and participation. Our most notable improvers on the day were Edward, Kelsey and Flynn.

STATISTICS	
Improvements	58%
First time swims	39
No swims	8
DO's	1

Placement ribbons were won by all those competitors shown in the table below-right.



Adam Woodward (ahead), Adam Foote and Nathan Foote coming in strongly with their backstroke leg of their 100m IM



Flynn swimming his 50m freestyle



Keely in the 50m butterfly

Ribbons	1	2	3
Emilee	5		
Keely	5		
Nathan	5		
Adam W	4	1	
Ryan	2	3	
Ezlan	2	1	1
Kali	1	3	
Adam F	1	1	1
Edward		4	
Zara		2	1
Ben		1	2
Amber		1	2
Natalie		1	1
Grace		1	
Audrey			2
Daniel			2
Angus			1
Neve			1

State Qualifiers

The 2015 McDonalds' Queensland Championships

The following members qualified to go to the Championships at the Brisbane Aquatic Centre held from 12-18 December: these were Sam Tress, Adam Woodward and Nathan Foote.

Sam (14yo) was in 100m fly, 100m free & 400m free.



Adam (14yo) entered 100m fly, 100m free & 100m breast



Nathan (13yo) was eligible to enter 100m breast (Nathan did not attend)



Ryan Woodward (12yo) was available to participate in the 200m 12&Under IM Relay & 200m 12&Under Freestyle Relay.



Break-Up Party & Aquathon



Aquathon Fundraiser

We held our annual Aquathon sponsored fun swim and Break-Up Christmas Party on the same night. We had a good turnout of kids doing laps for sponsorship over a half-hour period, most swimming 50m laps with younger ones doing 25m, while the really small ones did laps of the 10m wading pool. At least it was a good activity to precede the eating of food - and their expectations for Santa's arrival - who was a little "unconventional" this year, but who carried out the job of handing out the goodies to everyone; hopefully no-one was disappointed!

Let the feasting begin!



much food and goodies provided by members



Christmas Party

After giving out the results of the Aquathon (see over page), everyone was directed to the grandstand and led in a bit of festive cheer to hasten the arrival of Santa... whether it was an imposter or not we may never know, but "he" gave out presents to the kids all the same.



gorgeous girls

"Help me Obi-Wan... you're my only hope"

like father - like son



LEFT - due to the fragile nature of our Santa this year(!) we broke with tradition and coach Nathan ended up in the pool.

RIGHT - winner of the 'wheelbarrow of Goodies' was Natalie Beck's aunt; congratulations!



Stingrays Date Claimers

Fri/Sun 22-24 Jan Atherton LC 'A-Qualifier' Carnival

CLUB Fri 29 Jan Club Night #11

Sat 30 Jan Marlin Coast Peninsula Qual Carnival

CLUB Fri 5 Feb Club Night #12

CLUB Fri 12 Feb Club Night #13

Carnival Knowledge

Atherton 'A-Qualifier' Carnival - a comprehensive 3-day carnival (main racing days Saturday and Sunday, long distance races Friday evening) for those who want the chance to gain qualifying times for state, or for the less serious who want to be part of an enjoyable carnival atmosphere - attend both days and stay overnight or nominate for one day as you prefer.

Marlin Coast Carnival - the last chance to gain qualifying times for the Old Sprint Championships, or otherwise a general family-oriented day of races in the sister pool to Woree.

Aquathon Results

These were the participants in the Aquathon with the number of laps they achieved. Prizes went to the winners of each distance category, but grand prize for the most sponsor money raised is yet to be determined - this will occur on a Club Night once all monies have been collected.

10m wading pool

Name	Laps
Brayden	45
Bonnie	33
Finn (he was sick)	17

25m lanes of main pool

Name	Laps
Samantha	34
Madelin	30
Susan	29
Audrey	28
Zara	26
Sophie	26
Natalie	20
Peter	18
Nicholas T	14
Maggie	
Phoebe	

50m lanes

Name	Laps
Ben	43
Kali	41
Neve	39
Nathan	38
Keely	37
Adam F	35
Edward	35
Jane-Lee	33
Emilee	31
Madison	31
Alexandra	26
Angus	26
Ezlan	25
Kelsey	25
Thomas	23
Daniel S	23
Liam	22
Owen	22
Emogen	19
Daniel F	19
Amber	18

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



*The Regional Wing of
Singapore Airlines*



Lennon Cairns
chartered accountants

Brumby's Bakery -

Woree and Smithfield



**BABINDA
ELECTRICS**

