



the month ahead January at a glance

Cairns Stingrays Swimming Club

RIO OLYMPIC CHAMPION VISITS STINGRAYS



Just before Christmas Woree Pool was host to swimmers of the Tokyo University swim team, including the Rio Olympics 200m breaststroke Gold Medal Champion, Rie Kaneto. Rie gave the kids a free training clinic in breaststroke during the morning.



Afterwards, the team was fed, Rie gave out some prizes to the kids, we added her signature to our signed club shirt, and we gave her a commemorative Stingrays' shirt as an 'honorary member'. She showed us her gold medal, and gave the club a special memento replica gold medal and signed photo to express her gratitude for the club's assistance in the past - and her success.



CLUB NIGHT NOTICES

IMPORTANT NOTE: our previously scheduled monthly club night for January, held on Friday 19th has been CANCELLED.

Club nights will commence again on a weekly basis starting Friday 1st February once school term has begun. The night's programme of events will remain as published on the calendar unchanged, while they will just be re-designated numerically - #10 now becomes #9 etc.

In the meantime squad training has been carrying on as usual through the holiday period with a good turnout in the afternoons, and also the mornings. At the time of writing, squads are heavily involved in "Hell Week" - a week of intensive training every afternoon with daily goals, and an end-of-week incentive 'prize' for the most outstanding (and consistent) participant.

THIS MONTH'S CARNIVALS

ATHERTON - Saturday 26 January. Gates open 08:00 am for a 09:00 start

Entry costs \$4 for adults.

Programmes downloadable from FNQ website. A limited number of programmes will be available at the venue on the day.

Nominations close - Monday 21 Jan.

Atherton has traditionally held a 2-3 day 'A-Grade' carnival on the Australia Day long weekend, however last year and this year it has been redesignated as a one-day "Transition" Meet - which is essentially a downgrade to a more generally inclusive status, and thus suitable for most abilities of swimmers. Stingrays has previously incorporated the carnival with camping over the long weekend, with the Big4 Woodlands a popular venue - do book ahead though.

FEBRUARY EVENTS "HEADS-UP"

We appreciate January is generally a "write-off" month, with people taking annual holidays and having a break from club matters... we do however want to make members aware of events kicking off fairly early in February, beginning with the resumption of club nights, as already mentioned above - we also want to bring to everyone's attention our own Stingrays' Carnival which happens on the weekend 23-24 Feb. for which we expect a good turnout from our own members taking part in the swimming program; we have specifically broken the schedule into segments that should suit the youngest swimmers who can attend at discreet 'block' times on either day for 25m races and 50m races for specified age categories. The flyer is already published on the FNQ website which can be downloaded to plan your swim entries in advance; nominations can only be made online (including online payment) by Monday 18th January (midnight). No late nominations accepted beyond this date. If this will be your child's first carnival and you are unsure of the process please enquire with a Stingrays committee member for procedure.

Aside from competitors, it is always useful to have additional parents who can volunteer to help on the day; we will circulate a request for help, and designated tasks closer to the date.

STINGRAYS RESOURCES

- Website - cairnsstingrays.com.au
- Facebook - Cairns Stingrays
- Flickr - Stingrays Swimming Club
- Vimeo - stingrays
- YouTube - Cairns Stingrays

Stingrays' Dates for your Diary

~~Fri 18 Jan~~

~~Club Night #9~~

CANCELLED

Sat 26 Jan

Atherton LC Carnival
venue: Atherton Swim Logic Pool

Get the following Google Calendars:

- Stingrays Events**
- FNQ Swimming Carnivals**
- State & National Levels**