



GRACE SWIMMING

CLUB NEWSLETTER

1st Nov 2023

Club President's Message

Only 6 more club nights to go before the Christmas break!

Can you believe it! Time is flying. Please make sure your child is on track to swim 9 club nights to be eligible for Awards night next May. Also check that parents are on track for a minimum of 6 volunteering nights.

The Coaches information session which took place last Saturday had a great turn out. Chris did a great job of talking through why our kids train the way they do and what each session means. It was a great insight even for parents like me who has been in this swimming game a fair few years now. I feel the really strong message coming from our amazing coaching team was "Consistency is Key" and they really do know what they are doing! There will be more of these in the future so keep your eyes on the communication.

Apologies for my absence tonight as I had to fulfil a work commitment, but Vice President Peter Coulson will make sure all runs smoothly. Please help out where you can.

I thought for the next few weeks, we introduce and learn more about the amazing committee members we have at the club. Let's start with myself and Pete.

Lyndsay Lawler
Club President

COMMITTEE MEMBER PROFILES



Lyndsay Lawler

President

I've been the Grace Club President since the beginning of 2023. Mum to Macey and Leo who both swim at Grace. Macey is 14 and I was very proud to watch her at the National Age Championships this year for the first time, missing out of a 3rd place medal in the 50m Backstroke by a fingernail!! Brain and I are from the UK (I am sure you can tell while I am on the mic). We have been in this amazing country since 2007. We lived in Adelaide for 8 years where Macey began her swimming journey, moving to Redcliffe Leagues when we arrived at Redcliffe, where I also sat on the committee. After 4 years we moved across to Grace Swimming who welcomed us and treated us like family from the beginning. I love watching my kids and the grace kids swim and achieve the things they do each week. I hope for the new families you feel the same as what we did when we arrived. Please feel free to ask me anything as I have a bit of swimming knowledge under my belt, so I'm happy to help where I can.



Peter Coulson

Vice President

Born and raised in the Wide Bay Area, I started basic swim training at the age of 5 to learn swim safety. This led me to go on and swim competitively until the age of 17, when I joined the RAAF, competing at a range of meets and in multiple Wide Bay championships in a variety of events. In the Air Force, I continued to swim, however was drawn to Water Polo, where I spent 18 years playing at grade state and national level. I competed for QLD and ACT at State Titles, and for the Australian Defence Force Vipers at annual Australian Country Titles across 10 years achieving 61 Caps. As a result of competing at these titles, I also achieved selection in the Australian Country Team and toured New Zealand. My passion and joy for water sports as a child and young adult meant that I instilled or at least tried to instil that same enjoyment in my 3 kids. My daughter, Maddie, has been swimming the Grace program since she was 2 years old, competitively for 10 years, and still, at 17, currently swims in the Gold Squad and participates on club nights. I'm very happy to see that same passion I had/have for the water resident in her. As such, I decided to take on a position in the Grace committee, and have continued this for the last 6 years, with the last 2 being as Vice President. I also perform the duties of starter on club nights, so I can continue to support this same in some small way. I am so grateful for the position I hold within this club, being so proud of all the swimmers, and being part of the Grace Swimming Community.

Next week, we will learn more about Harvey (our treasurer) and Rachael (our secretary)

Keeping Up To Date

Our **website** and **social media** pages are great ways to stay up to date with what is happening in and around Grace Swimming. If you're interested, go ahead and like our **Instagram** and **Facebook** page @graceswimming.

On **Facebook**, we have a community group called POGS (Parents of Grace Swimming) where you can ask any question, post about results, or you want to connect more with other members of the club.

Meet Mobile is an app which all results from Club Nights and outside competitions are posted to.



You can download it from your App Store and you can then track your swimmers' times each week.

Please feel free to ask any of our club members about the app, if you have any questions.

Uniform Information Update

Grace Swimming Uniforms are available for all swimmers who are competing at any level.

We are currently looking at a new supplier and will have samples next week for try-ons and orders. While we are in the transition, we have old stock on sale.

Polos = **ON SALE**
Hoodies = **ON SALE**
Caps = \$20
Trucker Hats = \$15
T-Shirts = \$25

Renee Tragis
Uniform Co-ordinator

Club Committee 2023/2024

Club President

Lyndsay Lawler
M: 0448 551 069
president@graceswim.org.au

Club Vice-President

Peter Coulson
M: 0407 931 814
vicepresident@graceswim.org.au

Club Registrar

Paul Chambers
M: 0405 586 623
registrar@graceswim.org.au

Club Night Co-ordinator

Steve Todd
M: 0423 113 179
clubnight@graceswim.org.au

Club Treasurer

Harvey Forough
M: 0426 905 462
treasurer@graceswim.org.au

Club Secretary

Rachael Clark
secretary@graceswim.org.au

Club Race Secretary

Amanda Rattenbury
graceswimming.racesec@gmail.com

Club Uniforms

Renee Tragis
uniforms@graceswim.org.au

Club Committee Members

Tash Mandryk
Garth Kewley
Roydon Puzey

Coaching Team

Chris Phillips
chris_phillips@glc.qld.edu.au
Josh Duyzer
joshua_duyzer@glc.qld.edu.au
Alanah Fowler
alanah_fowler@glc.qld.edu.au

CLUB NIGHT

Our membership base continues to grow with trial night swimmers joining the club after experiencing a couple nights. **Zarina Nankoo** had her first Club Night swim, joining her sister from last week. **Leopold** set a new record in the 100 Breaststroke, and also had a splash in the shortest Freestyle event.

Male 6 years 100m Breaststroke

NEW: 2:15.89 - Leopold Rattenbury 25/10/2023

2:17.57 - Morgan Chippendale 16/03/2011

Male 6 years 12.5m Freestyle

NEW: 9.95 - Leopold Rattenbury 25/10/2023

11.97 - Lachlan Millar 07/11/2018

81 PB swims were swum last week. **Savanna A, Samantha B, Hayden F, Jack R & Keira W** all produced a swim with a 2-digit improvement.

Qualifying times were achieved for swimmers to progress to these distances:

50/100 Freestyle: Anna R

200 Freestyle: Mackie M, Andrew P, Leo L

50/100 Breaststroke: Michaelia C

200 Breaststroke: Mackie M, David S, Maddison M, Rosie C

50/100 Butterfly: Esjay W

200 Butterfly: Mia H.



EVENTS FOR NEXT WEEK

08/11/23

Breaststroke

200

Backstroke

12.5/25/50/100

Butterfly

12.5/25/50/100

Freestyle

12.5/25/50/100

Please endeavour to have your nominations entered online by Monday at 5pm each week.

All enquiries about club night nominations can be directed to me at: clubnight@graceswim.org.au

Steve Todd

Club Night Co-ordinator

CLUB PAYMENTS

Bank Account Details

Please ensure that any payments that are related to Grace Swimming Club are deposited to the Swimming Club account with a meaningful reference. For example you can provide the following: swimmers surname and an abbreviation of the funds purpose (see below). This is to ensure the funds are allocated to correct swimmer for correct purpose. Account details and suggest reference list is as follows:

Account Name:	Grace Swim Club	Purpose	Abbreviation
BSB:	034 059	Training Shirt	TS
Account Number:	219053	Swim Cap	SC
Reference:	Bloggs_TShirt	State Singlet	SS
		Club Shirt	CS
		Trophy Night	TN

Any deposits for Squad or Learn To Swim fees are to be deposited to the Grace Swimming Operations account:

BSB:	034 059
Account Number:	344735

We have a PaySquare at each club night for any EFTPOS purchases.

Should you ever want to clarify the account details or have any enquiries regarding Swimming Club payments, you are welcome to contact the treasurer at treasurer@graceswim.org.au

Harvey Foroush
Club Treasurer

OUT & ABOUT

RELAY TEAMS

Congratulations to those swimmers who have been nominated to compete at the Brisbane Relay Championships this weekend. We wish you the best of luck! Go out there and do Grace Swimming proud.

GRACE RELAY TEAM

Andrew Park	Leo Lawler
Hunter McRae	Josh Mandryk
Noah Shaw	Blade Miller
Jack Rattenbury	Hayden Dymond
Xander McRae	John Rhee
Oliver Agafonov	Sam Baker
David Slater	Macey Lawler
Lachlan Millar	Soha Foroush
Cayleigh Graham	Mia Hagen
Chloe Schwartz	Alia Shaw
Freya Shaw	Lily Smith
Abbey Clark	Lauren Dymond
Casey Leaver	Maddison Coulson
Sheldon Vas-Diass	

OUTSIDE MEETS

Keep a sharp eye out for upcoming meets as they can sneak up on you. Please reach out and contact me if you have any questions.

The Nudgee LC Prep Meet closes **7th November** for all those swimmers chasing qualifying times.

All Nominations for Outside Meets are completed through Swim Central

Amanda Rattenbury
Race Secretary

UPCOMING MEETS

APR MAR FEB JAN DEC NOV

5th - Brisbane Metropolitan Relay Championships

10th to 12th - QLD Long Course Prep Meet #2

18th - Nudgee LC Prep Meet

25th - Rackley Hibiscus LC Transition Meet

2nd - Nudgee Junior Transition Meet

3rd - Genesis Aquatics SC Transition Meet

9th to 15th - QLD State LC Championships

14th - Lawnton LC Sprint Prep Meet

24th to 27th - Australian Open Water Championships

27th & 28th - Brisbane Sprint Championships

4th - Belgravia LC Prep Meet

11th - QLD Sprint Championships

2nd to 3rd - Brisbane Junior Metropolitan Championships

8th to 10th - Brisbane Senior Metropolitan Championships

16th to 17th - Speedo National Prep Meet

6th to 14th - Australian Age Championships

17th to 20th - Australian Open Championships

SAVE THE DATES



24 November

Grace Swimming Club Christmas Drinks

ERA Bar and Grill, Redcliffe

6 & 13 March

Club Championships

Please note: these dates are Wednesday nights



11 May

Trophy Presentation Night

Norths Leagues Club