



GRACE SWIMMING

CLUB NEWSLETTER

8th Nov 2023

Club President's Message

FIVE nights of fun left of this year!

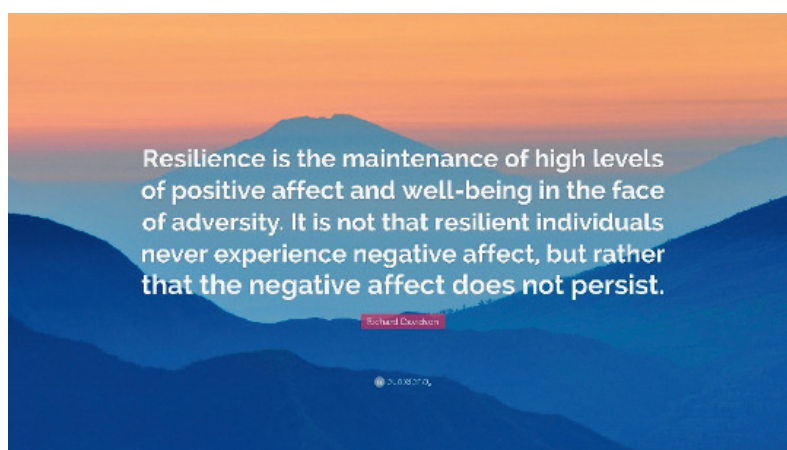
I hear last week ran well, thanks so much to the committee and the volunteers who helped out. It really does make life easier for us.

Our relay teams hit Chandler at the weekend. A big thanks to all who helped at the pool and to our amazing club captains Mia and Sam for helping the team. It takes a lot of organising to put swimmers in relays. Thanks to Amanda Rattenbury, our race secretary, for all her work on this.

I just wanted to touch base on Resilience, something Chris also brought up in his information session. I think in life our kids have now, with social media, instant gratification is real in our kid's world. When things don't go the way they want or they don't receive the things they want it can be hard for our kids to deal with. Swimming is a sport that can be a roller coaster when it comes to results, so let's make sure our kids are learning to be resilient in the world we live in. I am a strong believer that sports are essential for our kid's mental health. I am a strong believer in strong body, strong mind. There is no better sport to help with both of these aspects.

Lyndsay Lawler

Club President



COMMITTEE MEMBER PROFILES



Harvey Foroush

Treasurer

Harvey here, born in Iran and moved to Australia with my beautiful wife Fran in 2011. You might have met Fran at Flippers Café. I'm a mechanical engineer and work in the mining industry. Yes, I am the club treasurer but not an accountant. I accepted the treasurer role at a parents Christmas party in 2021 and have loved it ever since.

My eldest daughter Soha joined Grace Swimming Club in 2017 and now swims in the Gold Squad. Soha is in Year 9 at Grace College and by the time you're reading this she's attending a 4 week camp at Googa. My youngest daughter Nora started club nights this year. She is in Year 1 at Grace Primary School.

We live in Newport area and we all love the Grace community and the club.



Rachael Clark

Club Secretary

I assumed the role of Secretary of Grace Swimming in July this year, hoping to bring to the role a deep commitment to fostering a positive swimming environment for all. I am a mum to 3 kids, Matthew, Abbey and Mia. Abbey and Mia have been swimming at Grace for the past few years and the Grace community has felt like a family from the beginning. My own swimming history traces back to my youth when I was a member of the Biloela (QLD) and Singleton (NSW) swimming clubs. I remember the good old days when each week you received Gold, Silver and Bronze merit certificates to celebrate PB's - how things have changed!!

I have a background in accounting and also Marketing. On weekends, when I'm not on the sideline of a pool or a soccer field I enjoy camping, gardening and spending time with friends.

Next week, we will learn more about Roydon Puzey and Garth Kewley

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 Foroush
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

With the strength the wind was blowing last week, some swimmers thought they were competing in an open water event! Nevertheless, 94 PB swims were achieved by 55 swimmers, with **Savanna A, Seb A, Miranda C, Abbey C, Joaquin G, Mia H, Leo L, Josh M, Maddison M, Hunter M, Blade M, Brock M, Andrew P, Leopold R, John R, Levi S, Esjay W, Totti W & Chloe W** all having a PB swim of over 4 seconds.

Liam Cantatore enjoyed his trial club night so much, he joined up straightaway. Welcome Liam to our club. **Brooke Walker** also had a trial club night last week, and **Samantha B** again showed us how big of a "ticker" she has, by swimming the 400 IM.

Leopold made waste to Morgan's 50 Breaststroke record, set over 12 years ago. Great work!!

Male 6 years 50m Breaststroke

NEW: 1:01.70 - Leopold Rattenbury 01/11/2023

1:04.40 - Morgan Chippendale 9/03/2011

Qualifying for:

50/100m Breaststroke: **Liam C, Asher T, Hunter M, Scarlett V, Elly M**

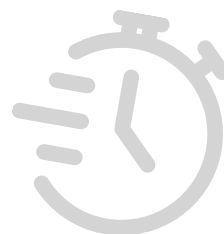
50/100m Freestyle: **Liam C**

50/100m Backstroke: **Liam C, Michaelia C, Kate R, Miranda C**

200m Backstroke: **Levi S**

200m IM: **Hayden D, Mackie M, Andrew P, Savanna A, Rosie C, Calliope B, Abigail R**

400m IM: **Levi S**



EVENTS FOR NEXT WEEK

15/11/23

Freestyle

200/400/800/1500

Butterfly

12.5/25/50/100

Freestyle

12.5/25/50/100

Backstroke

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 Forough
Club Treasurer

OUT & ABOUT

CONGRATULATIONS TO OUR RELAY TEAMS!!

What a great weekend we had out at Chandler competing at the Brisbane Relay Championships. We had 27 swimmers race in 22 relays over 5 different ages, ranging from 9-10 years to Open and between Freestyle, Medley and Mixed relays. It was great to see every swimmer put in 110% effort for their teams and cheering each other on when watching from the grandstand. Great work to everyone involved!!



OUTSIDE MEETS

Welcome to all our new members! Please find below a list of Upcoming Meets (entries currently open on Swim Central), and Save The Date meets (entries not yet open). Nominations for meets are via Swim Central. If you would like any help with entering meets, please let me know.

UPCOMING MEETS

Saturday 18th November - Nudgee College LC Prep Meet

Ages 8 years and over. Entries close Tuesday 7th Nov

Saturday 25th November - Rackley Hibiscus LC Transition Meet

Ages 7 years and over. Entries close Wednesday 15th Nov

Saturday 2nd December - Nudgee College Junior LC Transition Meet

Ages 6 years and over. Entries close Wednesday 22nd Nov

Sunday 3rd December - Genesis SC Transition Meet

Ages 6 years and over. Entries close Sunday 26th Nov



**Saturday 9th December - Friday 15th December
- 2023 Queensland State Championships**

Qualifying times apply. Ages 12 years and over.

Entries close Tuesday 21st Nov

SAVE THE DATE

Sunday 14th January - Lawton LC Sprint Prep Meet

Saturday 20th January - Bracken Ridge Junior SC Transition Meet

Entries close Friday 12th Jan

Sunday 21st January - Southern Cross Transition Meet

**Wednesday 24th - Saturday 27th January
- 2024 Australian Open Water Championships**

Qualifying times apply.

**Saturday 27th - Sunday 28th January
- 2024 Brisbane Sprint Championships**

Qualifying times apply. Minimum age 8 years.

Sunday 4th February - Belgravia LC Prep Meet

**Saturday 10th - Sunday 11th February
- 2024 QLD Sprint Championships**

Qualifying times apply. Minimum age 10 years.

Amanda Rattenbury
Race Secretary


HAPPY SWIMMING!

UPCOMING MEETS

NOV DEC JAN FEB MAR APR

18th - Nudgee LC Prep Meet

25th - Rackley Hibiscus LC Transition Meet Entries close Wednesday, 15th Nov 

2nd - Nudgee Junior Transition Meet Entries close Wednesday, 22nd Nov 

3rd - Genesis Aquatics SC Transition Meet Entries close Sunday, 26th Nov 

9th to 15th - QLD State LC Championships Entries close Tuesday, 21st Nov 

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