



GRACE SWIMMING

## Newsletter 103: 22nd February, 2023

### News This Week

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Leaders instill in their people a hope for success and a belief in themselves. Positive leaders empower people to accomplish their goals.



### Club President's Message

Welcome to Club night 4! 5 to go before we head into our Club Championship weekend on the 25<sup>th</sup> and 26<sup>th</sup> March. Don't forget to get your nominations in before the 15<sup>th</sup> March so Steve can get all the races ready and it runs smoothly.

As per last week's half time talk, we are looking for our Club Captains for next season. We are looking for leaders to inspire and encourage our amazing Grace team. The leaders role will include helping our younger swimmers to marshalling at outside meets and showing them how it works.

Our Captains will help at club nights if needed with the lane ropes, club champs selling raffle tickets and being there for our team to look up to. Speeches for this will take place on club night March 8<sup>th</sup> (2 weeks' time). We only need a few words to tell us why you should take on the role. If your swimmer is keen then please fill out the form Paul Chambers has sent and get it back to the committee asap.

Well done to all who Swam on the weekend at Noosa 5k, Genesis 5 way and Sunshine Coast Grammar. Some great results! Well done.

Hoping to see some of our swimmers from Grace head to regionals in a few weeks time. Please keep posting on POGS any pics you might have at school swimming.

That's all from me. Remember to help out on Club nights by volunteering for time keeping, baking and assisting in the flippers canteen. We always need many hands on deck to help and club night can't run without you.



Lyndsay Lawler

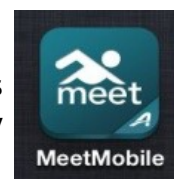
Club President

## Keeping Up To Date

Our website and Facebook pages are great ways to stay up to date with what is happening. Make sure all your family and friends also like our Facebook page and keep up to date too.

**Meet Mobile:** For those of you who are new to Club Nights.

Meet Mobile is an “App” which is downloaded and used for tracking your Swimmer’s results each week. Please feel free to ask any of our club members should you have any questions on how to use this App.



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## Club Payments

### Bank Account Details

Please ensure any payments that are related to Grace Swimming Club are deposited to the Swimming Club account with a meaningful reference such as Swimmers Surname and abbreviation of the funds purpose to ensure the funds are allocated to correct swimmer for correct purpose. Account details and suggested reference list follow.

<i>Account Name</i>	<i>Grace Swim Club</i>
<i>BSB</i>	<i>034 059</i>
<i>Account Number</i>	<i>219053</i>
<i>Reference</i>	<i>Swimmer surname &amp; abbreviation of purpose of deposit</i>

<u>Purpose</u>	<u>Abbreviation</u>	<u>Purpose</u>	<u>Abbreviation</u>	<u>Purpose</u>	<u>Abbreviation</u>
Training Shirt	TS	State Singlet	SS	Trophy Night	TN
Swim Cap	SC	Club Shirt	CS	Associate Membership	AssocM or AM

Any deposits for Squad or Learn to swim fees are to be deposited to the Grace Swimming Operations account, BSB 034059 Account 344735. **We also have a pay square at each club night.**

Should you ever want to clarify the account details or have any enquiry regarding Swimming Club payments you are welcome to contact the treasurer on email at [treasurer@graceswim.org.au](mailto:treasurer@graceswim.org.au).

Wishing you all a good week ahead,

Harvey Forough  
Treasurer

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## Uniform Information

Grace Swimming Uniforms are available for all swimmers who are competing at any level. All swimmers competing at outside meets **must** have a Grace swim cap and Grace polo.

Available every club night or contact Renee to book an appointment 😊

Polo’s \$49 (includes name embroidery)	Hoodies \$60	Caps \$20	Trucker hats \$15	T-shirts \$25
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Renee Tragis  
Uniform Co-ordinator

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## Club Night

### 2022/23 COMMITTEE

#### Club President

Lyndsay Lawler  
M: 0448 551 069  
[president@graceswim.org.au](mailto:president@graceswim.org.au)

#### Club Vice-President

Peter Coulson  
M: 0407 931 814  
[vicepresident@graceswim.org.au](mailto:vicepresident@graceswim.org.au)

#### Club Registrar

Paul Chambers  
M: 0405 586 623  
[registrar@graceswim.org.au](mailto:registrar@graceswim.org.au)

#### Club Night Co-ordinator

Steve Todd  
M: 0423 113 179  
[clubnight@graceswim.org.au](mailto:clubnight@graceswim.org.au)

#### Club Treasurer

Harvey Forough M: 0426 905 462  
[treasurer@graceswim.org.au](mailto:treasurer@graceswim.org.au)

#### Club Secretary

Steve Hind  
[secretary@graceswim.org.au](mailto:secretary@graceswim.org.au)

#### Club Race Secretary

Sandra Hill M: 0409 871 190  
[graceswimming.racesec@gmail.com](mailto:graceswimming.racesec@gmail.com)

#### Coaches

Chris Phillips  
[chris\\_phillips@glc.qld.edu.au](mailto:chris_phillips@glc.qld.edu.au)  
Josh Duyzer  
[joshua\\_duyzer@glc.qld.edu.au](mailto:joshua_duyzer@glc.qld.edu.au)

#### General Committee Members

Toni O'Keeffe M: 0402 788 594  
Garth Kewley M: 0400 906 820  
Roydon Puzey M: 0408 534 322

#### Uniform Co-ordinator

Renee Tragis M: 0420799664  
[uniforms@graceswim.org.au](mailto:uniforms@graceswim.org.au)

#### Out 'n' About Reports

Sandra Hill  
[graceswimming.racesec@gmail.com](mailto:graceswimming.racesec@gmail.com)

#### Newsletter Co Ordinator

Toni O'Keeffe M: 0402 788 594

**Andrew Park** and **Ella Norman** swam at Club Night last week to check it all out. We hope you enjoyed your experience and make Grace your swimming club home.

**Leopold Rattenbury** made an impressive 6 sec PB from the week before, to improve his 100 free record time. **Leopold** also created a new record the previous week, by swimming 50 back, a first for a 5yr old at Club Night.

**Male 5yrs 100 Free**  
**15/02/2023**

**New: 1:52.88 Leopold Rattenbury**  
1:59.24 Leopold Rattenbury 8/02/2023

**Male 5yrs 50 Back**

**NEW: 58.88 Leopold Rattenbury**

91 new best times were swum last week with **Josh M** knocking of over half a minute from his previous best 200 back. **Lillian B, Matthew B, Samuel B, Max C, Rachael G, Summer K, Alia S & Scarlett V** all produced a PB of over 4 seconds.

Qualifying for events were: 50/100 breast: **Indiana K.**  
50/100 fly: **Andrew P, Hunter M.**  
50/100 free: **Andrew P.**

Events for next week, **1st March:**

200 Breaststroke	12.5/25/50/100 Butterfly	12.5/25/50/100 Backstroke	12.5/25/50/100 Freestyle
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### **CLUB CHAMPIONSHIPS:**

**Nominations are open online** (similar to Club Night nominations). The link can be found on the Compete page on the website, with the password the same as for club night nom's. The page has links to all the information and the list of event numbers which is required for nominating. **Only enter the event number in the appropriate field**, not what the event is.

For swimmers who have not swum competitively before, Club Champs is a good place to start. There are no qualifying times and you do not have had to swum the event at Club Night to be able to swim it at Club Champs. Competition is in age levels, at the age swimmers are on 25/03/2023.

**All nominations must be entered online before 7pm Wednesday 15<sup>th</sup> March.** Don't leave it to the last minute, as there will be NO LATE NOMINATIONS. Nominations online only, no emails. Please check the list of Club Night attendances on the wall at Flippers to ensure your eligibility of a minimum of 9 club nights attended this season (unless an exemption has been applied for and granted prior to the closing date). Only four club nights after tonight.

All inquiries about Club Night and Club Champs nominations can be directed to me at [clubnight@graceswim.org.au](mailto:clubnight@graceswim.org.au)  
Cheers

Steve Todd - Club Night Co-ordinator

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## Out and About

### Results

#### 18 January - Genesis 5 Way Meet

Jnr: Lachlan M (10yr) 1<sup>st</sup> 50 back, 1<sup>st</sup> 100IM, 2<sup>nd</sup> 50 fly, 2<sup>nd</sup> 100 free

Lucy (9yr) 1<sup>st</sup> 50 free, 2<sup>nd</sup> 50 back, 2<sup>nd</sup> 50 brs, 2<sup>nd</sup> 100IM

Tessa (7yr) 2<sup>nd</sup> 25 back, 2<sup>nd</sup> 25 fly, 3<sup>rd</sup> 25 free

Declan (8yr) 3<sup>rd</sup> 25 back, 3<sup>rd</sup> 25 free, 3<sup>rd</sup> 25 brs

Freya (12yr) 3<sup>rd</sup> 100 back, 3<sup>rd</sup> 100 brs

Snr: Sheldon (13yr) 1<sup>st</sup> 200 brs, 1<sup>st</sup> 100 brs, 3<sup>rd</sup> 50 brs

Alia (14yr) 1<sup>st</sup> 100 free, 1<sup>st</sup> 200 free, 1<sup>st</sup> 200 back, 1<sup>st</sup> 50 free

Levi (13yr) 3<sup>rd</sup> 50 fly, 3<sup>rd</sup> 50 back



### Meets Open for Nomination 2023

**5 March** – Albany Creek SC Transition Meet – closes 26 February – includes 9yr&U 25m events **\*\*Last Chance for JR Mets Qualifying times\*\***

**10-12 March - Brisbane Snr Metropolitan Championships **\*\*TARGET MEET\*\*** – for swimmers 13yrs and over qualifying times apply – closes 28 February** – includes 12yr distance events as well – 200brs, fly, back, 400IM, 400 free, 800 free

PENULTIMATE MEET FOR POINTS AND PENULTIMATE MEET AT CHANDLER FOR AGE TIMES

**18-19 March - Speedo Prep Meet & Jess Schipper Challenge **\*\*TARGET MEET\*\*** – qualifying times apply for swimmers 11yr and over – closes 7 March**

(this will be the last chance to get qualifying times for Age at Chandler)

### 2023 Dates to Save

**1-2 April - Brisbane Jnr Metropolitan Championships **\*\*TARGET MEET\*\*** – 8yrs to 12yrs, includes 25m relays, qualifying times apply – RELAY EOI out now – check your email!**

Don't forget to enter the individual events

8yrs olds – do not have qualifying times for the 25m events, they do for 100m free

Everyone else, check your age and events carefully, as not all ages do every event

**7-15 April - Australian Age Championships – qualifying times apply (Gold Coast) - entries close 21 March**

**17-20 April - Australian Championships – qualifying times apply (Gold Coast) – entries close 28 March**

**Nominations for meets are completed through Swim Central**



Websites for information:

Swimming Brisbane - <https://swimmingbrisbane.org.au/>

Swimming Queensland - <https://qld.swimming.org.au/>

Swimming Australia - <https://www.swimming.org.au/>

Check your emails for updates

Any queries: [graceswimming.racesec@gmail.com](mailto:graceswimming.racesec@gmail.com)

Sandra Hill  
Race Secretary

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## SAVE THE DATES!!

- Club Championships: The weekend of 25<sup>th</sup> and 26<sup>th</sup> March, 2023 Grace Swimming Pool
  - 22/23 Presentation Night: Saturday 6<sup>th</sup> May, 2022 Norths Leagues Club 5:30pm till late
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Well DONE to all our Grace Squad Swimmers at their school events