



GRACE SWIMMING

Newsletter 106: 15th March, 2023

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Club President's Message

Ok, We are at the pointy end now -2 more club nights to go!

Once the 2022/2023 season has concluded, swimmers who have qualified (attendance at 9 or more club nights), will be sent an invitation to attend the Annual Trophy Evening in May. I am so excited to see all our amazing swimmers be rewarded for their hard work and also relax and have a great night.

Congratulations to those swimmers who are heading to the School States at the end of March. We look forward to seeing how our Grace swimmers go. I believe we have :

Samuel Baker, Olivia Smith, Soha Foroush, Josh Mandryk, Macey Lawler, Jack Rattenbury, Hayden Farlow and Maddy Mawhinney. Great inspiration for younger swimmers - well done all!

Also, amazing efforts from our senior swimmers at the Senior Mets this weekend. Some of our swimmers were lucky enough to meet the amazing Cate Campbell which was very special.

Please if you haven't already, see me at the desk and volunteer for our Club Championships we will be rotating through flippers so everyone can get a chance to see their kids swim. As Satina, Suzy and Lara do it every week and do a great job of feeding us all its only fair we have others helping out in there and see how it all works. It is easy and fun so let's get some new faces in there!

If any families or businesses can donate a raffle prize for the day please come and see me. Any questions about any of the events coming up please come and see me or a committee member and will be happy to help.

Happy swimming to all!

Lyndsay Lawler

Club President

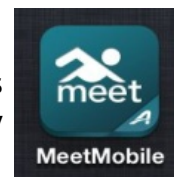


Keeping Up To Date

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.



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 & 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.

Wishing you all a good week ahead,

Harvey Forough
Treasurer

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

2022/23 COMMITTEE

Club President

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

Club Vice-President

Peter Coulson
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Club Night Co-ordinator

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Club Treasurer

Harvey Forough M: 0426 905 462
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Club Secretary

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Club Race Secretary

Sandra Hill M: 0409 871 190
graceswimming.racesec@gmail.com

Coaches

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Josh Duyzer
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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

Out 'n' About Reports

Sandra Hill
graceswimming.racesec@gmail.com

Newsletters

Toni O'Keeffe M: 0402 788 594

Club Night

Some great news we would like to share with everyone; our resident Club Night Referee and life member, **David Gregory**, has been reappointed as a FINA Starter!

This is a very prestigious appointment, as it means David is one of only two officials in Australia who are able to start races at international meets like the Olympic Games and World Championships.

We are very honoured to have such a talented and credentialed official at our club.

With last week being International Women's' Day, it was fitting that a young women broke a club night record.

Congratulations to **Alia** for breaking your own 800m free record!

Female 14yrs 800 Free New: 9:42.50 Alia Shaw 8/03/2023
9:45.89 Alia Shaw 26/10/2022

65 PB swims last week with some great improvements, especially by: **Samantha B, Abbey C, Mia C, Lauren D, Hayden F, Mia H, Indiana K, Maddison M, Edward M, Andrew P, Sienna P, Curtis R, Chloe S, Alia S, Freya S, Lucy S, Sheldon V, Chloe W & Keira W.**

Qualifying times were achieved for:

400 free: **Hayden F, Chloe W.**
200 free: **Imogen M.**
50/100 fly: **Edward M.**
200 Fly: **Levi S.**



BIG REMINDER NOMINATIONS FOR CLUB CHAMPS CLOSE TONIGHT!!!

Events for the last Club Night of the season, next week, **22nd March**:

200/400/800 Freestyle	12.5/25/50/100 Butterfly	12.5/25/50/100 Breaststroke	12.5/25/50/100 Freestyle
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All enquiries about club night nominations can be directed to me at: clubnight@graceswim.org.au

Steve Todd
Club Night Co-ordinator

Out and About

Results

11-12 March - Brisbane Snr Mets Championships – Team Grace: Samuel, Lauren, Soha, Joshua, Alia, Olivia, Levi, Maddison-Rose, Mia, Macey, Bronte, Sheldon, Lily



Medallists:

Lily (17yr) 1st 100 back Macey (13yr) 2nd 50 free, 2nd 100 back
Samuel (14yr) 2nd 800 free, 3rd 400 free Olivia (14yr) 3rd 100 free, 3rd 50 free
Alia (14yr) 3rd 400 free, 3rd 1500 free

Top 10:

Alia (14yr) 4th 800 free Sheldon (13yr) 4th 200 brs
Maddison-Rose (16yr) 5th 200 fly Joshua (14yr) 6th 400 free, 10th 800 free
Olivia (14yr) 7th 200IM, 8th 50 back Lauren (16yr) 8th 50 fly
Macey (13yr) 9th 200 IM Soha (14yr) 10th 200 back

Top 20

Olivia (14yr) 11th 200 free, 12th 50 fly Mia (15yr) 12th 200IM
Sheldon (13yr) 12th 50 brs, 13th 100 brs free Joshua (14yr) 13th 200
Samuel (14yr) 13th 50 free Bronte (14yr) 14th 200IM
Alia(14yr) 17th 100 free Maddison-Rose (16yr) 17th 50 back, 17th 50 fly
Lauren (16yr) 17th 100 free, 19th 50 free



18-19 March – Speedo National Prep Meet & Jess Schipper Challenge

Team Grace: Samuel, Olivia, Sebastian, Abbey, Hayden F, Soha, Casey, Joshua, John, Chloe S, Alia, Freya, Sienna H, Macey, Henry, Levi, Chloe W

Meets Open for Nomination 2023

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

Team Grace: Individual Events – Oliver, Henry, Sebastian, Abbey, Casey, Maddison M, Jack R, Chloe S

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

2023 Dates to Save

8 – 9 July – Speedo Short Course Preparation Meet

23 July – Brisbane Jnr Short Course Championships

29-30 July – Brisbane Snr Short Course Championships

11-12 August – Qld Short Course Championships

2 September – Brisbane Open Water Championships

7-8 October – Long Course Preparation Meet #1

14 October – Queensland Open water

5 November – Brisbane Relay Championships

10-11 November – Medal Shots Long Course Preparation Meet #2

9 – 15 December - Queensland Championships



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

Sandra Hill

Race Secretary

Grace Swim Club would like to acknowledge and thank our Club Championship Sponsors:

