



GRACE SWIMMING

Newsletter 107: 22nd March, 2023

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Club President's Message

Welcome to the final club night of the season!

Club champs on the 25th and 26th of March.

Nominations closed on the 15th March with no late entries as it is a lot of work for Steve to pull together.

The raffle prizes donated are great so make sure you bring some cash to spend and try and win! We will have some on both days of Club Champs. BBQ will be kept simple as we don't have the volunteers for flippers so sausage and kebabs, please bring extra snacks if your kids need it. Baked goods and lolly bags will also be available. Snow Zone will be there for a refresher if the weather is still warm on both days !

We also still need timekeepers for the day. A lot of work goes into organising this weekend and can't happen without help.

Remember to wear crazy colours for the weekend of club champs lets make it as much fun as possible!

There is a lot going on for some of our swimmers at the moment. Schools States, Club Champs, Club Captains and Nationals Aged Championships.

Life sometimes doesn't always deliver what we want and I feel its important our kids are prepared to deal with this. Resilience in our kids is key to deal with disappointment of results but also be happy for other who are successful. I thought these key points where apt for those of our kids striving for certain goals in their life right now.

Resilience is made up of five pillars: Self Awareness, Mindfulness, Self Care, Positive Relationships and Purpose.

•**Mindfulness is a state of active, open attention on the present.**

•**Self-care is unique for each person and can be understood in many different ways.**

•**Positive Relationships are the people who support and care for us — and we care for them.**

•**Purpose is a recognition that we belong to and serve something bigger than ourselves.**

Have a great last Club Night looking good forward to a great weekend!

Lyndsay Lawler
President

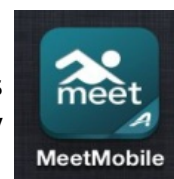


Keeping Up To Date

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 Tragus
Uniform Co-ordinator

Club Night

2022/23 COMMITTEE

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

Steve Hind
secretary@graceswim.org.au

Club Race Secretary

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

Coaches

Chris Phillips
chris_phillips@glc.qld.edu.au
Josh Duyzer
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

Out 'n' About Reports

Sandra Hill
graceswimming.racesec@gmail.com

Newsletters

Toni O'Keeffe M: 0402 788 594

Last Club Night of the Season! What will we do on Wednesday nights from next week?

Last week **Noah Ballinger** had a trial night and plans to join us again tonight. We look forward to those who had trials in the past few weeks, and all current members returning to Club Nights for the start of the next season after the school holidays in October.

Leopold created one more record, swimming the 100m back for the first time by a 6yr old at Club Night.

Male 6yrs 100 Back

New: 2:00.72 Leopold Rattenbury 15/03/2023

73 PB's last week.

Ethan H & Casey L both earnt 7pts in all of their three swims. Other 7pt swims were by **Ashlyn K, Macey L, Josh M, Maddison M, Declan M, Connor P, Curtis R, Jack R, Leopold R, Noah S, Harry S & Keira W.**

Qualifying events were achieved for:

50/100 breast: **Declan M, Noah B.**

200 breast: **Abbey C.**

50/100 free: **Noah B, Mac H.**

200 free: **Leni T.**

50/100 back: **Noah B.**

The finalised **Club Champs program** should now be on Meet Mobile and hopefully on the Club website. Please check your entries and contact me if there are any discrepancies, or any withdrawals, so program changes can be made in advance.

RAFFLE TICKETS AVAILABLE on Both DAYS

Amazing Prizes - Tickets \$2 each or 3 for \$5

See you on Saturday.

Don't forget to slip, slop & slap.

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

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

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

Day 1

Podium Finishes

Olivia (14yr) 1st 50 free

Alia (14yr) 1st 1500 free, 3rd 200 free

Hayden F (11yr) 3rd 100 brs



Top 10:

Joshua (14yr) 5th 400 free, 10th 200 free

John (14yr) 5th 50 brs

Hayden F (11yr) 6th 50 brs

Sebastian (12yr) 7th 200 free

Sienna H (12yr) 9th 100 brs

Top 20

Sebastian (12yr) 11th 50 free

John (14yr) 12th 50 free

Sienna H (12yr) 15th 200 free

Soha (14yr) 16th 50 free, 16th 100 back

Joshua (14yr) 19th 50 free

Hayden F (11yr) 20th 50 free

Day 2

Podium Finishes

Macey (13yr) 1st 50 back, 1st 200 back, 2nd 100 free

Olivia (14yr) 3rd 100 fly, 3rd 200IM

Alia (14yr) 3rd 800 free

Top 10:

Macey (13yr) 9th 50 fly

Lauren (16yr) 9th 50 fly

Joshua (14yr) 10th 100 free

Top 20:

Sebastian (12yr) 11th 200IM, 15th 100 free

Sienna H (12yr) 12th 100 free

Soha (14yr) 13th 100 free, 14th 50 back, 18th 50 fly

Hayden F (11yr) 17th 100 free

Samuel (15yr) 17th 100 free

Casey (12yr) 17th 200IM, 18th 50 back



Meets Closed

1-2 April - Brisbane Jnr Metropolitan Championships

Team Grace: Chloe S, Jack R, Oliver, Sebastian, Abbey, Casey, Maddison M, Freya, Henry, Hayden F, Lachlan M

7-15 April - Australian Age Championships – qualifying times apply (Gold Coast)

Olivia, Alia, Macey.

Meets will appear again in May – Short Course season!

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

SAVE THE DATES!!

- **22/23 Presentation Night:** Saturday 6th May, 2022 Norths Leagues Club 5:30pm till late





Our Race Secretary, Sandra Hill, has been organising and supporting our Grace Swimmers for more than the past 6 years.

Sandra has put many, many hours into reporting on the weekly results of all the Club Swimmers, watching times and placings to organise Relays, helping new families understand Prep Meets, Transition Meets, Target Meets etc.

The committee and the club as a whole, would like to thank Sandra for all of her tireless work and dedication organising getting our swimmers

to outside meet Relays. It is no easy task keeping an eye on the children's ages, times, combinations of stroke times and everything else that goes into making a great Race Secretary.

Sandra, THANK YOU for your service to the Grace Swim Club. We have been lucky to have you and wish you the best in all future endeavours.

2023 AUSTRALIAN AGE CHAMPIONSHIPS

In April 2023, three of our GOLD squad swimmers will head to the GOLD COAST to compete against the fastest swimmers in Australia.

Qualifying for this event takes dedication to the sport and many hours of training and hard work.

CONGRATULATIONS Ladies

Alia Shaw 200m Free 400m Free

Macey Lawler 50m Free 100m Free 50 Back 100 Back 200 Back

Olivia Smith 50 Free 100m Free 200m Free 50m Fly

We look forward to watching and cheering for you on Amazon Prime over the Easter Break.

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

