



GRACE SWIMMING

CLUB NEWSLETTER

4th Oct 2023

Club President's Message

Welcome to Club Night Season 2023/2024! It's great to be back.

I'm excited to see our kids back racing. I'd like to send out a special welcome to any new families who are joining us tonight for the first time. Please come and see me or any of the committee if you have any questions.

We have a few new faces in the committee this season, please make them feel welcomed. Thank you all for giving up your time to put back into this fantastic swimming club and I'm grateful for your support.

We have 2 new club captains leading the Grace Swim Team this season, Mia Hagen and Samuel Baker. Both Mia and Sam have been a part of Grace Swimming for numerous years, and they are looking forward to helping our younger swimmers at club nights and outside competitions. Say hello if you see either of them on pool deck!

You will also see we've had an upgrade to Flippers Canteen! Thank you to Roydon Puzey, for your efforts in the organisation and follow through of this project. Thank you to Provincial Tiles and Carpets (Slater Family) for donating the new flooring, and to Kindred Real Estate (Josh Kindred) for donating a new BBQ to the club!

Remember we always need volunteers to run club nights week in and week out. There are a number of jobs that you are able to help out in from timekeeping, to BBQ cooking, and to help out in Flippers. We'd love for everyone to come together as a team to provide the best Club Nights that Grace Swimming can produce.

Thank you also to our amazing coaching team, Chris, Josh, and Alanah for everything they do for the swimmers here at Grace Swimming. From attending meets, organising camps, and putting their passion for swimming back into each swimmer here.

Lyndsay Lawler
Club President

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

Welcome back everyone for the start of the new Club Night season from our “first timers” to our “experienced campaigners”. We hope you enjoy club night and join in for the season ahead. ALL returning swimmers’ must have renewed membership through Swim Central prior to swimming.

- We recommend that ALL swimmers familiarise themselves with the contents of the Club Handbook, which can be located on the website, especially in regards to Club Night Procedures.
- Swimmers can only enter events they have qualified for, and for events which are on that particular club night.
- New swimmers to the club must initially swim the 25m events under the qualifying times before nominating for the 50m events and into the distance races.
- When nominating online each week, please ensure you select the correct date and check the program, otherwise your nominations may not be received.
- If a swimmer nominates for a 50m in a particular stroke they have not yet qualified for, they will be entered into the 25m event by default.
- Once a swimmer has swum a 25m stroke under the qualifying time, they are then eligible to swim 50m or 100m in that stroke.
- If a swimmer intends to swim a distance stroke but does not have a 100m club night time in that stroke, ensure you nominate in a 100m event in that stroke on a club night prior to the distance event night. This will ensure if you are under the qualifying time, you will then be able to swim the distance event.

For e.g.: In 2 weeks time the distance event is Freestyle. To be eligible to nominate for the 200m Freestyle you must have achieved a 100m Freestyle time of 1:30min on a prior club night. If you haven't swum the 100m Freestyle under that time at a Grace Club Night, you must nominate for 100m Freestyle next week and qualify to be eligible to nominate for the 200m Freestyle the following week.

EVENTS FOR NEXT WEEK

Freestyle
12.5/50/100

Butterfly
12.5/50/100

Backstroke
12.5/50/100

I.M
12.5/50/100

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:

		Purpose	Abbreviation
Account Name:	Grace Swim Club		
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:

034 059
BSB: 344735
Account Number:

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

This year, the Grace Swimming Team took 32 Gold, Silver, and Bronze squad swimmers down to the Gold Coast Performance Centre at Runaway Bay. This was the major camp since COVID. The swimmers did lots of team building activities, laser skirmish, beach swimming and lots of pool training as well. Thank you to Chris, Josh, and Alanah for making this happen, and creating an environment where the swimmers could work together as a team. Thank you also goes to Sally Dymond for taking the time out to be the Team manager for the 3 days.



RESULTS

Brisbane Open Water

Lily Smith (18) - 1st 5k

Alia Shaw (14) - 2nd 5k

Samuel Baker (15) - 3rd 5k

Top 10 Placings: Freya Shaw, Sheldon Vas-Diass, Josh Mandryk, Soha Foroush, Macey Lawler, Samantha Brown, Mia Hagen, Lauren Dymond

Australian Short Course Championships

We had our very own Gold Squad swimmer, Lily Smith, head down to Sydney to compete in the Australian Short Course Championships in mid-September. Lily did the Grace Swimming Team proud coming home with 2 Finals from 2 events and 4 PB's which is amazing!

CONGRATULATIONS LILY!!



Keep An Eye Out!

There will be an expression of interest emailed out soon for the Relay Championships that are happening on the 5th November this year. This is a great event for everyone to come together as a team. We encourage all swimmers to participate and get involved!

All Nominations for Outside Meets are completed through Swim Central

Amanda Rattenbury
Race Secretary

UPCOMING MEETS

APR MAR FEB JAN DEC NOV OCT

- 7th & 8th - Long Course Prep Meet #1
- 14th - QLD Open Water Championships
- 15th - UQ Transition Meet
- 22nd - Redcliffe Leagues LC Prep Meet
- 5th - Brisbane Metropolitan Relay Championships
- 10th to 12th - Long Course Prep Meet #2
- 18th - Nudgee LC Prep Meet
- 25th - Rackley Hibiscus LC Transition Meet
- 2nd - Nudgee Junior 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

SAVE THE DATES



24 November

Grace Swimming Club Christmas Drinks
ERA Bar and Grill, Redcliffe

**VOLUNTEERS
NEEDED**

2 December

Bunnings BBQ
Grace Swimming Fundraiser
Bunnings Rothwell



6 & 13 March

Club Championships

Please note: these dates are Wednesday nights

11 May

Trophy Presentation Night
Norths Leagues Club

