

GRACE SWIMMING

CLUB NEWSLETTER

14th Feb 2024

Club President's Message

Happy Valentines Day to you all! I can feel the love in the air!



I had the privilege of listening to Robyn Titmus give a talk on Saturday. I felt blessed to be able to attend this event. Robyn was so nice and told her story as a parent of a high performing athlete and the sacrifices they made for Ariarne. It was an insight into how Ariarne became who she is today and how dedicated she was to swimming from a young age. I am happy to share some of her story so if you want to know more, please come and ask me



I also just wanted to touch base on the team spirit we have inside and outside the pool walls. I feel it is important we all make sure we are supporting and encouraging wherever we are. If someone is struggling at training make sure you help them, keep them going and tell them that they can do it. If you are in school and you see another teammate who may be having a bad day, make sure you check on them, talk to them and support them. Always be kind in a world that maybe isn't.

Club Captain roles will be up for grabs against for the 2024/2025 season. Please let me know if you would like to apply for the role. If you are interest, I can send you the form to be completed and sent back to me by Friday 23rd February. We will ask all the candidates to do a small speech to the club night audience on the last club night of the season (Wednesday 28th February).

I'm always here if you have a question. Please come and see me.

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

**NEW
CLUB SHIRTS**

The new club shirts have arrived. Please see Lyndsay or talk to the front entry desk for more information on these.

Polos = \$50

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

Rachael Clark
graceswimming.racesec@gmail.com

Club Uniforms

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



GRACE SWIMMING

END-OF-SEASON BREAK-UP PARTY

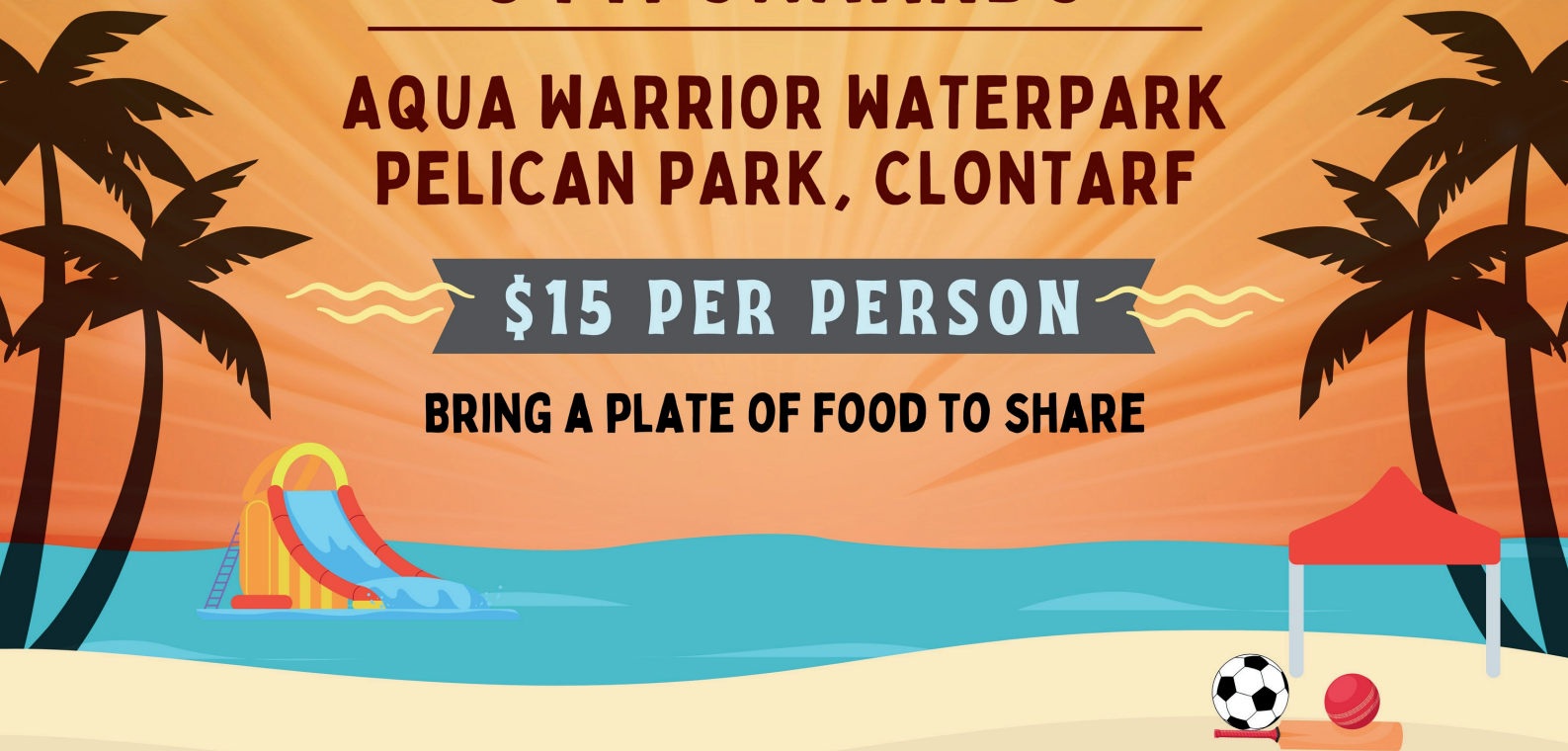
ALL AGES WELCOME!!!

**SATURDAY | APRIL 20
3 PM ONWARDS**

**AQUA WARRIOR WATERPARK
PELICAN PARK, CLONTARF**

\$15 PER PERSON

BRING A PLATE OF FOOD TO SHARE



CLUB NIGHT

Jenna Gabriel, Alesandra Gregorio, Hailey Cantatore and **Elizabeth Adams** joined us for their club debuts last week. Welcome, we hope you make Grace your swimming home.

Wasn't it great to see 6 of our senior swimmers competing in the 400 IM, with only one of them having swum that event at club night before. Coach Josh must be cracking the whip at training! Anyway, the swim resulted in **Lily** and **Mia** adding their names to the records list.

This is the first time a record belonging to the one and only Ash Duyzer has been broken!

Leopold improved 3 of his record times, adding to two records from the week before, one which broke a record which had stood for 17 years! Awesome swims everyone!

Female 16yrs 400 IM

NEW: 6:06.94 - Mia Hagen 07/02/2024
6:18.71 - Maegen Hollindale 11/11/2015

Female 17 & Over 400 IM

NEW: 5:31.83 - Lily Smith 07/02/2024
5:45.18 - Ashleigh Duyzer 17/02/2016

Male 6yrs 100 Backstroke

NEW: 1:51.00 - Leopold Rattenbury 07/02/2024
2:00.72 - Leopold Rattenbury 15/03/2023

Male 6yrs 50 Breaststroke

NEW: 59.81 - Leopold Rattenbury 07/02/2024
1:01.70 - Leopold Rattenbury 01/11/2023

Male 6yrs 100 IM

NEW: 1:54.37 - Leopold Rattenbury 07/02/2024
1:59.52 - Leopold Rattenbury 22/11/2023

Male 6yrs 50 Freestyle

NEW: 43.81 - Leopold Rattenbury 31/01/2024
44:60 - Sam Ingeri 5/12/2007

Male 6yrs 100 Breast

NEW: 2:07.89 - Leopold Rattenbury 31/01/2024
2:15.89 - Leopold Rattenbury 25/10/2023

RECORDS

CLUB NIGHT

There were 94 improvement swims last week, with **Penny B** taking 20 secs off her previous best 200 IM time. The other big improvers were **Liam C, Mia C, Hudson C, Tilli E, Cayleigh G, Jett H, Jordan J, Lily J, Josh M, George M, Tavita O, Mikayla P, Connor P, Leopold R, Abigail R, Elijah R, Levi S, Lola S, Asher T, Levi T, Scarlett V, Sheldon V, Heath W & Keira W**

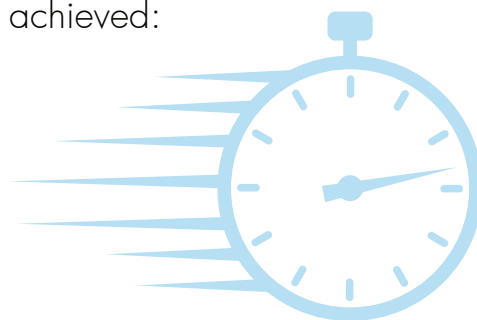
Qualifying times for the following events have been achieved:

50/100 Backstroke: Elizabeth A, Joaquin G

50/100 Freestyle: Elizabeth A

50/100 Breaststroke: Levi T, Beau H

200 IM: Connor P, Jett H



EVENTS FOR NEXT WEEK

21/02/2024

Freestyle
200/400/800/1500

Freestyle
12.5/25/50/100

Butterfly
12.5/25/50/100

Breaststroke
12.5/25/50/100

All enquiries about club night nominations can be directed to me at: clubnight@graceswim.org.au

Steve Todd
Club Night Co-ordinator

2024 CLUB CHAMPIONSHIPS NOMINATIONS NOW OPEN

Online Nominations are through the website at graceswim.org.au

- The link is found on the Compete page on the website, with the same password as Club Night nominations
- The page has links to all the information and the list of event numbers (*which is required for nominating*).
- There are **NO** qualifying times and you do not have had to have swum the event at Club Night to be able to swim it at the upcoming Club Championships.
- There are 2 sprint and 2 distances events each night, with the IM at the end of the 2nd night. There will be a maximum of 9 events per swimmer
- **ONLINE NOMINATIONS ONLY.**

**NOMINATIONS CLOSE @ 8PM
WEDNESDAY 28TH FEBRUARY**

- Please check the list of Club Night attendances (next to Flippers) to ensure you are eligible to compete. A minimum of 8 club nights attended is required unless an exemption has been applied for and granted by the committee prior to the closing date).

ONLY 3 CLUB NIGHTS TO GO!

ACROSS OUR COMMUNITY

Liam Cantatore who is our Mini Squad will be participating in the Super Swim Challenge over the month of February, raising money for the Starlight Foundation. He is aiming to raise \$1000 and is already very close to this goal. He's pledged to swim as far as possible, or at least 15km if he goes over his fundraising goal. There is a QR code on the picture below with all the details.

His link is: <https://superswim.org.au/l-cantatore>



My name is Liam and I'm 10 years old. This February I will be swimming **12km** and aiming to raise \$1000 for the Starlight Children's Foundation.

★ Thank you for your support! ★



Awesome job Liam on using your love for swimming and putting it toward an amazing cause such as the Starlight Foundation.

ACROSS OUR COMMUNITY



We want to send out our biggest **CONGRATULATIONS** to Coaches Josh and Alanah who are expecting a baby boy later this year.

In the meantime, Coach Alanah will still be working with the squads until baby's arrival, but you may see a new face around the squad scene in the months to come. We will be covering Alanah's coaching role within the squads while she goes on her maternity leave. Alanah will be working alongside the new coach to integrate them into our coaching and squad system, teaching them all that we know and implementing our progression model through our squads.



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 Foroush
Club Treasurer

OUT & ABOUT

Welcome to all our new members! I hope you feel welcomed and feel at home here at Grace Swimming. If you have any questions regarding outside competitions please contact me.

OVER THE PAST WEEK **QUEENSLAND SPRINT CHAMPIONSHIPS**

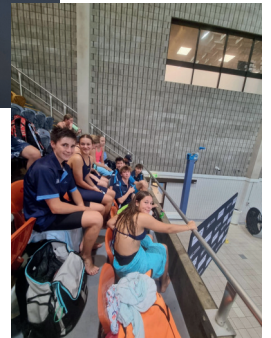
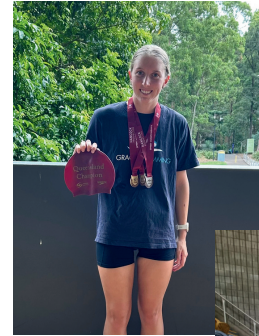
Over the weekend, we had 26 Grace swimmers attend the Queensland Sprint Championships at the Brisbane Aquatic Centre, Chandler.

On Saturday, we had 19 of the 13+ year old swimmers racing in 56 races with a 45% PB rate. We saw 2 finalists in 4 finals, Lily being in 3 and Lauren in 1. Special mention to Lily Smith who claimed a Gold for the 50m Backstroke and 2x Silver medals for the 50m Freestyle and Butterfly.

On Sunday, we had 7 swimmers in the 12&U age groups, racing in a total of 18 events with a 50% PB rate.

Overall, our Grace swimmers competed in a total on 74 races with 34 PB's, this being a 46% PB rate.

Congratulations to all our swimmers. We can't wait to see what you produce in the upcoming Brisbane Junior and Senior Metropolitan Championships in March.

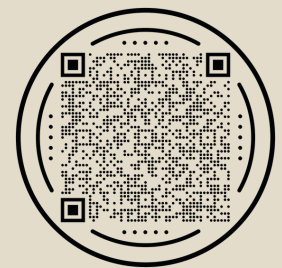


CALLING ALL 8-12 YEAR OLD SWIMMERS!!!

If you have been racing recently and want to represent Grace at a Brisbane competition, this is the meet for you.

We would like to see as many swimmers as possible attending the upcoming Brisbane Junior Metropolitan Championships.

Please check the Brisbane Swimming website, scan the QR code, or come talk to one of the coaches on pool deck for more information.



Nominations Close, 20th February 2024

NEXT MEET

2024 Brisbane Junior Metropolitan Championships

Rachael Clark
Race Secretary

UPCOMING TARGETED MEETS

JUN APR MAR

2nd to 3rd - Brisbane Junior Metropolitan Championships

8th to 10th - Brisbane Senior Metropolitan Championships

6th to 14th - Australian Age Championships

17th to 20th - Australian Open Championships

1st - GRACE TRANSITION MEET

**the above meets have been selected by the coaches and club committee as targeted meets where it is encouraged that all swimmers who qualify nominate to compete. Coaches will be attending these meets to support your swimmers. This list maybe updated should a specific meet be identified; however parents and swimmers should not expect coaches at non targeted meets.*

SAVE THE DATES



6 & 13 March **Club Championships**

Please note: these dates are Wednesday nights



20 April **Aqua Warrior Waterpark** Pelican Park, Clontarf



11 May **Trophy Presentation Night** Norths Leagues Club

1 June **Grace Swimming Transition Meet** *Our very own meet at our home pool!!*

