



# GRACE SWIMMING

CLUB NEWSLETTER

18th Oct 2023

## Club President's Message

Welcome to Club Night #3! Time flies while you are having fun or swimming a lot!

It was great to see new families sign up for the season. We want to welcome you! There are plenty of experienced families around the pool to ask if you need to know anything in regards to club nights or swimming in general. I loved getting great feedback last week from new families. It means we are doing something right!

Chris our Head Coach along with his mighty team, Josh and Alanah, will be holding an information session. Keep your eye out for an email regarding this. They will be holding this on the 28th October for all squad parents to come along to.

As always, let's talk volunteering (oh here she goes again I hear you say), but it is important we get everyone helping on club nights. Only 6 volunteering nights are needed to be eligible to attend Awards Night at the end of the season. Please remember, if you are bringing something to Flippers Café, we only offer 3 baking items a week. Please make sure the front desk notes this down. Any new parents who don't know how to time keep, it's a great skill to have if you have kids who are wanting to compete. Please let our experienced timekeepers show you how to do it. Just come and see the front desk for a lane and we will make sure you are paired with another parent who knows what they are doing.

I hope you are also enjoying the new Flippers upgrade. Thanks again to Josh Kindred for our new BBQ and the Slater Family for the new floor.

The swimming world can be a complex one with all different competitions, age groups, relays, etc. Please let me know if you are wanting more information and I will be more than happy to share that with you. You can also find more information in our handbook, found on the website.

[www.graceswim.org.au/swimmingclub](http://www.graceswim.org.au/swimmingclub)

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

### Club Secretary

Rachael Clark  
[secretary@graceswim.org.au](mailto:secretary@graceswim.org.au)

### Club Race Secretary

Amanda Rattenbury  
[graceswimming.racesec@gmail.com](mailto:graceswimming.racesec@gmail.com)

### Club Uniforms

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

### Club Committee Members

Tash Mandryk  
Garth Kewley  
Roydon Puzey

### Coaching Team

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)

Alanah Fowler  
[alanah\\_fowler@glc.qld.edu.au](mailto:alanah_fowler@glc.qld.edu.au)

# SQUAD INFORMATION SESSION FOR PARENTS

*Athlete Progression // Planning // Competition*

**28**  
**OCTOBER**

**ALL SQUADS  
WELCOME**

**8-9AM**

**@ GRACE SWIMMING**

FOR MORE INFORMATION, TALK TO YOUR SQUAD COACH



GRACE SWIMMING

## Club Night

Last week we welcomed new members **Beau & Mac Heath** and **Ella Norman**, whilst **Asher & Levi Tibben** and **Mackinlay Menzel** joined us for a trial night.

116 PB swims were swum, with **Penny B, Abbey C, Hudson C, Hayden F, Indiana K, Josh M, Maddison M, Edward M, George M, Jack R, John R, Freya S, David S, Mitzi W, Totti W & Keira W** being the double digit improvers in one of their swims last week.

25m swimmers who swam under the qualifying times for 50/100m events were:

Free: **Mackinlay M, Levi T, Asher T, Lyra C**

Back: **Mackinlay M, Levi T**

Fly: **Jett H, Summer K, Noah B, Tilli E, Asher T**

Also these swimmers qualified for the following races:

200m Fly: **Immy M, Hayden F, Freya S**

200m Back: **Maddison M**

200 IM: **Immy M, Leni T, David S, Hudson C, Noah B, Keira W, Lachlan F, Robert S**

400 IM: **Hayden F, Brock M, Freya S**

**REMEMBER:** 25m swimmers who have qualified for a 50m event DO NOT earn points if they continue to swim 25m races in that stroke

All enquiries about club night nominations can be directed to me at: [clubnight@graceswim.org.au](mailto:clubnight@graceswim.org.au)

## EVENTS FOR NEXT WEEK

Backstroke

200

Freestyle

12.5/50/100

Breaststroke

12.5/50/100

Butterfly

12.5/50/100

*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:

Account Name:	Grace Swim Club	<b>Purpose</b>	<b>Abbreviation</b>
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](mailto:treasurer@graceswim.org.au)

*Harvey Forough*  
Club Treasurer

## Out & About

### QLD OPEN WATER CHAMPIONSHIPS

Last weekend we had **8** swimmers compete at the **Queensland Open Water Championships** up at Coolum.  
**TEAM GRACE:** Alia S, Lily S, Samantha B, Mia H, Josh M, Hayden F, Xander M, Freya S.

A **BIG CONGRATULATIONS** goes out to State Champions, Alia and Lily who won their age group races in the 7.5km and the 5km respectively.

#### RESULTS:

- 🏆 Alia Shaw (15) - 7.5km
- 🏆 Lily Smith (18) - 5km
- 7th = Mia (16) - 5km
- 11th = Samantha (15) - 5km
- 13th = Josh (14) - 5km
- 20th = Freya (12) - 2.5km
- 18th = Hayden F (12) - 2.5km
- 19th = Xander (12) - 2.5km



**Together they swam a total of 35km.** Congratulations to our Grace Swimming Team!

### MORETON BAY CUP & RACKLEY COLMSLIE

On Sunday, a few of our swimmers attended the inaugural Moreton Bay Cup; **Miranda (7) & Michalia (8), Casey L (13), Lachlan M (12) & Leopold R (6)**. It was great to see all of these swimmers achieve at least 1 PB over the day. Leopold R scored Age Champion for the Boys 6yrs.

We also had **Chloe S** attend the Rackley Colmslie Transition Meet. Chloe gave her best effort in her 50m Breast, just missing out on a PB.

Congratulations to you all for such fantastic swims!



### **NEXT MEET: REDCLIFFE LEAGUES LC PREP MEET**

#### **TEAM GRACE = 37 swimmers:**

Oliver, Sam, Matthew, Samantha, Abbey, Mia, Hayden D, Lauren, Georgia, Hayden F, Lachlan F, Cayleigh, Mia, Jordan, Lily, Ashlyn, Summer, Leo L, Macey, Casey, Maddy, Xander, Hunter, Lachlan M, Blade, Brock, Imogen, Jack, John, Chloe S, Alia, Freya, Noah, David, Leni, Sheldon, Chloe W.

**All Nominations for Outside Meets are completed through Swim Central**

*Amanda Rattenbury*  
Race Secretary

# UPCOMING MEETS

## APR MAR FEB JAN DEC NOV OCT

22nd - Redcliffe Leagues LC Prep Meet

5th - Brisbane Metropolitan Relay Championships

10th to 12th - QLD 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

