



# GRACE SWIMMING

CLUB NEWSLETTER

22nd Nov 2023

## Club President's Message

Apologies for my absence tonight as my youngest is graduating from primary school which is both a sad and happy time for me. It seems only yesterday he was starting and now he is making his way to high school here at Grace College.

We have 3 more club nights left including tonight. Let's make our last one before Christmas a bit of fun. If our bakers can do a Christmas theme and who ever wears the best Christmas shirt/t-shirt may get a prize!

The last day of training before breaking for the holidays is Saturday 16th December. The coaches will run fun activities and the club will host a breakfast BBQ.

If any of our club parents who have kids partaking in the mini meet and would be free to help with the BBQ, please let me know. You would be needed from 12:30 for a couple of hours preparing and cooking. The committee are unable to help with this so it would be great to see some fresh faces out here.

Hope tonight goes well and I will see you all next week.

Have a great night!!

*Lyndsay Lawler*  
Club President

# COMMITTEE MEMBER PROFILES



## **Tash Mandryk**

Our family have been members of Grace Swimming Club since 2017 and have loved being apart of the Grace Swimming family. I am mum to Josh, 14 (gold squad), Jacob, 12 (bronze squad) and Chloe, 10 (mini squad) and wife to Ben. Josh is the only competitive swimmer in our household. Chloe and Jacob enjoy nippers and soccer when they are not at the pool. Josh competed at Nationals this year for 5km Open Water competition and placed 7th in Australia. He has also competed at state level for pool swimming and will be doing so again this year in 50 free, 100 free and 400 free when he gets back from his month long school camp at GOOGA. I absolutely love watching him swim and I feel very proud to be his parent as he is very dedicated to his sport. I get so much enjoyment out of watching the other Grace swimmers compete as well and watch them grow as athletes over the years. As a kid and teen I had horses and loved to compete at pony club, dressage and hacking. I was not a swimmer, growing up on the Sunshine Coast as I taught myself to swim in the neighbours pool. After nearly drowning in the ocean as a teen it became very important to me as a parent that my kids could be confident swimmers in the pool and ocean and not not only save themselves but others as well. It took me by surprise that Josh loved it so much and wanted to compete as well. Something you might not know about me is I am a hairdresser, enrolled nurse and currently work as a disability support worker when I am not in the salon. I was born in Tassie and have lived in Toowoomba, Atherton Tablelands and all over the Sunshine Coast before settling in Brisbane. In our spare time we love hmmm.....what spare time we are always at sport.

## 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 Forough  
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)

## CLUB NIGHT

Last week was the first club night abandoned due to storms for **two seasons**. Hopefully tonight won't be affected, in spite of the present 7-day forecast.

Can I request that a stronger commitment be made to having nominations for club night submitted on time, as late nominating delays finalising of the program each week.

## EVENTS FOR NEXT WEEK

**29/11/23**

Butterfly  
200

Backstroke  
12.5/25/50/100

Freestyle  
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](mailto: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:

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 Foroush*  
Club Treasurer

## OUT & ABOUT

Welcome to all our new members! Please find below a list of Upcoming Meets (entries currently open on Swim Central), and Save The Date meets (entries not yet open). Nominations for meets are via Swim Central. If you would like any help with entering meets, please let me know.

### CONGRATULATIONS TO ALL OUR SWIMMERS THAT COMPETED AT THE NUDGEE MEET ON THE WEEKEND!!



#### UPCOMING MEETS

**Saturday 2nd December - Nudgee College Junior LC Transition Meet**  
Ages 6 years and over. Entries close Wednesday 22nd Nov

**Sunday 3rd December - Genesis SC Transition Meet**  
Ages 6 years and over. Entries close Sunday 26th Nov



**Saturday 9th December - Friday 15th December  
- 2023 Queensland State Championships**  
Qualifying times apply. Ages 12 years and over.  
Entries close Tuesday 21st Nov

#### SAVE THE DATE

**Sunday 14th January - Lawton LC Sprint Prep Meet**

**Saturday 20th January - Bracken Ridge Junior SC Transition Meet**  
Entries close Friday 12th Jan

**Sunday 21st January - Southern Cross Transition Meet**

**Wednesday 24th - Saturday 27th January  
- 2024 Australian Open Water Championships**  
Qualifying times apply.

**Saturday 27th - Sunday 28th January  
- 2024 Brisbane Sprint Championships**  
Qualifying times apply. Minimum age 8 years.

**Sunday 4th February - Belgravia LC Prep Meet**

**Saturday 10th - Sunday 11th February  
- 2024 QLD Sprint Championships**  
Qualifying times apply. Minimum age 10 years.

# HAPPY SWIMMING!

*Amanda Rattenburg*  
Race Secretary

# UPCOMING MEETS

## APR MAR FEB JAN DEC NOV

25th - Rackley Hibiscus LC Transition Meet

**2nd - Nudgee Junior Transition Meet** Entries close Wednesday, 22nd Nov 

**3rd - Genesis Aquatics SC Transition Meet** Entries close Sunday, 26th Nov 

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

17th to 20th - Australian Open Championships

# SAVE THE DATES



**24 November**

**Grace Swimming Club Christmas Drinks**  
ERA Bar and Grill, Redcliffe

**6 & 13 March**  
**Club Championships**

Please note: these dates are Wednesday nights



**11 May**

**Trophy Presentation Night**  
Norths Leagues Club