



# GRACE SWIMMING

CLUB NEWSLETTER

25th Oct 2023

## Club President's Message

Welcome to Club #4!

Week 4 already! It has been great seeing the new faces return again for club night. We really hope you are enjoying the evening.

Don't forget that Chris, our Head Coach, along with his team, Josh & Alanah, will be holding an information session on Saturday 28th October, as I mentioned last week. I am hoping we can do a breakfast BBQ too for parents that are coming in for the presentation.

If your child is attending a competition on a weekend and you have been asked to time keep by Amanda via email, please let her know if you can or can't do it. We must make sure we fill Grace Swimming slots as this could result in parent's timekeeping for twice as long as they have been allocated. Please also make sure your correct email is registered with us and on swim central so we can make sure we are communicating to you correctly.

Talking of timekeeping, let's make sure we are not filling spots at 5:55pm before club nights starts. If you can time keep on the night please put your name down on entry.

We will also have some spots in Flippers Café that will need to be filled in the coming weeks as the team have other commitments they need to attend. Please see Lara, Suzi, or Sahtina to sort out the dates that they will need assistance.

Please see any of the committee members if you need any help or are unsure of anything.

Enjoy the night.

*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 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)

# 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

Wasn't it great to see a couple of our 15 year old girls pushing themselves in the longer distance freestyle events last week. **Alia** took 23 seconds off the previous 800m record, while **Samantha** had the pool to herself for the second half of her 1500m swim to create a record for the first ever club night swim at that distance. Congratulations girls! I'm thinking it won't be the last 1500m swim this season. A bonus for everyone else is that you have more time to enjoy the food from Flippers during the race, whilst the 80's playlist is playing.

**Female 15 years 800m Freestyle**

**NEW: 9:36.51 - Alia Shaw 18/10/2023**  
9:59.87 - Kirrily Siebenhausen 04/02/2015

**Female 15 years 1500m Freestyle**

**NEW: 20:18.16 - Samantha Brown 18/10/2023**

**Theodore Baines, Brooke Morschel, Aurelia Nankoo & Sebastian Allan** had trial swims last week, and we welcomed new member **Elijah Rogers** to the Club. Always great to see new swimmers increasing our ranks. 99 PB swims were swum last week with the best improvements done by: **Oliver A** (9secs), **Cayleigh G** (12secs), **Jett H** (7secs), **Jaden J** (9secs), **Lily J** (12secs), **Summer K** (6secs), **Elly M** (7secs), **Lilly Q** (10secs), **Freya S** (7secs), **Hayley W** (6secs)

### Swimmers qualifying for events were:

400m Free: Freya S, Oliver A, Cayleigh G

50/100 Back: Brooke M, Jett H, Elly M, Asher T, Benjamin P

200 Back: Hayden D, Cayleigh G, Lauren D, Mackie M

50/100 Free: Elly M, Brooke M, Aurelia N

200 Free: Hayden D, Mitzi W

50/100 Breast: Jett H, Tilli E, Summer K, Kate R

200 Breast: Hayden D, Lily J

Remember to look ahead in the program, so that if you wish to swim a distance event, you have swum 100m in that stroke, under the qualifying time, at a club night prior to when the distance event is to be run. See the handbook for all qualifying times and further information.

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

1/11/23

Breaststroke  
12.5/25/50/100

Freestyle  
12.5/25/50/100

Backstroke  
12.5/25/50/100

I.M.  
100/200/400

*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

### **REDCLIFFE LEAGUES LC PREP MEET**

On Sunday, we had a massive team of 35 swimmers head out to the Redcliffe Leagues LC Prep Meet. What a day it was for all our swimmers with a total of 132 swims, 73 of these being PB's, and 68 swims resulting in podium finishes. That's 55% of swims becoming new personal bests!

## **CONGRATULATIONS TO TEAM GRACE!!**



Keep a sharp eye out for upcoming meets as they can sneak up on you. Please reach out and contact me if you have any questions.

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

*Amanda Rattenbury*  
Race Secretary



# UPCOMING MEETS

## APR MAR FEB JAN DEC NOV

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

3rd - Genesis Aquatics SC 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

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

