



GRACE SWIMMING

CLUB NEWSLETTER

31st Jan 2024

Club President's Message

Hello and Welcome to Club Night! I hope the first week back to school chaos was good for you all!

Club Champs is happening in 6 weeks! What we need to do before it arrives!

- Volunteers – We would like people to help with Set up/Flippers/BBQ/Time-Keeping /Baking/Pack Down – *Please see Roydon Puzey to put your name down.*
- Club Captains Speech – if your child would like to be considered for club captain for the 2024/25 season, please come and see either Peter Coulson or myself for more details.
- Raffle Prizes – please let us know if you would be able to contribute to raffle prizes to the club.

Please remember, you must have completed 9 club nights and volunteered for a minimum 6 to be eligible to attend Trophy Night. We would like everyone to help out as much as possible as many hands make light work. Please help out wherever you can to make this club a success.

A big shout out goes to Coach Josh and our Open Water swimmers, Lily, Sam and Alia, who headed to Busselton for the Australian Open Water Championships. For their results please look in the Out and About section in this newsletter. It looked like it was beautiful over there. Well done all!

For those who were at Brisbane Sprint Champs over the weekend, especially those on Saturday, you all need a medal, it was so HOT! Well done to our swimmers over the entire weekend. You did a great job in such conditions!

Don't forget the new club shirts from New Balance are available. Please see us at the front desk if you would like to purchase one.

If you have any questions 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
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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
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Josh Duyzer
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CLUB NIGHT

There wasn't a club night report for 6th December 2023 in last week's newsletter, due to the club night laptop deciding it had reached its used by date. Fortunately, all the files were able to be recovered and transferred to a new one, so hopefully it will be plane sailing from here.

Tallara & Calen Archibald had a trial last year, together with a couple of visitors in red seasonal attire. Last week, **Heath Watson** joined the club membership, after having a few club nights a number of years ago. Welcome back Heath! **Tavita Oliva & Connor Walker** joined their respective siblings for a trial in the pool too.

6th December club night saw the **Rattenbury** brothers swim the 400 I.M. & 200 I.M. for the first time in their respective age group, creating new records. **Leopold** added his name to another record last week, previously set almost 13 years ago.

Male 10 years 400m I.M.

NEW: 6:39.55 - Jack Rattenbury 06/11/2023

Male 6 years 200m I.M.

NEW: 4:02.53 - Leopold Rattenbury 06/11/2023

Male 6 years 25m Butterfly

NEW: 26.20 - Leopold Rattenbury 24/01/2024

26.20 - Morgan Chippendale 02/03/2011

Qualifying times for the following events have been achieved:

50/100 Free: Tallara A, Scarlett V, Silao O, Ella N

50/100 Back: Tallara A, Indiana K, Lola S

50/100 Breast: George M.

50/100 Butterfly: Leopold R, Silao O, Brooke M, Lola S

200 I.M.: Liam C, Kate R, Hunter M

200 Backstroke: Savanna A.

CLUB NIGHT

61 PB's were swum on the 6th December, with **Abbey C & Abigail R** achieving 4 each, whilst last week 89 PB's were swum with **Levi S** achieving 4, with **Calliope B, George M, Brooke M, Andrew P, Sienna P & Esjay W** with 3 each.

Check the list of club night attendances on the wall next to Flippers. **A minimum of 9 club nights must be swum to be eligible for club championships** (& Trophy Night), unless there is a legitimate reason and/or an exemption has been applied for in writing (via email) to the committee for consideration and approval.

ONLY 5 CLUB NIGHTS LEFT INCLUDING TONIGHT!!!!!!

EVENTS FOR NEXT WEEK

7/02/2024

Backstroke
12.5/25/50/100

Freestyle
12.5/25/50/100

Breaststroke
12.5/25/50/100

Individual Medley
100/200/400



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

Steve Todd
Club Night Co-ordinator

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.

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.

IN THE PAST WEEK

AUSTRALIAN OPEN WATER CHAMPIONSHIPS

Coach Josh, and 3 of our Grace Swimmers, Lily Smith, Sam Baker, and Alia Shaw travelled over to Busselton in Western Australia (3 hours south of Perth) to compete at the Australian Open Water Championships. Over 4 days of competition, Alia raced on Day 1 & Day 4 alongside Sam and Lily who also raced on Day 4. The team of 3 swimmers raced a total of 22.5km not including training sessions before, in between and after races.

Alia began on Day 1 with her 7.5km race in tricky conditions, fighting against choppy waves, and headwinds. Alia gave it everything she had completing the race in a time of **1:54:45.29** in 5th position for the 16 year old girl age group. With training sessions and rest days, Alia was joined by Sam and Lily for their 5km swim on Saturday. Sam kicked us off early at 7:35am, narrowly missing the Top 10 and being the 12th 16 year old boy across the line with a time of **1:05:10.77** for the . Lily and Alia then followed on into their 5km race with Lily coming 4th in the 19 year old girls with a time of **1:04:30.17** and Alia coming 12th in the 16 year old girls with a time of **1:08:46.46**.

Overall these 3 swimmers put Grace into 32nd position in the Total Points score in Australia. Congratulations to Alia, Sam and Lily for their amazing achievements!!!



OUT & ABOUT

BUSSELTON OCEAN FESTIVAL SWIM

Over in Busselton, Freya was apart of the 7th and largest instalment of the OceanSwim festival. She swam the 2.5km ocean swim against all genders and all age groups. Freya swam a PB time of **42:34.51**. She was the 41st overall, 15th female and 6th in the U14 age category.

Well done Freya!!!



BRISBANE SPRINT CHAMPIONSHIPS

On the weekend, 17 swimmers competed at the Brisbane Sprint Championships at Chandler. Conquering the 38° heat on Saturday and 35° heat on Sunday our swimmers pushed through and performed with a total 51 swims. From those 51 swims, 42% of swims were PB's.

Special mention to Lauren Dymond and Macey Lawler for making finals in the 50m Fly & 50m Backstroke respectively. Lauren claimed a bronze medal for her swim and Macey finishing in 5th in her 50m Backstroke.

Congratulations to all our swimmers for your amazing efforts!!!

NEXT MEET

Belgravia Long Course Preparation Meet

Please note:

If you have been asked to time keep at meet by the Race Secretary Rachael Clarke please can you make sure you let her know if you cant do it. This is really important. If you are attending a meet please note it is part of your responsibility to be available if you have a child swimming and not leave to the same people all of the time.

Rachael Clark
Race Secretary

UPCOMING TARGETED MEETS

APR MAR FEB

4th - Belgravia LC Prep Meet

11th - QLD Sprint Championships

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

*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 may be 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



11 May
Trophy Presentation Night
Norths Leagues Club