

GRACE SWIMMING

CLUB NEWSLETTER

7th Feb 2024

Club President's Message

Hi and welcome to another club night. I hope it has been a great week for you all.

Just an update from last week, you must have completed **8 club nights** and volunteered for a **minimum of 6** to be eligible for awards night. Special consideration will be looked at by the committee and the circumstances around this. It is important we all get on board to help out where needed to make this the best club it can be.

Club Captain roles will be up for grabs again for next season. Please let me know if you would like to apply and I can send the application form to you to be filled out. We will ask the candidates to do a small speech to all members at the last club night of the season being Wednesday 28th February.

Well done to all those who have swum in school carnivals recently and good luck to those who are yet to swim. Please post any results/age champions on the POGS page so we can see how our Grace swimmers are going.

Remind you all Club Championships are happening in **5 weeks!** What we need to do before it arrives!

- **Volunteers** - set up / Flippers / BBQ / Time Keeping / Baking / Pack Down - *Please see Roydon Puzey to put your name down for any of these jobs*
- **Club Captains Speech** - if your child would like to be considered for the 2024/25 Club Captain role, please come see either Peter Coulson or myself for more details.
- **Raffle Prizes** - please let us know if you would be able to contribute any raffle prizes for Club Championships.

Lyndsay Lawler
Club President

COMMITTEE MEMBER PROFILES



Paul Chambers

Club Registrar

My name is Paul and I am that “old loud guy” that co-ordinates the swimmers in Marshalling each week 😊

I have been involved with swimming my whole life. In my younger years, I competitive swam both at States and National meets. We have been with Grace for about 20 years now. We came to Grace when our 3 sons started swimming with Peter Diamond who used to coach me when I was about 10 years old. In my time at Grace I have been involved in many roles both on and off the committee. I started out on the committee during my 2nd year with the club and have been honoured to be President, Secretary, Registrar (which I am still doing), however, I really enjoy the interaction with the kids on Wednesday nights and watching them grow and mature over the years. Some of my greatest memories within the club have been there. I have loved being involved with this club as its culture is a great environment to bring/raise your children in. All three of my boys competed for Grace and all enjoyed the experience of being in the team, yet also the individual achievement that swimming offers. Two of them benefited from being club captain and one of them also competed at National Titles in 200 Butterfly.

With my boys grown up now, if I am not around the pool, these days you will most likely find my wife and I with my grandson (now 3 mths old), running on the foreshores around the peninsula or planning our next camping trip. Our oldest is married, the second engaged (overseas) and our third is still single (so if you know any eligible ladies >25 years old let us know (haha). With one of our sons now living and working overseas, no doubt there will be a trip to Europe in the not to distant future. I will have to ensure it is outside of club season so not to interfere with Wednesday nights.

Feel free to come and introduce yourself and ask me anything you think I might be able to help you with.

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

CLUB NIGHT

Murray & Leon Gabriel joined us last week, we hope you both enjoyed the night and have many more to come.

There were 83 PB swims last week, with **Sam B, Liam C, Zephyr H, Jaden J, Jack K, Leo L, Maddison M, Edward M, Charlotte M, Hunter M, Silao O, Cooper P, Andrew P, Connor P, Leopold R, Lily S, Asher T, Levi T, Esjay W & Keira W** all producing a PB over 4 seconds.

Qualifying times for the following events have been achieved:

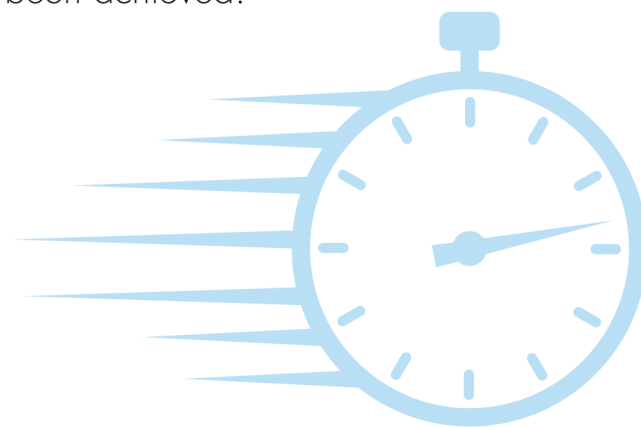
50/100 Breast: Mikayla P.

200 Breast: Calliope B, Liam C

50/100 Fly: George M

50/100 Free: Miranda C

200 Freestyle: Maddison M



EVENTS FOR NEXT WEEK

14/02/2024

Breaststroke

200

Butterfly

12.5/25/50/100

Backstroke

12.5/25/50/100

Freestyle

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

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

NOMINATIONS CLOSE **WEDNESDAY 28TH FEBRUARY**

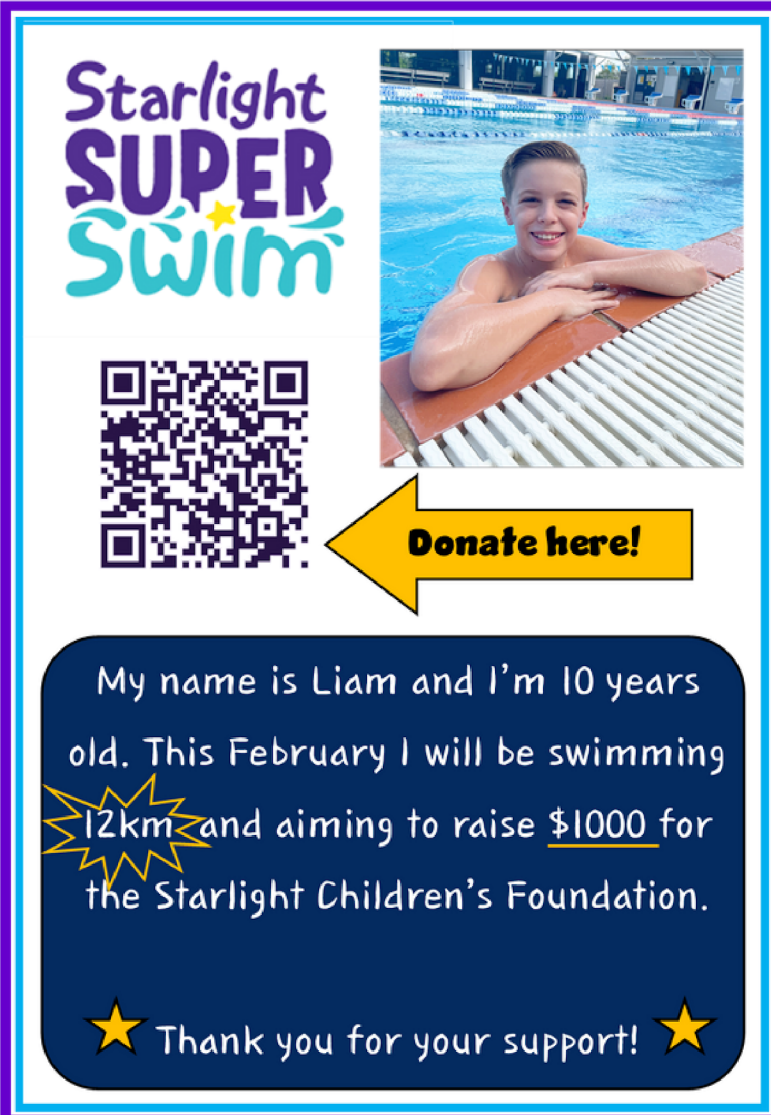
- Please check the list of Club Night attendances (next to Flippers) to ensure you are eligible to compete. A minimum of 8 club nights attended is required unless an exemption has been applied for and granted by the committee prior to the closing date).

ONLY 4 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>



The graphic features the 'Starlight SUPER Swim' logo in purple and teal, a QR code, and a photo of a young boy, Liam Cantatore, smiling in a swimming pool. A yellow arrow points from the QR code to a yellow box containing the text 'Donate here!'. Below this is a dark blue rounded rectangle with white text: '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.' The text is decorated with a starburst around '12km' and two stars at the bottom. The entire graphic is framed with a purple and blue border.

**Starlight
SUPER
Swim**



Donate here!

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.

OVER THE PAST WEEK **BELGRAVIA LC PREPARATION MEET**

On Sunday, we had a total of 22 Grace swimmers attend the Belgravia LC Prep Meet at the Burpengary Regional Aquatic Centre. Overcoming the heat, our Grace swimmers raced in 76 swims with a 41% PB strike-rate. Throughout the day, Grace also claimed 25 podium finishes which is a great achievement for all.

A big shout out goes to **Tavita Oliva & Connor Puzey** who competed at their first ever competitive meet. They did a superb job, both executing great swims. We can't wait to see more of you guys at the upcoming meets. Great job boys!!

Congratulations to all our swimmers!



NEXT MEET

2024 Queensland Sprint Championships

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

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 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



11 May
Trophy Presentation Night
Norths Leagues Club