

WELCOME BACK!  
2023



Our  
**100<sup>th</sup>**  
Edition

## Newsletter 100: 1<sup>st</sup> February, 2023

### News This Week

- Club President's Message
- Keeping Up to Date
- Club Payments
- Uniform Information
- Club Night
- Out and About
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- Photos

### Club President's Message

Hello and welcome back to the 2023 Club Night Season. I hope you all had an amazing Christmas and New Year with your families. I am sure all our swimmers enjoyed a well earned break and are now ready to get back into it. I am very proud to be new President of Grace swimming club and look forward to a successful season.

We had 5 swimmers head out for the National Open Water meet over in Perth. It looked like an amazing experience for them. Well done Alia, Samuel, Samantha, Josh and Lily on your hard work and efforts. We also saw 27 swimmers go to Brisbane Sprints last weekend and we saw some great swims by all - well done team.

I wanted to thank our amazing committee who have supported me in my new role and I am so glad to have them to help run this club. Please say 'Hi' to us around pool deck. We have Peter Coulson (VP), Steven Hind (Secretary), Harvey Forough (Treasurer), Paul Chambers (Registrar), Toni O'Keeffe / Garth Kewley and Royden Puzey also on the committee. Lets not forget our Race secretary, Sandra Hill and Steve Todd who pulls our club nights and club champs together.

I will also take time to mention as without them the club would not run our Flippers Team - Sahtina Miller, Suzy Baker and Lara Puzy.

We always need more volunteers so please: bake some treats; time keep and help out where you can.

This all helps towards the 9 volunteer acts for awards night attendance.

Lastly, tonight is a great night to stock up on **Grace Swim Caps** - They are **selling tonight for only \$10** - Please see Renee

So, from my first club night Enjoy and I look forward to a great season.

Lyndsay Lawler  
Club President

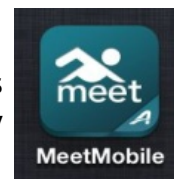


## Keeping Up To Date

Our website and Facebook pages are great ways to stay up to date with what is happening. Make sure all your family and friends also like our Facebook page and keep up to date too.

**Meet Mobile:** For those of you who are new to Club Nights.

Meet Mobile is an “App” which is downloaded and used for tracking your Swimmer’s results each week. Please feel free to ask any of our club members should you have any questions on how to use this App.



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## Club Payments

### Bank Account Details

Please ensure any payments that are related to Grace Swimming Club are deposited to the Swimming Club account with a meaningful reference such as Swimmers Surname and abbreviation of the funds purpose to ensure the funds are allocated to correct swimmer for correct purpose. Account details and suggested reference list follow.

<i>Account Name</i>	<i>Grace Swim Club</i>
<i>BSB</i>	<i>034 059</i>
<i>Account Number</i>	<i>219053</i>
<i>Reference</i>	<i>Swimmer surname &amp; abbreviation of purpose of deposit</i>

<u>Purpose</u>	<u>Abbreviation</u>	<u>Purpose</u>	<u>Abbreviation</u>	<u>Purpose</u>	<u>Abbreviation</u>
Training Shirt	TS	State Singlet	SS	Trophy Night	TN
Swim Cap	SC	Club Shirt	CS	Associate Membership	AssocM or AM

Any deposits for Squad or Learn to swim fees are to be deposited to the Grace Swimming Operations account, BSB 034059 Account 344735. **We also have a pay square at each club night.**

Should you ever want to clarify the account details or have any enquiry regarding Swimming Club payments you are welcome to contact the treasurer on email at [treasurer@graceswim.org.au](mailto:treasurer@graceswim.org.au).

Wishing you all a good week ahead,

Harvey Foroush  
Treasurer

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## Uniform Information

Grace Swimming Uniforms are available for all swimmers who are competing at any level. All swimmers competing at outside meets **must** have a Grace swim cap and Grace polo.

Available every club night or contact Renee to book an appointment 😊

Polo’s \$49 (includes name embroidery)	Hoodies \$60	Caps \$20	Trucker hats \$15	T-shirts \$25
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Renee Tragis  
Uniform Co-ordinator

## 2022/2023 COMMITTEE

### 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

Steve Hind  
[secretary@graceswim.org.au](mailto:secretary@graceswim.org.au)

### Club Race Secretary

Sandra Hill  
M: 0409 871 190  
[graceswimming.racesec@gmail.com](mailto:graceswimming.racesec@gmail.com)

### Coaches

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)

### General Committee Members

Toni O'Keeffe M: 0402 788 594  
Garth Kewley M: 0400 906 820  
Roydon Puzey M: 0408 534 322

### Uniform Co-Ordinator

Renee Tragus M: 0420799664  
[uniforms@graceswim.org.au](mailto:uniforms@graceswim.org.au)

### Out 'n' About Reports

Sandra Hill  
[graceswimming.racesec@gmail.com](mailto:graceswimming.racesec@gmail.com)

### Newsletter Co-Ordinator

Toni O'Keeffe M: 0402 788 594

## Club Night

Welcome everyone to the back half of the season. Trusting everyone one had a safe and relaxing holiday period. No doubt some are glad the holidays are over and the kids back to school, so they can have a break from the kids!

Looking back to last club night, we had a number away on holidays, but those who attended received treats from Santa's Elves, who really looked the part in their outfits. **Sam** discovered that his Santa suit didn't give him the edge in the 100 breast that he was hoping for. **Max** achieved a PB in his 50 back to add his name to the record book one last time before moving to a new club and school. 55 PB swims were achieved with **Josh M** doing four of them and **Lachlan M** three.

**Male 13 yrs 50 Back**    **New:**    **32.28 Max Cunningham 7/12/2022**  
32.48 Trent Cowell 14/03/2012

Other notable PB's were swum by **Sebastian B, Zephyr H, Leo L, Nolan L, Edward M, Curtis R, Sheldon V & Esjay W.**

Qualifying for events were;  
50 back: **Keira W**  
200 back: **Casey L, Lachlan M**

Events for next week, 8th February:

200/400/800	12.5/25/50/100	12.5/25/50/100	12.5/25/50/100
Free	Fly	Free	Back

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

## Out and About

### Results

10 - 16 December 2022 - Queensland State Championships

#### Relays top 10:

14yr Mixed Medley A    8th

#### Relays Top20:

14yr&U Girls free    12th    14&U Boys Medley    18th

14&U Boys Free    20th

Regional Relay Medallist: *Olivia* 1<sup>st</sup> 14yr&U Girls 4x50m Freestyle relay

Team Grace Individual Entries: Samuel, Sebastian, Soha, Elailah, Alia, Olivia, Lily, Sienna P, Lauren, Joshua, Macey, Brock

**Top 10:**

Max (13yr) 1<sup>st</sup> 100 fly, 3<sup>rd</sup> 100 free 3<sup>rd</sup> 50 free

*Lily* (17yr) 4<sup>th</sup> 50 back *Olivia* (14yr) 8<sup>th</sup> 50 free *Samuel* (14yr) 8<sup>th</sup> 800 free *Macey* (13yr) 10<sup>th</sup> 50 back

**Top 20:**

*Samuel* (14yr) 18<sup>th</sup> 400 fr *Macey* (13yr) 19<sup>th</sup> 200 back, 20<sup>th</sup> 100 back

*Lily* (17yr) 13<sup>th</sup> 100 back, 16<sup>th</sup> 200 back *Alia* (14yr) 11<sup>th</sup> 1500 free, 14<sup>th</sup> 800 free, 19<sup>th</sup> 400 free

*Olivia* (14yr) 12<sup>th</sup> 100 free, 12<sup>th</sup> 200 free, 19<sup>th</sup> 200IM

**2023**

**14 January - Lawnton Sprint LC Meet**

**JNR**

*Maddison M* (9yr) 2<sup>nd</sup> 50 brs, 2<sup>nd</sup> 50 back, 3<sup>rd</sup> 50 fly, 3<sup>rd</sup> 50 free *Hayden F* (11yr) 2<sup>nd</sup> 50 brs, 3<sup>rd</sup> 50 free

**SNR**

*Macey* (13yr) 2<sup>nd</sup> 50 back, 3<sup>rd</sup> 50 fly *Soha* (14yr) 1<sup>st</sup> 50 fly, 2<sup>nd</sup> 50 back, 2<sup>nd</sup> 50 free

*Mia* (15yr) 2<sup>nd</sup> 50 fly, 2<sup>nd</sup> 50 brs, 2<sup>nd</sup> 50 free, 3<sup>rd</sup> 50 back *Maddison-Rose* (16yr) 2<sup>nd</sup> 50 back, 3<sup>rd</sup> 50 free

*John* (14yr) 2<sup>nd</sup> 50 brs *Sebastian* (12yr) 3<sup>rd</sup> 50 free

**21 January - Bracken Ridge SC Transition Meet**

**JNR**

*Leopold* (5yr) 1<sup>st</sup> 25m back, 2<sup>nd</sup> 25m fly, 2<sup>nd</sup> 25m free, 2<sup>nd</sup> 25m brs *Jack R* (10yr) 3<sup>rd</sup> 100 free

*Declan* (8yr) 1<sup>st</sup> 25m brs, 3<sup>rd</sup> 25m back *Lachlan M* (10yr) 2<sup>nd</sup> 50 fly, 2<sup>nd</sup> 100 free

**SNR**

*Rachael* (11yr) 2<sup>nd</sup> 50 back, 2<sup>nd</sup> 50 free, 3<sup>rd</sup> 200 free *Oliver* (11yr) 3<sup>rd</sup> 50 fly, 3<sup>rd</sup> 100 brs

*Sheldon* (13yr) 1<sup>st</sup> 50 brs, 1<sup>st</sup> 100 brs, 3<sup>rd</sup> 100 free *Freya* (12yr) 3<sup>rd</sup> 100 brs

**25-28 January - Australian Open Water Championships**

Team Grace: Samuel, Joshua, Alia, Samantha, Lily -all in 5km events

Joshua (14yr) 7<sup>th</sup> Samuel(15yr) - 8<sup>th</sup> Lily (18yr) 8<sup>th</sup> Alia (15yr) 18<sup>th</sup> Samantha (15yr) 39<sup>th</sup>

**SAVE THE DATES!!**

- **Club Championships:** The weekend of 25<sup>th</sup> and 26<sup>th</sup> March, 2023 Grace Swimming Pool
- **22/23 Presentation Night:** Saturday 6<sup>th</sup> May, 2022 Norths Leagues Club 5:30pm till late

## **28-29 January - Brisbane Sprint Championships**

Team Grace: Jack R, Lachlan M, Sienna P, Casey, John, Olivia, Abbey, Alia, Freya, David, Maddison M, Chloe W, Oliver, Maddison-Rose, Hayden F, Lachlan F, Macey, Mia, Bronte, Sheldon, Imogen, Brock, Blade

**Medallist:** Macey (13yr) 3<sup>rd</sup> 50 back

**Top 10:** Olivia (14yr) 9<sup>th</sup> 50 free

**Top 20:** Macey (13yr) 11<sup>th</sup> 50 free Lachlan F (11yr) 11<sup>th</sup> 50 brs, 14<sup>th</sup> 50 free Olivia (14yr) 16<sup>th</sup> 50 back

Maddison M (9yr) 14<sup>th</sup> 50 back Maddison-Rose (16yr) 20<sup>th</sup> 50 fly

## **Meets Open for Nomination 2023**

18 Feb - Genesis SC Five Way Meet (Genesis, Grace, Lawnton, Albany Creek, The Lakes College) - Minimum age is 6yr, \$30 for 4 events - closing date: 11 Feb

JNR Relay option: Mixed 8yr to 12yr Freestyle (10x25m) - same as Jnr Mets!

SNR Relays: 4x50m freestyle Men, 4x50m freestyle Women

26 Feb - Ipswich Grammar LC Jnr Development Meet - closes 21 February

5 March - Albany Creek SC Transition Meet - closes 26 February

**10-12 March - Brisbane Snr Metropolitan Championships **\*\*TARGET MEET\*\*** - for swimmers 13yrs and over qualifying times apply - closes 28 February**

## **2023 Dates to Save**

**18-19 March - Speedo Prep Meet & Jess Schipper Challenge **\*\*TARGET MEET\*\*** - qualifying times apply for swimmers 11yr and over**

**1-2 April - Brisbane Jnr Metropolitan Championships **\*\*TARGET MEET\*\*** - 8yrs to 12yrs, includes 25m relays, qualifying times apply - RELAY EOI coming out soon**

**7-15 April - Australian Age Championships - qualifying times apply (Gold Coast)**

**17-20 April - Australian Championships - qualifying times apply (Gold Coast)**

Nominations for meets are completed through Swim Central

Websites for information:

Swimming Brisbane - <https://swimmingbrisbane.org.au/>

Swimming Queensland - <https://qld.swimming.org.au/>

Swimming Australia - <https://www.swimming.org.au/>

Check your emails for updates

Any queries: [graceswimming.racesec@gmail.com](mailto:graceswimming.racesec@gmail.com)



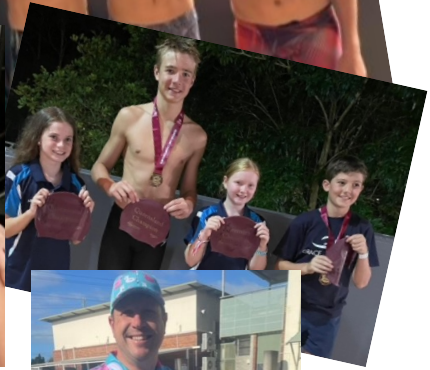
**GRACE SWIMMING**

Sandra Hill

Race Secretary

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# Grace SC Results

TOP 10'S = 3  
TOP 20'S = 1  
TOP 50'S = 1

2023 OW Nationals  
Busselton, WA

