



## Newsletter 90 5<sup>th</sup> October 2022

### News This Week

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



Mia and her new best friends! 😊

### Congratulations to our 2022/2023 Club Captains:

**Maddie Coulson  
and  
Olivia Smith**

### Club President's Message

The first club night for the 2022/23 season has finally arrived.

Welcome back all our returning swimmers and their families. To those swimmers and families that are new to Grace Swimming Club, a very warm welcome to you, and I hope you enjoy being part of the Grace Family.

Firstly, I wanted to say that I am honoured to be the President of Grace Swimming Club again this season. I am excited for the season ahead and I know that my team on the Grace Swimming Club Committee share this passion as well. The Committee elected at the recent AGM for the 2022/2023 seasons is as follows:

President – **David Cunningham**

Vice -President – **Lyndsay Lawler**

Secretary – **Steve Hind**

Treasurer – **Harvey Forough**

Committee Members – **Peter Coulson, Toni O'Keefe and Heather Smith**

I would like to take the opportunity to thank the dedication and hard work of **Anthony Duyzer, Lisa Woodward and Jo Rodd** who have stepped down from the Committee. Thank you to **Sandra Hill** who will continue her hard work as our amazing race secretary. Without her, many of us would be lost!

The success of the club is determined by its volunteers. Please be prepared to "step up" each week whether it is timekeeping, canteen or marshalling. Don't be afraid if you haven't done it before, we can show you.

Please remember to get your nominations in online by 5pm the Monday prior, this will allow our Club Night Coordinator to get start lists ready to ensure the night runs smoothly.

We have had some amazing swims at outside meets over the last few months. One was the Brisbane Open Water Championships which saw 19 of our swimmers compete at the Coolum Ski Park it was a great day and I really encourage those who haven't tried an Open Water swim to give it a try next time. Also, many swimmers recently participated in the Grace Swim Camp. Thanks to our fantastic coaches for this opportunity for our swimmers who all raved about camp.

Again, I look forward to another wonderful season here at Grace Swimming. If you have any questions about anything, please see myself or other committee members.

Yours in swimming,

*David Cunningham*  
Club President

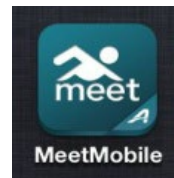


## Keeping Up To Date

**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.



---

## 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>

### Abbreviations

<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*

---

## 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. Please see Andrea Cunningham or Heather Smith.

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

*Andrea Cunningham and Heather Smith*  
*Uniform Co-ordinators*

---

## 2022/23 COMMITTEE

### Club President

David Cunningham  
M: 0439 965 076  
[president@graceswim.org.au](mailto:president@graceswim.org.au)

### Club Vice-President

Lyndsay Lawler  
M: 0448 551 069  
[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 Foroush 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

Heather Smith M: 0413 275 305  
Peter Coulson M: 0407 931 814  
Toni O'Keefe M: 0402 788 594

### Uniform Co-ordinators

**Andrea Cunningham**  
M: 0407 032 059  
**Heather Smith**  
M: 0413 275 305  
[uniforms@graceswim.org.au](mailto:uniforms@graceswim.org.au)

### Out 'n' About Reports

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

### Newsletters/Trophy Night

Andrea Cunningham  
M: 0407 032 059

## Club Night

Welcome everyone to the first night of the 2022/2023 Club Night Season. It is a more relaxed start to the season, compared to the lockdowns which were still occurring this time last year. Hopefully the year ahead will continue to improve in this regard. A special welcome to the "first timers." We hope you enjoy club night and join for the season ahead. ALL returning swimmers must have renewed membership through Swim Central prior to swimming. No membership = no swim (Swimming Australia rules). New club night swimmers must obtain membership before their 3<sup>rd</sup> club night, being allowed two trial nights.

Every year we recommend that all new and returning swimmers familiarize themselves with the contents of the Club Handbook, which can be located on the website, especially with respect to club night procedures. It's easy to forget things over the break, so a refresher is a good idea to ensure the nomination process goes as smoothly as possible, which saves preparation time. Swimmers can only enter events they are qualified for, and for events which are on the particular night. New swimmers to the club must initially swim the 25m events under the qualifying times before nominating for the 50m events and so forth. When nominating online each week please ensure you select the correct date and check the program, otherwise your nominations may not be received. Times swum last season carry over to this season.

Enjoy the season ahead.

Events for next week, **12/10/2022**:

<b>12.5/25/50</b> <b>Butterfly</b>	<b>12.5/25/50</b> <b>Freestyle</b>	<b>12.5/25/50</b> <b>Backstroke</b>	<b>12.5/25/50</b> <b>Breaststroke</b>
---------------------------------------	---------------------------------------	--	--

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

Commercial LC Prep Meet – September 11:

Jnr Session:

Lachlan (10yr) 1<sup>st</sup> 200IM, 2<sup>nd</sup> 50 back, 2<sup>nd</sup> 50 fly

Sebastian (11yr) 2<sup>nd</sup> 200 IM, 3<sup>rd</sup> 100 free

Xander (11yr) 3<sup>rd</sup> 100 back

Maddison M (9yr) 1<sup>st</sup> 100 back, 3<sup>rd</sup> 50 brs, 3<sup>rd</sup> 50 back, 2<sup>nd</sup> 100 brs

Oliver (11yr) 2<sup>nd</sup> 100 fly

Freya (11yr) 1<sup>st</sup> 100 fly

Rachael (11yr) 3<sup>rd</sup> 50 back

### Snr Session:

Olivia (14yr) 1<sup>st</sup> 400 free, 1<sup>st</sup> 50 free, 1<sup>st</sup> 100 free, 2<sup>nd</sup> 200 IM, 2<sup>nd</sup> 100 fly  
Max (13yr) 1<sup>st</sup> 50 fly, 1<sup>st</sup> 50 back, 2<sup>nd</sup> 200 fly, 3<sup>rd</sup> 200 free  
Samuel (14yr) 1<sup>st</sup> 50 free, 3<sup>rd</sup> 50 back  
Macey (13yr) 2<sup>nd</sup> 50 free, 3<sup>rd</sup> 100 fly  
Lauren (15yr) 1<sup>st</sup> 50 fly, 1<sup>st</sup> 100 free, 2<sup>nd</sup> 100 fly  
Alia (13yr) 2<sup>nd</sup> 1500 free, 2<sup>nd</sup> 100 free, 3<sup>rd</sup> 100 back  
Soha (13yr) 2<sup>nd</sup> 100 back, 3<sup>rd</sup> 50 back, 3<sup>rd</sup> 100 free  
Maddison C (16yr) 3<sup>rd</sup> 100 fly  
Joshua (13yr) 2<sup>nd</sup> 100 free, 3<sup>rd</sup> 100 fly  
John (14yr) 2<sup>nd</sup> 50 brs

### Upcoming Meets (Closed)

**8-9 October – Long Course Prep Meet #1** – Team Grace: Sebastian, Joshua, Samuel, Henry, Olivia, Lauren, Alia, Elailah, John, Sheldon, Soha, Max, Macey

**15 October – Queensland Open Water Championships**

### Upcoming meets (Open for Nomination)

**16 October – Genesis SC Transition Meet** – closes 11 October – Minimum Age 5yr

16 October – Rackley Colmslie LC Transition Meet – closes 7 October 5pm

**23 October – Redcliffe LC Prep Meet** – closes 11 October – Minimum age 8 yr – **\*\*Target Meet\*\*** for all competitive swimmers – new swimmers can start at this meet

**30 October – Brisbane Relay Championships** – closes 18 October- club pays for and handles entries – for swimmers 9y and over  
For relays we still need more swimmers across all ages – especially in the following age groups:

9-10 boys

9-10 girls

12&U boys

12&U girls

No experience necessary, club night times can be used, trying to fill as many teams as possible

Your swimmer will be 1 x freestyle relay, 1 x medley, and if possible, 1 x mixed medley relay

Each relay is 4 x 50m

### Upcoming Meets

6 November - Southern Cross LC Transition Meet

**12-13 November – Medal Shots LC Prep Meet #2 – swimmers 12yrs and over, qualifying times apply**

**20 November – Albany Creek LC Prep Meet** – target meet, last chance for state championships time

26 November – Rackley Hibiscus LC Transition Meet

26 November – Sunnybank Jnr SC Transition Meet

**10 December – Queensland State Championships Relay Day**

**11 – 16 December - Queensland State Championships - qualifying times apply, for swimmers 12yrs and over**

### 2023 Dates to Save

**14 January – Lawnton Sprint LC Meet** – 50m events only – this meet is for swimmers to qualify for Brisbane & Qld Sprint championships

25-28 January – Australian Open Water Championships

**28-29 January - Brisbane Sprint Championships – swimmers 8yrs and over - qualifying times apply**

**5 February – Belgravia LC Prep Meet**

**11-12 February – Qld Sprint Championships – swimmers 10yrs and over**

**10-12 March - Brisbane Snr Metropolitan Championships – for swimmers 13yrs and over qualifying times apply**

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

**1-2 April - Brisbane Jnr Metropolitan Championships – 8yrs to 12yrs, includes 25m relays, qualifying times apply**

**7-15 April - Australian Age Championships – qualifying times apply**

**17-20 April - Australian Championships – qualifying times apply**

### Nominations for meets are completed through Swim Central

Competitive members can attend outside meets and also 8yr & U members – you have competitive membership included in your membership – so you can race at outside meets too

**Check your emails for updates**

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

*Sandra Hill*

*Race Secretary*

---



## SAVE THE DATES!!

- Grace Swimming Parents Christmas Drinks: Friday 25<sup>th</sup> November Venue TBA
- Swimmers Christmas party and last training for 2023: Saturday 17<sup>th</sup> December Grace Swimming Pool
- Club Championships: The weekend of 25<sup>th</sup> and 26<sup>th</sup> March, 2023
- 22/23 Presentation Night: Saturday 6<sup>th</sup> May, 2022 Norths Leagues Club



So many meets! So many PB's! So many medals! So much fun!







**BRISBANE**  
SWIMMING  
OPEN WATER  
CHAMPIONSHIPS  
2022

