



GRACE SWIMMING

Newsletter 91 12th October 2023

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Club President's Message

Welcome to week 2 of Grace Swimming Club night and a huge welcome again to any new swimmers and families.

The first week of club night was a great success and I thank all those who stepped up and volunteered. Remember the success of the club is determined by its volunteers. Don't be afraid if you haven't done it before, we can show you.

We had a great week of racing in the pool and at the beach! Although we don't have much evidence as all you Mummy's took more photos of Cody Simpson! 😊

Please remember to have a look or print off the Grace Swimming Handbook which can be found on the Grace Swimming website under compete and Club Night. This handbook has all of the information about our club that you will need.

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.

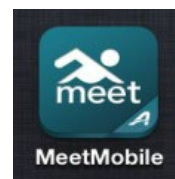
Yours in swimming,

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.

Account Name	Grace Swim Club
BSB	034 059
Account Number	219053
Reference	Swimmer surname & abbreviation of purpose of deposit

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.

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

Photos from the week!



Cody Simpson



Emma McKeon



2022/23 COMMITTEE

Club President

David Cunningham
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president@graceswim.org.au

Club Vice-President

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Club Night Co-ordinator

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Club Treasurer

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Club Secretary

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secretary@graceswim.org.au

Club Race Secretary

Sandra Hill M: 0409 871 190
graceswimming.racesec@gmail.com

Coaches

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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

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uniforms@graceswim.org.au

Out 'n' About Reports

Sandra Hill
graceswimming.racesec@gmail.com

Newsletters/Trophy Night

Andrea Cunningham
M: 0407 032 059

Club Night

It was great to see so many familiar faces returning from last season and a couple from earlier seasons. We welcomed eleven new swimmers to club night: **Anna Rhee, Lillian Barber, Lily Jo, Imogen Murphy, Kristian Nemeth, Katherine Rhee, Tessa Stilianos, Esjay Webber, Penny Butler, Thomas Fitzpatrick & Leni Taborsky**. We hope everyone enjoyed club night #1 which ran smoothly, unlike how many cars went at Bathurst on Sunday. A wet track doesn't affect swimming. 😊

Max continued to break long standing records in the 13 years age group:

Male 13yrs 50 Free **New: 27.42 Max Cunningham 05/10/22**
27.83 Reid Hann 01/01/2004

The season started off with 164 PB swims by returning members, **with Oliver A, Samuel B, Sebastian B, Noah B, Hayden F, Rachael G, Josh M, Jack R, Henry S, Levi S & Sheldon V** all achieving a PB in all four strokes. Awesome!

25m swimmers who qualified for 50/100m events:

FREE: Kristian N, Imogen M, Penny B, Leni T, Esjay W, George M, Summer K, Lily J, Rose D.

BACK: Kristian N, Imogen M, Lily J, Leni T, Willow M, Declan M.

BREAST: Imogen M, Kristian N, Penny B, Jack P, Leni T.

FLY: Kristian N, Imogen M, Lily J, Charli M, Hudson C.

IMPORTANT FROM THE HANDBOOK:

If a swimmer intends to swim a distance stroke, but does not have a 100 metre club night time in that stroke, ensure you nominate in a 100 metre event in that stroke on a club night prior to the club night that has the distance stroke. That way if you are under the qualifying time, you will then be able to swim the distance event in that stroke. There is no qualifying time for the 100 metre IM.

Take note that in two weeks' time the distance event is freestyle. To be eligible to nominate for the 200m free you must have achieved a 100m free time of 1:30 min on a **prior club night**. If you haven't swum the 100m free under that time at a Grace Club Night, you must nominate for 100m free next week (and swim under 1:30 min) to be eligible to nominate for the 200m free the following week. This is the same for the other strokes in subsequent weeks. To be able to swim the 200IM in 4 weeks' time you must swim 100IM next week under the qualifying time of 2 min.

Key Point: Make sure you plan ahead before nominating each week. Look forward a few weeks to see what goals you are wanting to achieve.

Check the program and nominate for the correct events, in the correct order; this greatly assists in preparing the program, as does getting your nominations in on time each week.

Events for next week, **19/10/2022:**

12.5/25/50/100 Freestyle	12.5/25/50/100 Butterfly	12.5/25/50/100 Backstroke	100/200/400 I.M.
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All enquiries about club night nominations can be directed to me at:

clubnight@graceswim.org.au

Steve Todd
Club Night Co-ordinator

Out and About

Results

Swim the Island 3k swim (Mooloolaba Spit) October 8

1st Lily (7th overall) – Amazing!!

QLD LC Prep Meet – October 8 - 9:

Grace swimmers had awesome results on the weekend with heaps of PBs, State qualifying times, and Age national qualifying times! Super Effort from the whole team

Team Grace: Samuel, Sebastian, Max, Lauren, Soha, Macey, Joshua, Joonseo (John), Elailah, Alia, Henry, Olivia, Sheldon.

Top 20 Results

Day 1:

Max (13yr) 2nd 50 free, 3rd 100 free

Macey (13yr) 6th 100 free, 9th 50 free, 9th 100 back

Olivia (14yr) 1st 50 free, 15th 400 free

Elailah (14yr) 14th 50 free, 19th 100 free

Lauren (16yr) 18th 50 free

Alia (14yr) 14th 400 free

Soha (14yr) 13th 100 back

Sheldon (13yr) 13th 50 brs

Joshua (13yr) 17th 100 free

Samuel (14yr) 3rd 800 free

Day 2:

Olivia (14yr) 6th 200IM, 6th 200 free, 8th 100 fly

Elailah (14yr) 10th 200IM, 10th 50 fly, 18th 100 fly

Samuel (14yr) 10th 50 back, 17th 200 free

Macey (13yr) 3rd 50 back, 7th 200 back, 13th 50 fly

Soha (14yr) 12th 50 back, 7th 200 back

Sheldon (13yr) 4th 200 brs

Joshua (13yr) 8th 200 free

Lauren (16yr) 14th 50 fly



Upcoming Meets (Closed)

15 October – Queensland Open Water Championships – Team Grace:

2.5km - Henry

5k – Samantha, Olivia, Alia, Joshua, Lily, Maddie C, Samuel

10k – Ben

16 October – Genesis SC Transition Meet

23 October – Redcliffe LC Prep Meet

Upcoming Meets

30 October – Brisbane Relay Championships – closes 18 October- club pays for and handles entries – for swimmers 9y and over (tonight is the last chance to express interest)

10 December – Queensland State Championships Relay Day

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

Upcoming Meets (Open for Nomination)

6 November - Southern Cross LC Transition Meet – closes 30 October

Junior Session: Warm up 7:30 – 8:15. Competition starts at 8:30am

Senior Session: Warm up and racing not before 10:30am; Minimum Age is 7yrs - Maximum of 5 events per swimmer and meet will be capped at 150 competitors per session

6 November - Rackley Novice Jnr Meet @ Centenary – closes 5pm 25 October; for ages 6yr to 12yr – afternoon meet - \$33 flat fee maximum number of events is 5, capped at 300 swimmers – this meet is not on swim central – see the flyer

12-13 November – Medal Shots LC Prep Meet #2 – ****TARGET MEET**** for swimmers 12yrs and over, qualifying times apply, closing date 1 November

20 November – Albany Creek LC Prep Meet - ****TARGET MEET****, last chance for state championships qualifying times; great meet for younger swimmers to get Brisbane Sprint/Jnr Mets qualifying times – closing date 8 November

26 November – Rackley Hibiscus LC Transition Meet – Minimum Age is 7yrs; Closes Tuesday 15th November; maximum entries per swimmer is 5, flat fee \$35; Junior Session (7-10 years): Warm up from 11:15am, racing from 12pm

Senior Session (11 years +): Warm up and racing not before 2pm – time TBC; Entries capped at 150 swimmers per session

26 November – Sunnybank Jnr SC Transition Meet – Minimum Age is 6yrs; Maximum number of entries per swimmer is 5.

Online entries close on Tuesday 15 November, 2022 at 11:59pm.

A maximum of 150 swimmers can be accepted. Nominations may close early if meet numbers are met.

3 December – Ipswich Grammar LC Transition Meet – Minimum age is 5yrs; capped at 150 per session; maximum number events is 5, \$30 flat fee; Entries will open 1st November and close 29th November

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 – qualifying times apply - Busselton WA

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 (Gold Coast)**

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

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

Sandra Hill
Race Secretary

SAVE THE DATES!!

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

