



Kingsbridge Kingfishers Newsletter

July 2017

Rotary Club Grant Kicks Off Fundraising



The Club was delighted to have recently been awarded a grant of £250 from Kingsbridge Rotary Club.

On Thursday, 15th June 2017, Harry Lambert and Tim Patterson from Kingsbridge Rotary Club presented the cheque to coaches Mat Cusack and Jo Lawrence, Sara Jane Baker and all KKSC swimmers present at Thursday's club night training session at Quayside Leisure Centre.

The generous donation will help towards buying 5 new starting blocks to be used for competition practice during the club's weekly training sessions. We hope to have the 5 new starting blocks in time for this year's Club Champs!

Over the past few months, KKSC has competed in a number of county and regional galas including the South West Regional Championships, Devon Development Gala and Devon Inter Club Gala with swimmers winning medals or achieving personal best in many of the races.

KKSC is looking for sponsors/other donations towards this vital equipment. Please email secretary@kksc.co.uk if you would like to contribute.

2017 Summer Training:

Please remember that training times are different over the summer holidays.

Last full training day of Summer Term is Saturday 22nd July 2017.

For the period 24th July - 10th August, holiday training will be:

No Saturday or Sunday sessions.

Mondays 6:45 - 8:00am

Tuesdays: 6:30 - 8:30pm

Bronze: 6:30-7:30pm

Silver: 7:30-8:30pm

Gold: 6:30-8:30pm

Thursdays: 5:30 - 7:30pm

Bronze: 5:30-6:30pm

Silver: 6:30-7:30pm

Gold: 5:30-7:30pm

Autumn Term starts on Tuesday, 5th September 2017.

KKSC Success at South West Regionals

In April and May KKSC was proud to have seven swimmers representing the club at the ASA South West Regional Championships which took place over various weekends at Hengrove, Millfield and the Plymouth Life Centre.

All swimmers had to attain stringent qualifying times, achieved throughout the year in competitive swimming events, to enable them to compete at this prestigious event, and were put through their paces against the best swimmers in the South West. The seven qualifiers were Becky Noyce, Jenny Grace, Emily Lawrence, Sam Stewart, Ellie Langman, Ed Carson and Maddie Gautier. Unfortunately Ed and Maddie were unable to compete due to injury or other commitments.

All swam incredibly well, some achieving new personal best times and others being placed in the finals. This is an outstanding achievement by these dedicated and elite Kingsbridge Kingfishers athletes.

Young swimmers take note: If you put the hard work and training in now, you reap the benefits in the future!! Training sessions take place on Saturdays, Sundays, Mondays, Tuesdays and Thursdays (see website).

KKSC Diary Dates



Beach Party: 9th September 2017
South Milton beach, from 4pm.

A great opportunity to get swimmers, coaches and parents together, outside of training, to get to know each other better and have some fun!

There will be games. Bring your own BBQ and something to eat and drink.

KKSC AGM: 2nd November 2017, 6pm

If anyone would like to join the committee and get more involved in the club, please contact Annie via secretary@kksc.co.uk for more information.

Christmas Bag Pack: Date tbc



www.kksc.co.uk



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KKSC Competes at 2017 Devon County Inter Club Gala



Kingsbridge Kingfishers participated in the Devon County ASA Inter Club Gala on Saturday, 17th June 2017 at the Plymouth Life Centre.

Competing clubs from Barnstaple, Dawlish, Devonport, Dinnaton, Kingsbridge, Exeter City, Newton Abbot, Oddicombe, Paignton, Plymouth Leander, Tavistock, Tiverton SC and Torquay took part in the annual poolside parade before competing in the scheduled individual and relay races.

KKSC swimmers achieved a good number of personal bests in the individual races and the club came in 9th position overall.

Well done to Ellie Baker, Ada Gallardo, Lucy Gloyns, Ruby Gove, Emma Noyce, Ellie Langman, Emily Lawrence, Rosie Lawrence, Kate Lindeque and Evie Patterson who were selected to swim for the girls team and Ed Carson, Ben Cusack, Jan Gallardo, Dan Gloyns, Sam Green, Aaron Lansdale, Reuben Miles, Charlie Pearson, Oliver Pound and Sammy Stewart who swam for the boys team.

Thank you to coaches Mat Cusack and Jo Lawrence, official Adam Stewart and team manager Alysia Stringer plus parent helpers who all gave up their time on such a beautiful day to oversee and officiate during the competition.



Kitted Out:

KKSC has a club kit for galas and competitions. Swimmers are expected to have a KKSC hat and t-shirt or hoody to help encourage team spirit and promote the club at competitions. Please contact Lucy Langman or Sue Durant to place an order.

lucy.langman@yahoo.com or sue.durant@hotmail.co.uk

SKINS Sponsors:

Sponsors (£50 girls & £50 boys) are sought for this year's Club Champs SKINS event. If you are interested, please contact Annie via secretary@kksc.co.uk

SwimMark Accreditation:

KKSC has met all criteria and is SwimMark (Swim21 as was) accredited again for 2017/2018.



Upcoming Galas:

- **Exeter City Sprint Meet:** 24th September 2017, Plymouth Life Centre. For all Silver & Gold squad swimmers and anyone wanting to be considered for the Arena League this year. *Closing date for entries: Sunday, 30th July 2017.*
- **City of Plymouth ASA Meet:** Saturday, 30th September, Sunday, 1st October & Sunday, 15th October. *Closing date for entries: Sunday, 3rd September 2017.*
- **KKSC Club Champs:** Tuesday 21st November to Saturday 2nd December 2017.

Contact: memsec@kksc.co.uk

Poolside Officials & Time Keepers Needed!!



Please remember that all galas and competitions are only able to take place with the help of volunteers and officials.

KKSC has to provide both of these at almost all swim events we enter, and the dedicated few currently provide the majority of the cover we need.

If you are bored sitting on the side-lines during competitions, why not give up some of that time to help the event run smoothly? You also get lunch, some travel expenses AND officials get to wear white.... What's not to like?

Please contact Adam Stewart stewart2009@btinternet.com for more information on official or time keeper training.

Many hands really do make light work!!

