



### Mat Cusack Awarded Senior Coach Qualification



On Thursday, 18 October, Mat Cusack, Head Coach at Kingsbridge Kingfisher Swim Club, was presented with his certificate by the swimmers and coaches at the club.

Mat was one of only 40 or so swim coaches selected this year across all swimming clubs in England to undertake the Senior Coach Level 3 Qualification training.

The training is a huge commitment involving 9 months of study and 3 ...

... residential weekends in Loughborough at the home of Swim England based on the University Campus.

In addition to the intensive workshops at Loughborough (and his own business and other commitments), Mat had to undertake many hours of study, course work and preparation of sessions that were observed by his mentor. This assessments took place at Quayside during Club sessions, Regional Competitions in Bristol and at the Life Centre in Plymouth.

Congratulations of course go to Mat and his family and everyone who has supported him over the past 9 months!

The club would also like to thank Mat's mentor Jo John from Exeter City Swimming club who has over 40 years' experience and coaching at the highest level.



### Diary Dates

#### AGM 2018:

7<sup>th</sup> November 2018  
Bowling Hall, Quayside

#### Club Champs 2018:

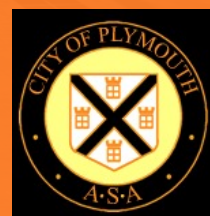
3<sup>rd</sup> November, 13<sup>th</sup>-24<sup>th</sup>  
November 2018

#### Tesco Bag Pack:

29<sup>th</sup> December 2018  
Volunteers needed!!!!!!

#### Awards Party:

Saturday, 5<sup>th</sup> January 2019.  
Morleigh Village Hall



### A Great Medals Haul at the City of Plymouth Meet

This well-attended and competitive meet took place over three days - 6<sup>th</sup>, 7<sup>th</sup> & 14<sup>th</sup> of October 2018 at Plymouth Life Centre. Our medal winners for this event were:

**Luke Baker:** 2x Silver 100m & 200m Breast & Bronze 400m Free | **Gemma Bennet:** 2x Silver 100m & 200m Breast | **Ben Cusack:** 3x Silver 100m Breast, 100m Free & Championship Final | **Lottie Cusack:** Gold 800m Free | **Lucy Gloyns:** Gold 200m Breast, Silver 100m Breast & Bronze 50m Breast | **Ruby Gove:** Gold 50m Free, 3x Silver 50m, 100m & 200m Back & 2x Bronze 50m Fly & 100m Free | **Sam Green:** Bronze 100m Back | **Paul Hatton:** 2x Gold 800m & 1500m Free & Silver 400m Free | **Ellie Langman:** 2x Gold 50m & 200m Breast | **Aaron Lansdale:** Gold 50m Fly & Bronze 50m Free | **Rosie Lawrence:** Silver 50m Back & Bronze 100m Fly | **Amy Mason:** Silver 200m Back & Bronze 100m Back | **Reuben Miles:** Gold 400 IM & Bronze 200m Back | **Willow Miles:** Bronze 200m IM | **Jess Stewart:** Gold 1500 Free | **Sammy Stewart:** Silver 400m Free

Well done to all our swimmers that took part. Thank you to the coaches, officials and parents who all helped poolside.







## 2018 Arena League - Round One

KKSC currently swims in Division Two of the Arena League which features 16 teams from as far afield as Swindon and St Austell. On Saturday, 13 October 2018, swimmers from KKSC travelled to Weston-Super-Mare to take part in the first round of the 2018 Arena League. For a number of the KKSC competitors, this was their first experience at an Arena League event.



After some fantastic swims from the whole team KKSC ended the day with 256 points and would have achieved 4<sup>th</sup> place in our division. Unfortunately we had 20 points deducted as we were unable to provide the required number of competition officials. As a result KKSC is currently in 7<sup>th</sup> place in the division.

The KKSC team consisted of the following swimmers:

**Girls:** Ellie Baker, Amelia Benfield, Gemma Bennett, Zoe Durant, Maddie Gautier, Lucy Gloyns, Alice Goode-Gray, Ruby Gove, Amelie Green, Ellie Langman, Emily Lawrence, Rosie Lawrence, Louise Martin, Rebecca Noyce, Emma Noyce, Jessica Stewart & Daisy Womack.

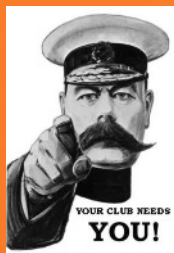
**Boys:** Luke Baker, Ed Carson, Ben Cusack, Tom Cusack, Dan Gloyns, Sam Green, William Howells, Jacob King, Aaron Lansdale, Reuben Miles, Josh Perrett, Will Rawlinson, Jack Sagar, Cameron Simons & Sammy Stewart.

Special thanks to our university swimmers who travelled a long way to compete for their club. Thanks also to coaches Mat Cusack and Jo Lawrence who oversaw the event poolside and Mel Jaynes who officiated during the gala.

It is an honour to be chosen to represent the club at this event so if picked to swim, swimmers should do their best to attend or inform the coach immediately if unable to participate. The second round will be held on Saturday, 10 November 2018 at 4pm in Newport, South Wales and the third round on Saturday, 8 December 2018 (location tbc).



## 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. Your club needs you!

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? If you fancy the thought of training to be an official you might even get lunch, and some travel expenses paid... Many hands really do make light work!!

Please contact Petrus on [memsec@kksc.co.uk](mailto:memsec@kksc.co.uk) for more information.



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## KKSC Off To A Strong Start At Exeter Sprints!

**This Level 3, Short Course competition at Plymouth Life Centre was the first meet of the new season and what a start! 30 swimmers took part in a possible 5 races including 50m in all strokes and the 100 Individual Medley.**

There were some outstanding swims with 74 new personal best times gained and this year's swimmers stacked up an incredible 12 gold, 5 silver and 10 bronze medals. Our medal winners were:

**Ellie Baker:** Gold 50m Fly | **Luke Baker:** Bronze 50m Breast | **Ben Cusack:** 3x Gold 50m Breast, 50m Free, 50m Back & Silver 50m Fly | **Maddie Gautier:** Gold 50 Fly, 2x Bronze 100IM & 50m Free | **Ruby Gove:** 3x Gold 50m Back, 100m IM and 50m Free plus Silver 50m Free | **Sam Green:** 2x Bronze 100m IM & 50m Back | **Ellie Langman:** Gold 50m Breast | **Aaron Lansdale:** 2x Bronze 50m Free & 50m Fly | **Emily Lawrence:** 3x Gold 50m Fly, 50m Back, 100m IM, Silver 50m Free plus an Exhibition swim\* 50m Breast | **Rosie Lawrence:** 2x Bronze 50m Fly & 100m IM | **Reuben Miles:** Silver in 100m IM and Bronze in 50m Breast | **Willow Miles:** Silver in 100m IM (1st ever medal!)

(\*swimmers with a faster time than the upper limit qualifying times)

Also competing and with some impressive PB's were Amelia Benfield, Gemma Bennet, Jasmine Bennet, Ethan Clack, Charlotte Cusack, Thomas Cusack, Alice Goode-Gray, Georgia Groves, Sophie Hoskin, Henry Langman, Anna Lindeque, Kate Lindeque, Amy Mason, Isla McColl, Charlie Pearson, Jack Sagar, Cameron Simons, Oliver Simons.

This was a first Open Gala for a couple of our youngest swimmers, Jasmine Bennet and Willow Miles. Jasmine gained 3 massive PB's including a 15 sec PB in her 100m IM. Willow also had some great swims and even came away with a Silver Medal. There were 9 swimmers who also reconfirmed or gained County times for the first time. Congratulations to Gemma Bennet and Luke Baker who both achieved County times in their 50m Breaststroke.

Well done to all our swimmers that took part. It was a great day and Jo Lawrence, our Assistant Coach, and I were hugely impressed by all.

A Big thank you to John Gove for all his help poolside.

**Mat Cusack, Head Coach**

## Weekly Timetable

### Monday 6.45am to 8.15am

Silver & Gold Technique improvement

### Tuesday 6.30pm to 8.30pm

6.30pm to 8.30pm: Gold squad

6.30pm to 7.30pm: Silver/Gold under 14

7.30pm to 8.30pm: Silver/Gold 15 and over

### Thursday 4.30pm to 7.30pm (Club Night)

4.30pm to 5.15pm: Bronze

5.15pm to 6.15pm: Silver

6.15pm to 7.30pm: Gold

### Saturday 7.00am to 8.55am

7.00am to 8.55am (Gold Squad)

7.45am to 8.55am (Silver & Bronze Squad)

### Sunday Afternoons

4.00pm to 5.30pm (Open to all Squads)

**Extra Sessions:** If you would like to add an extra session or change a session please talk to Mat and contact the treasurer via [treasurer@kksc.co.uk](mailto:treasurer@kksc.co.uk)



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