

KKSC NEWS

Swim Fast, Swim Happy!

In this newsletter...



Debuts and PBs at the Two Counties Meet

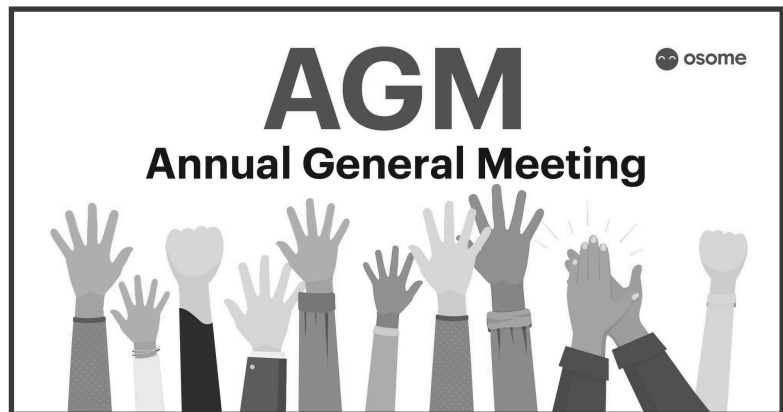
Chloe and Lucas ready for Regionals

Club Calendar

What is happening on Saturday July 6th?

Race Night set for Thursday May 2nd

Team Managers Needed - It's Easy!



Please come to our AGM!

Chill Cafe, 6:30pm, Wednesday 17th April

It's an important month in the Kingfisher calendar as our growing club hosts its annual general meeting.

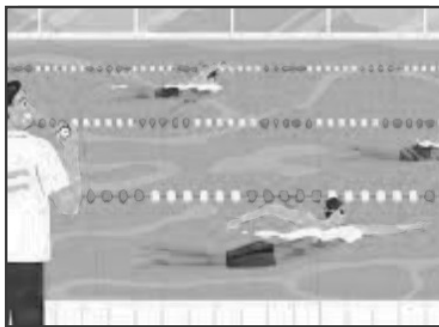
As written in our previous newsletter, an essential part of our growth is that more interested parents begin to consider taking on roles on our friendly committee.

All positions on the committee are open to change. Even if you know you can't commit this year, it would be worth coming along to the evening to learn more about your child's club, and the types of roles that are available. Some of which are very simple and require little time!

You do not need to be an expert in swimming to be of help. If your child is enjoying their swimming and being part of our club, then please do consider stepping forward.

A list of positions on our committee can be found in last month's newsletter, which can be located on our club website homepage, beneath the **Latest News** section.





Race Night: Thursday 2nd May

Training on the first Thursday of May will be from 6pm until 8pm for all swimmers.

This is because we will be hosting time trials for all of our swimmers, who will get to race 50 metres in each stroke.

Please do your best to be available!

We have a lot of new swimmers at the club, and this race night will help our coaches to measure your child's swimming progress, and whether or not they are ready for invites into future competitions.

Our team gala, set to be hosted on Saturday July 6th, will be made up of a team of younger swimmers who may be selected based on how fast they swim on the evening.

Most importantly, the reason we train at Kingfishers is to race. We very much hope your child finds the racing fun!

Lucas scores 4 regional times at Two Counties!

Fifty-two personal bests for the club at the Life Centre



Congratulations to Lucas Quiggin for becoming our second regional qualifier of the season!

Lucas impressed last season in both training and in competitions such as the Devon Development Gala, which earned him a promotion to Gold Squad.

However his first few months in Gold Squad were disrupted by many injuries and illnesses. Lucas had almost given up hope of achieving his goal of qualifying for Regionals, until shoots of improvement at the Devon County Champs offered hope of a late qualification at The Two Counties Meet. He has trained brilliantly these past few months and this training paid off with some stunning performances.

His first regional time came in the 200 Butterfly, which was relatively unexpected! He then surprised everyone further with a three second PB in the 50 Breaststroke to qualify in his second event.

The pressure was off by Sunday morning, but this made no difference to Lucas who stormed to another two regional times in the 100 and 200 Breaststroke.

Despite several great performances from our swimmers at The Two Counties Meet, the inaugural **Swimmer of the Meet** trophy was handed to Lucas, whose battle against adversity this season should be an inspiration to all.

Find out how the rest of the squad fared on Page 4...

Calendar of Upcoming Events

Competition	Dates	Venue	Notes
Kingfishers AGM	Wed April 17th, 6:30	Chill Cafe, Quayside	All parents welcome
Regional Age Group Championships	20 Apr, 21 Apr, 27 Apr, 28 Apr	Bristol & Millfield	Entries Closed
Club Race Night	Thurs May 2nd	QUAYSIDE	All swimmers: 6 - 8pm
Devon Development Gala	June 8th, June 15th, June 16th	Plymouth Life Centre	Perfect for new swimmers
Devon Sprint Meet	Sunday June 9th	Plymouth Life Centre	Perfect for new swimmers
Friendly Team Gala vs Other Clubs	Saturday July 6th - 12:00 to 3:30pm	QUAYSIDE	U14 team competition against local clubs
Summer Sizzler L3 Meet	July 13th, 14th	Plymouth Life Centre	
Devon County Masters	Sunday 15th Sept	Plymouth Life Centre	Age 18 and over only

Development & Sprint Gala Invites Coming

Check your emails - some swimmers may be invited after Club Race Night



We now know that the Devon Sprint Meet will be held on Sunday June 9th, with a start time of shortly after noon. The event will likely last until approximately 7:30pm.

The Sprint Meet, which is part of the Development Gala competition, will very likely see Kingfishers send their biggest team to a competition in several years. We would love as many of you as possible to be part of it. Swimmers with county medals and/or regional times cannot swim.

If you are interested, please talk to Karen or Conor. Please note children must be at least 9 years old to enter, and that the event is only suitable for swimmers who can swim all four strokes and turns without getting disqualified. Some new swimmers to the club may be encouraged to wait until the Club Championships in November before entering any meets outside of Kingsbridge.

Those emailed will also receive an invite to join the Devonport Sizzler competition on the 13th and 14th of July. This is an optional meet for those who wish to gain more racing experience.

Two Counties Meet: A Super Weekend!

We're proud of so many swimmers who took part in racing for the first time



A post-covid high of TWENTY Kingfishers took part in last month's Two Counties Meet, hosted by two clubs we have close links to - Caradon and Dinnaton. As ever, the event was brilliant fun for the swimmers, who enjoyed their dancing as much as their swimming!



While Lucas won swimmer of the meet, there is no doubt in my mind that dancer of the meet was Lottie Taylor (left), who on debut showed all of our older swimmers how to move to classic tunes such as the YMCA and the Macarena.

Lottie was one of six swimmers who did themselves proud by giving a meet a go.

Keira Drews, Lily Drews, Izzy Pears, Will Robinson and Rocco Noto all swam for the club outside of Kingsbridge for the first time. Will even achieved a county time, subject to any changes to the qualification times to be made in the summer.

Also getting her first county time was Layla Quiggin, who swam really well in five events and even won a bronze medal in her 9 years age category. It was Layla's first time representing Kingfishers since her move across from Dartmouth to join her brother.

Also winning medals were Ethan Clack, Faye Morris, Chloe Morris (5 golds!), Lexie Gomm, Will Robinson, Danny Clack and Lucas Quiggin.

Our relay teams also did the club proud. The 14 and over team were always going to be up against it, but swam bravely against very fast teams. While the 13 and under team finished 4th on both occasions, beating the majority of teams in the pool!

South West Regional Champs: Preview

Chloe and Lucas ready for 13 races over 2 weekends in Bristol and Millfield



You have probably noticed by now that our two youngest members of gold squad are rather talented. In fact, if you watch Lane 1, you may even sometimes see them swimming ahead of the older ones!

Chloe and Lucas' rise to regional level swimmers has not come easy, with many ups and downs along the way teaching them resilience and determination.

They will both go to Bristol on April 20th without any pressure (or at least, they should feel that way!) ready to take on the best in the South West.

The competition is severe. Not only must they come up against the best from Cornwall, Devon, Somerset, Dorset, Bristol, Wiltshire and Gloucestershire, they must battle against the best from private schools such as Millfield and Mount Kelly.

Chloe has impressed so much in recent months that she will go to the meet with heaps of confidence, believing that she has a chance of getting into her first regional finals in her favoured breaststroke events. Though you can guarantee she will be competitive in every event she has entered.

Lucas' qualification, as you have already read, was done in the nick of time. Any finals for him would be an incredible achievement, but who knows? Not only is his breaststroke improving rapidly, his great stamina and race-craft could guide him to a strong result in the 200 Butterfly - albeit in an event he has never swam in a long course pool.

It will be possible to follow their times and results on the **Meet Mobile** app, which will then send you notifications each time either swimmer finishes a race.

Help will be needed on poolside on Thursday 2nd May to help run our race night time trials smoothly.

If you are interested in roles such as timekeeping, please talk to Karen, George, Adam, Conor... or anyone!

Team Managers: We need you!

A plea to parents of swimmers who are beginning to compete in open meets

What's better than watching your child swim high up in the viewing gallery?

Being able to cheer them on from poolside, of course!

This is just one of the benefits of becoming a **team manager**, of which the club is in need. Without team managers, we are unable to send big teams to licensed competitions. We had twenty-three swimmers try to enter the Two Counties Meet, and that number is expected to grow further.

However we may soon be limited as to how many children we can bring if we do not have a bigger roster of team managers. We definitely don't want that to happen!



To become a team manager, all that we ask is that you are able to support and supervise ALL of the children (not just your child/children) with a number of tasks, which will allow the coach/es to focus on coaching.

These tasks include welcoming swimmers to the pool and onto poolside, being aware of which swimmers have left poolside to see their parents or visit the toilet, taking some children to the marshalling area before their race, reminding children to stay hydrated and fed, and of course we want our team managers to offer plenty of encouragement!

You will need to take one online zoom course that lasts just one evening. It's normally just under two hours long. Many thanks to Hannah Sagar who has already asked to join a course on Wednesday 17th July. **Is there anyone else out there who'd like to join her?** Please don't be shy, it may end up being more fun than you imagine!

Save the date: Saturday July 6th - Noon

Our first team gala in four and a half years!



We are thrilled to announce that we will be hosting a team competition against local invited clubs on Saturday 6th July.

The racing will be for swimmers aged 14 and under, all of whom will be swimming as part of a TEAM that races for points for the very first time.

The warm-up will begin at 12:30pm, with racing set to be all finished by 3:30pm, where one of up to five teams will be awarded the winning trophy.

We will announce more about this gala in future weeks, with a team likely to be selected about one month beforehand. **Please do your very best to be available, like you would in other team sports.** Swimming is a team sport too, and we'd like our fastest youngsters available on the day to race against some fast swimmers from other clubs.

Selection for galas like these is done by looking at the PBs of children in each age group, across all four strokes. Therefore our upcoming Race Night on Thursday 2nd May may help Head Coach Karen Dorey make the final selection.

If your child doesn't end up being selected, we'd still like you to come and support your team mates and be part of the event! This is a big step forward for the club, as we hope to begin taking part in more team competitions in the 2024/2025 swimming season.



Any parents who would like to help run the event (in any number of roles), please get in touch with a committee member. By helping out on our race night on Thursday May 2nd, you could gain some extra confidence!

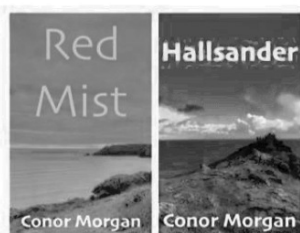
Visit: www.herringshoes.co.uk



Or visit: www.pavers.co.uk

A reminder that Pavers were our biggest fundraisers last summer, having donated £1000 towards our new club lane ropes. Their support in helping us swim more easily in a less wavy pool is much appreciated, and has meant we can go ahead with events such as our team gala on Saturday 6th July.

This newsletter has been brought to you by the writing of **Books by Conor**. Edging closer to being published in 2024...



If you would like to read *Hallsander* as part of a trial, please let me know.

It is suitable for children in Year 5 or above. Adults have also expressed positive feedback thus far.