

KKSC NEWS

Christmas Special: Swim Fast, Swim Happy!

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Holly shares her Kingfisher memories



Club Champions Decided

Will and Chloe win Saturday night Skins

Over seventy swimmers took part in this year's Club Championships at Quayside, held over five days in November. It was great to see some of our younger swimmers making so much progress, while many seats in the gallery were taken up with plenty of loud support.

The KKSC mathematicians have been crunching the numbers from each event to figure out the overall winner in every age group. The more events a swimmer took part in, the more points they could win. It led to younger swimmers competing in many challenging events!

Cody Steer, who only recently entered silver squad, swam really well in both the 200 butterfly and 400 freestyle. Lottie Taylor, aged 9, swam several long distance events for the first time and raced in every single session.

On the next few pages there will be more reflection on a great Club Champs. All results are on our website.



Plymouth Xmas Splash: Preview

We have fifteen swimmers competing in 89 races at the upcoming Xmas Splash at the Plymouth Life Centre.

With all fifteen swimmers taking part on the final Sunday, it'll be the biggest team Kingfishers have sent to a competition since before Covid.

With eleven swimmers currently qualified for the County Championships in January, there will be hopes that more can be added to the list. Fabiano Noto is only five seconds off the qualifying time in 200 breaststroke, while the fast improving Ollie McKinlay believes he can go faster in the 200 freestyle.

Meanwhile, Lucas Quiggin will swim his first 400 IM.

Team for the Xmas Splash:

Danny, Ethan, Oliver D, Lexie, Aaron, Emilia, Oliver M, Chloe, Faye, Fabiano, Lucas, Jack, Jess, Gracie, Sophie

Club Champs Top Five:

5: Friendly rivalries form in close racing

It was great to see the club looking so strong again in the youngest age groups. Lottie and Darcey were neck and neck in several races; while Casper, Callum, Will and George Stone all raced closely for the boys. We can't wait to put them together as a relay team against other clubs!

4: Big money raised from the cake sale

The reception area of Quayside was a hive of activity on Saturday night, with the raffle and cake sale helping to raise **£356** worth of funds that the club can put towards future experiences for your children. Many thanks to the adults and children who baked - I particularly enjoyed Izzy's bakes topped with the letters 'KKSC'!

3: Masters help inspire the younger swimmers

Amongst the names on the heat lists (many thanks to Karen for preparing these for every session) were several experienced swimmers, some returning to races they hadn't competed in for almost two decades. Will Rawlinson was involved in a great race with Ethan and Jack in the 200 breaststroke, while Aaron only just beat Conor in the 400 freestyle. James Richards and Alysia Stringer returned to the pool after long absences, while Dan Quiggin took part in some of his first ever races.

2: Parent volunteers help keep the champs smooth

The tireless work of our timekeepers and marshals meant that swimmers were always prepared for their races. So many of you offered to help out, something we're incredibly grateful for. A massive shout out to young volunteer Thea Cole, who when not swimming (and causing false starts) was brilliant with some of our youngest swimmers on poolside.

1: Skins racing brings the noise on Saturday night

Skins racing was invented in Australia, in an attempt to make swimming more exciting. Each competitor keeps swimming 50 Freestyles, with the slowest being eliminated until only two remain to race for the cash prize.

For the boys, Aaron Lansdale was denied for a second year running by Will Rawlinson. In the girls, Chloe Morris became the youngest Skins winner in club history in a photo finish over Jess Stewart - an amazing achievement.

Season Calendar

Competition	Dates	Venue	Notes
Plymouth Xmas Splash	10 Dec, 16 Dec, 17 Dec	Plymouth Life Centre	Entries are now closed
Last Club Night of 2023	Thurs 21st December	QUAYSIDE	Come for FUN!
Training Resumes	Tuesday 2nd January	QUAYSIDE	
Devon Interclub Gala	Saturday 13th January	Plymouth Life Centre	Includes team relays
County Championships	14 Jan, 20 Jan, 21 Jan, 3 Feb, 4 Feb	Plymouth Life Centre	Qualification required
Poole Regional Qualifier L3 Open Meet	2 March, 3 March	Dorchester	An option for those looking to broaden their horizons!
Two Counties Meet (including relays)	16 March, 17 March	Plymouth Life Centre	Last chance qualifier for Regional Champs
Regional Age Group Championships	20 Apr, 21 Apr, 27 Apr, 28 Apr	Bristol & Millfield	Qualification required
Friendly Team Gala vs Other Clubs	TBC May/June	QUAYSIDE	Team competition against local clubs
Devon Development Gala	TBC Summer	Plymouth Life Centre	Perfect for new swimmers



Time to Enter: Two Counties Meet

Spaces will run out quickly for this excellent event ran by Caradon SC and Dinnaton SC

Very soon (and very early!) we will be sending out invites to compete at this competition at the Plymouth Life Centre on the **16th and 17th of March**. Definitely save the date, for we will also be looking to enter relay teams!

The two largest clubs in the area, Plymouth Leander and Kelly College, are not invited to this competition, meaning that more medals can be won by other clubs (such as ourselves).

The meet will be your last chance of achieving a regional time for 2024, and your first chance of achieving a county time for 2025. If you'd like to take part, talk to Conor or Karen. Moreover, this competition is suitable for new swimmers looking to compete for the first time!

We're still looking for a new club treasurer!

Help us run the club books and be part of our committee

At the end of this swimming season, Danielle will be stepping down in her role as club treasurer, which means we're on the lookout for a new face to help the club moving forward.

The role is perfect if you are comfortable with spreadsheets and invoices, and if you wish to help out the club. Many parents have taken on this role since the club's inception in 1998.

Please get in touch with our chairman Adam Stewart on stewart2009@btinternet.com, or talk to George Stewart at our club shop on Thursday evenings!



Regional Qualifying Times for 2024

Below you will find the qualifying times that your child needs to achieve at a **Level 3 meet**, such as the Two Counties Meet. The Q-times are for long-course pools (50m lengths rather than 25).

Regional qualifying times are incredibly difficult to achieve. In twenty-five years of Kingfishers, only about fifty swimmers have achieved at least one time. To qualify, your child very likely would need to be training at least three times per week.

Remember to read the column that is your age on the 31st December 2024.

TIME	OPEN/MALE						EVENT	FEMALE					
	11/12YRS	13YRS	14YRS	15YRS	16YRS	17YRS + 18YRS & OVER		11/12YRS	13YRS	14YRS	15YRS	16YRS	17YRS + 18YRS & OVER
CONSIDERATION	32.50	31.50	28.70	28.50	27.50	26.00	50m Freestyle	33.00	31.00	30.00	29.50	29.20	29.20
CONSIDERATION	1.11.00	1.08.00	1.03.00	1.00.50	1.00.00	57.00	100m Freestyle	1.12.60	1.08.00	1.05.30	1.04.00	1.04.00	1.03.00
CONSIDERATION	2.38.00	2.29.00	2.15.00	2.12.00	2.07.00	2.06.00	200m Freestyle	2.34.00	2.29.00	2.22.00	2.17.00	2.15.00	2.14.00
CONSIDERATION	5.30.00	5.20.00	4.50.00	4.38.00	4.29.00	4.25.00	400m Freestyle	5.30.00	5.15.00	5.00.00	4.53.00	4.50.00	4.46.00
CONSIDERATION	12.00.00	10.20.00	10.00.00	9.30.00	9.30.00	9.30.00	800 Free	12.00.00	11.00.00	10.20.00	10.01.00	10.01.00	10.00.00
CONSIDERATION	24.00.00	19.15.00	19.00.00	18.00.00	18.00.00	17.45.00	1500m Free	22.00.00	21.45.00	20.00.00	20.00.00	20.00.00	19.00.00
CONSIDERATION	38.00	37.00	34.20	32.50	31.50	31.00	50m Backstroke	37.50	36.00	34.50	34.20	33.50	33.20
CONSIDERATION	1.24.00	1.19.00	1.12.00	1.12.00	1.07.00	1.07.00	100m Backstroke	1.24.00	1.19.00	1.15.00	1.14.00	1.11.00	1.10.00
CONSIDERATION	2.53.00	2.50.00	2.36.00	2.31.00	2.24.00	2.19.00	200m Backstroke	2.53.00	2.46.00	2.39.00	2.31.00	2.30.00	2.30.00
CONSIDERATION	45.30	42.00	40.00	35.00	34.80	32.50	50m Breaststroke	44.00	42.00	40.00	39.00	39.00	38.50
CONSIDERATION	1.36.00	1.33.00	1.21.00	1.20.00	1.18.00	1.12.00	100m Breaststroke	1.36.00	1.30.00	1.28.00	1.26.00	1.24.00	1.23.00
CONSIDERATION	3.28.00	3.15.00	2.58.00	2.51.00	2.47.00	2.43.50	200m Breaststroke	3.21.00	3.18.00	3.05.00	2.59.00	2.58.00	2.57.00
CONSIDERATION	38.50	36.00	33.90	30.00	30.00	28.00	50m Butterfly	37.50	35.70	34.00	33.00	32.50	32.00
CONSIDERATION	1.27.00	1.19.00	1.14.00	1.10.50	1.08.00	1.01.00	100m Butterfly	1.26.00	1.16.00	1.15.00	1.13.00	1.12.00	1.12.00
CONSIDERATION	3.23.00	3.15.00	2.50.00	2.30.00	2.30.00	2.25.00	200m Butterfly	3.20.00	3.00.00	2.45.00	2.40.00	2.38.00	2.36.00
CONSIDERATION	2.57.00	2.50.00	2.36.00	2.31.00	2.27.50	2.25.00	200m Ind. Medley	2.57.00	2.50.00	2.43.00	2.40.00	2.35.00	2.35.00
CONSIDERATION	6.12.00	6.00.00	5.33.00	5.18.00	5.15.00	5.15.00	400m Ind. Medley	6.14.00	6.10.00	5.46.00	5.30.00	5.25.00	5.20.00

Blast from the Past: Holly Gunner

One of our best ever swimmers tells us about her Kingfisher memories

On the previous page, you'll find a list of regional qualifying times. While only about fifty of our swimmers have ever qualified for regionals, the list of those achieving **national standard times** is far fewer.

Only seven Kingfishers have managed it, including just three females. Emily Lawrence and Becky Noyce have qualified, but the first female to do so was Holly Gunner. We asked Holly to respond to three questions to share her wisdom with our younger swimmers.



Q: What are your favourite memories of swimming with the club?



"I have so many happy memories from my time at KKSC - the team was a second family whilst I was growing up. My highlights include the many trips around the country competing in the Arena League (always cheering for each other during every race!), winning the Skins Event to the terrifying Jaws soundtrack and captaining the club for many years."

Q: What were your best achievements?



My proudest moment was competing at the National Championships twice - in 50m Freestyle and 50m Butterfly. With the Freestyle, I travelled (with only my Mum) to Millfield on a snowy December weekend and had one shot to qualify and I did it! I loved racing at Ponds Forge in Sheffield – both events were a real splash and dash! These achievements now feel full circle for me, as I went on to work at Millfield as a swimming coach and Year 5 teacher! I am also so proud to have broken the one-minute barrier for 100m Freestyle - it was the result of a lot of hard work!

Q: How has being a swimmer helped you in your life?

Swimming taught me to work hard, be patient and to deal with disappointment. I met so many fantastic people who are now lifelong friends whilst at KKSC and although getting up early was really tough for me, I am so grateful to have had swimming to give me a focus, commitment and passion!

Swimming also helped me to secure a coaching job at Millfield, through the skills and knowledge I picked up whilst being coached by Sharon and Karen for many years.



Club Trials: Why choose Kingfishers?

Come and join our growing team and compete across Devon and beyond!

Our next club trials will take place on **Thursday 25th January at 6pm.**

2023 has been a year of great growth for Kingfishers. We've added depth to our coaching team with the help of former swimmers and young volunteers (read next page); we've had over seventy entrants to this year's Club Championships; our Thursday club nights are as busy as they've been since Covid and we've started to enter more swimmers into team competitions across Devon (see news about our Interclub gala entry on Page 8).



2024 is set to be an even better year. We are on track to take a large team to the Devon County Championships; we plan on hosting a gala where we race against other local clubs; we'll be entering even more relay events which our swimmers love; and as the club continues its growth there will be more lifelong friends to meet along the way.

If you'd like to sign up for our trials, please contact our head coach Karen Dorey.

coach@kksc.co.uk



If you are swimming in Stage 6 or above, it may be possible to pass our club trials.

A Stage 6 swimmer may have more potential to be a competitive swimmer than a Stage 9 swimmer. Even though several of our coaches work in Quayside's swim school, your child's swim stage will not be taken into consideration when we watch them swim for the first time.

Our youngest club member is currently 7 years old.

Best of luck with your trial!

Young Volunteers help Kingfishers thrive

Thea Cole and Charlie Stewart give back to swimming while boosting their CVs



As the club prepares for a big 2024, its strength is boosted by the presence of two young helpers who are keen to give back to the next generation.

Thea Cole has been helping on poolside for well over a year now. She has developed her leadership skills to become a confident poolside helper on Thursday nights. She constantly asks questions to improve her knowledge of swimming and does her very best to help some of our younger bronze swimmers develop new skills.

Charlie Stewart is keen to follow in his family's footsteps as a student of swimming. His father is chairman, his older brother a national open water swimmer and his older sister current regional open water champion and club captain. Charlie recently competed in our Club Championships for the first time in several years, setting many PBs along the way, however he is now keen to turn his attention to being the best he can be on poolside.

We thank both Thea and Charlie for their efforts and their dedication. Perhaps they will be on hand to guide our younger swimmers through their first competitions in 2024?

£224 raised in this year's Swimarathon



After the collection of sponsorship forms, Sarah would like to congratulate everyone who helped raise money for this year's Swimarathon in October. The fun event raised £224. Nice one team!

The Kingsbridge Estuary Rotary Club provide grants to local sports clubs that Kingfishers have taken advantage of in years gone by. The money raised therefore helps sports clubs like ourselves to provide new equipment or new opportunities. We look forward to supporting the event again next year.

Kingfishers set for first Interclub since 2020!

Save the date to compete for the club: Saturday 13th January at 12:30pm



Team news for this event will be announced soon. Please do your best to be available to compete for the club!

Head Coach Karen determined to give it a go

In light of our growth in 2023, the club has decided to enter this year's Devon Interclub Gala on **Saturday 13th January**.

Kingfishers have a great history in the event.

At one point, the club was only behind Plymouth Leander, Exeter City, Kelly College and Barnstaple in the pecking order. We even had the edge over our South Hams rivals Dinnaton!

However 2024 will all be about the experience. We hope those that get selected to represent the club have great fun competing against swimmers of a similar age from other teams.

How many points can we score? Please come along and support the team in taking a brave step back towards competing in the sport's biggest events.

How does the Interclub Gala work?

The event will feature one individual swim in each stroke for boys and girls in every age group.

The age groups are: 11 & Under, 13 & Under, 15 & Under, Open

We believe that 11 & Under swimmers will compete in 50m races, while everybody else will compete in 100m races. A swimmer is normally allowed to compete in a maximum of 2 individual races for the team in their age group.

Later in the afternoon, there will also be relays. In each age group, 2 boys and 2 girls will join forces in a 4 x 50m freestyle relay and a 4 x 50m medley relay. There will also be a Freestyle Cannon Relay, which is made up of swimmers of different age groups.

The event is **short-course**. In addition, anyone who has met the Devon County Qualifying Time for the 100m Individual Medley is invited to compete in that event on the same day.

Club Trophies: Get them engraved!



As ever, our Club Championships awards night will take place in early 2024. Before this event, it is essential that all of our club trophies are returned to Hanna Quiggin as soon as possible.

Please return them to Hanna with the names engraved, so that your child will forever be a part of Kingfishers' history.

For any questions regarding engravement or trophies, please ask a member of our committee.



Christmas Swim Sessions

While several schools break up on the 15th December and Quayside's swim school pauses from the 18th December, please note that Kingfishers will continue their swimming this year up until **Thursday 21st December**.

The following sessions will be going ahead:

Monday 18th December 7am - 8am

Tuesday 19th December 6pm - 8pm

Thursday 21st December 6pm - 8pm

We will not be swimming on Friday 22nd.

All sessions will then be paused until Tuesday 2nd January 6pm - 8pm, when training resumes for the Devon County Championships, the Interclub Gala and the Two Counties Meet!

Please do not make any changes to your KKSC standing orders, as the monthly club membership fee takes breaks like Christmas and August into account.

Follow our swimmers at the Xmas Splash!

Download Meet Mobile for pop notifications, swimmer results and more!



For a small yearly fee of less than £10, you can follow the results from many of the events that Kingfishers take part in **as it happens!**

At the recent Exeter Sprint Meet, Conor received updates from the app in the middle of a Hungarian forest. So wherever you are in the world, sign up and search for the Plymouth Xmas Splash to see how our swimmers get on!

Make sure you select Kingsbridge Kingfishers as your favourite team, and then select all of our swimmers, in order for notifications to appear on your phone with each swimmer's result.

Club Championships Results on our Website

<https://www.kksc.com> or Google it...

A screenshot of a Google search interface. The search bar contains "kingsbridge kingfishers". Below the search bar are tabs for "Images", "Maps", "News", "Videos", "Swimming club", "Books", "Flights", and "Finance". The search results show "About 18,100 results (0.49 seconds)". The first result is "Kingsbridge Kingfishers Swimming Club" with the URL "https://www.kksc.co.uk". Below this is the link "Kingsbridge Kingfishers - Home". To the right of the search results is a "Latest News" sidebar with a list of news items: "Christmas Break - Training Dates", "NEXT SWIM TRIAL DATE 25TH JANUARY 2024", "KKSC Club Championships 2023", "KKSC Club Newsletter November 2023", "KKSC Club News October 2023", "KKSC Club News June 2023", "CLUB AGM WEDNESDAY 26TH APRIL MINUTES". A large red arrow points from the search results towards the "Latest News" sidebar.

Upon visiting our website, find the list of our latest news and click on KKSC Club Championships 2023 to see a full list of results, featuring times in every event for every child. You can also view who our club champions are... so get looking!

Chloe & Lucas Join Devon Talent Camp

A weekend of expert coaching for two high potential swimmers

On the 11th and 12th of November, Chloe Morris and Lucas Quiggin attended Kelly College with several other swimmers their age who have been identified as having the talent to swim at higher levels.

They both enjoyed developing their swimming skills further and being introduced to new ideas from top level coaches.

Both Chloe and Lucas are superb role models for our younger swimmers. Both are only 12, yet already swim in Gold Squad and have their eyes on regional qualifying times this season. Chloe swam her first regional time at the Club Championships, but will need to repeat this performance at a Level 3 meet to guarantee her entry in April.



The swimmers listen to their coaches at Kelly College; Lucas stares down the camera lens

Burts Crisps add Crunch to Club Champs

Thank you for your crisp donations which helped to raise club funds!

Did anyone purchase a packet of Burts Crisps from our club desk during the Championships?

It may be worth reminding you that they were actually kindly donated by our friends at Burts, whose factory many years ago used to be in Kingsbridge.



Pavers donate £1000 - a huge thank you!

An enormous donation has been gratefully received



Kingsbridge Kingfishers would like to say a huge thank you to **Pavers**, who are the parent company of **Herring Shoes** on Fore Street. Their incredible generosity helped Kingfishers to completely fund our new lane ropes, which were purchased and delivered last month.



Fundraising remains a key revenue stream for the club to continue to grow, alongside your monthly fees. If you are aware of any local business who might like to sponsor the club, in return for exposure in these newsletters or on social media, please let us know.

Sponsor opportunities could include:

Sponsoring an event that the club takes part in

Sponsoring team kit

Sponsoring a prize

Donating a prize for a club gala

Sponsoring this newsletter

Two Counties Meet: Hoodies Available

Pre-ordering available for event gear

BEST

IN THE WEST

Two Counties
2024 Official
Hoodies

Available to order now
through your swimming club



ONLY
£35



Light Blue



Black



Heather



Navy

Available in four fantastic colours

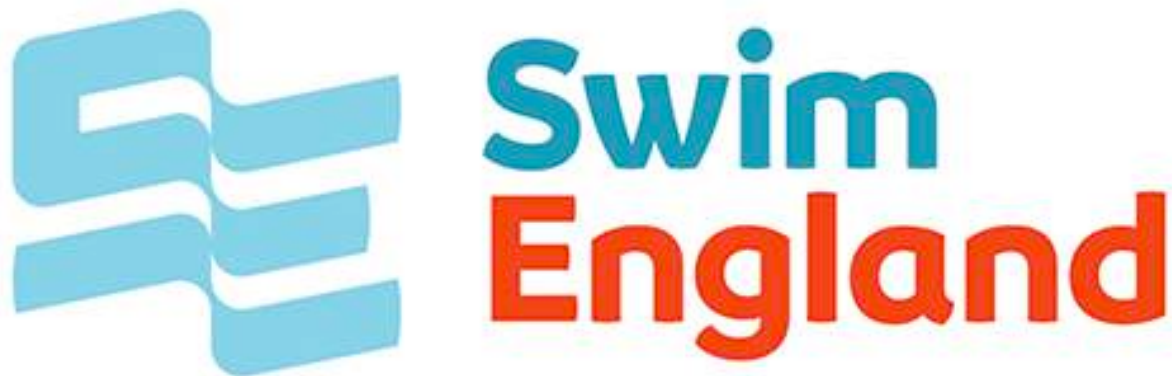
Black, Navy, Heather and Light Blue. To order yours, please contact your child's swimming club telling them the size, colour and quantity required. Hoodies will be printed before the gala (16th & 17th March 2024)

SIZE CHART	XS	S	M	L	XL	XXL
Size:	XS	S	M	L	XL	XXL
Chest (in fit):	34	36	40	44	48	52

EACH HOODIE
PERSONALISED
WITH YOUR
CLUB NAME!

PLACE YOUR ORDER TODAY TO AVOID DISAPPOINTMENT

Coach Conor gears up for Level 2 in 2024



Over the next few months, somebody will be seen a little less on poolside than in 2023.

That somebody is me! Conor.

Many of you may have already known that I've been responsible for writing these past few newsletters, and may also know that writing is close to my heart.

I'm the author of five fiction books that are edging closer to a release date, and my enjoyment of creative writing has led to me writing for the club too. As 'payment' for my writing time, I'm going to unashamedly plug my stories on the next page. Please feel free to grab me and talk about my author project at any time.

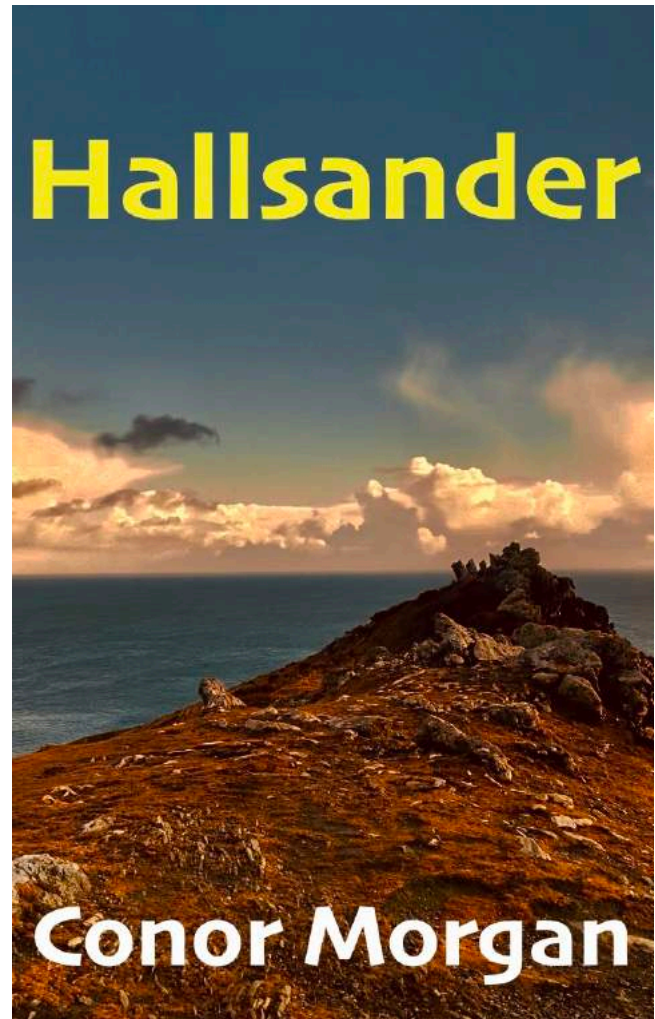
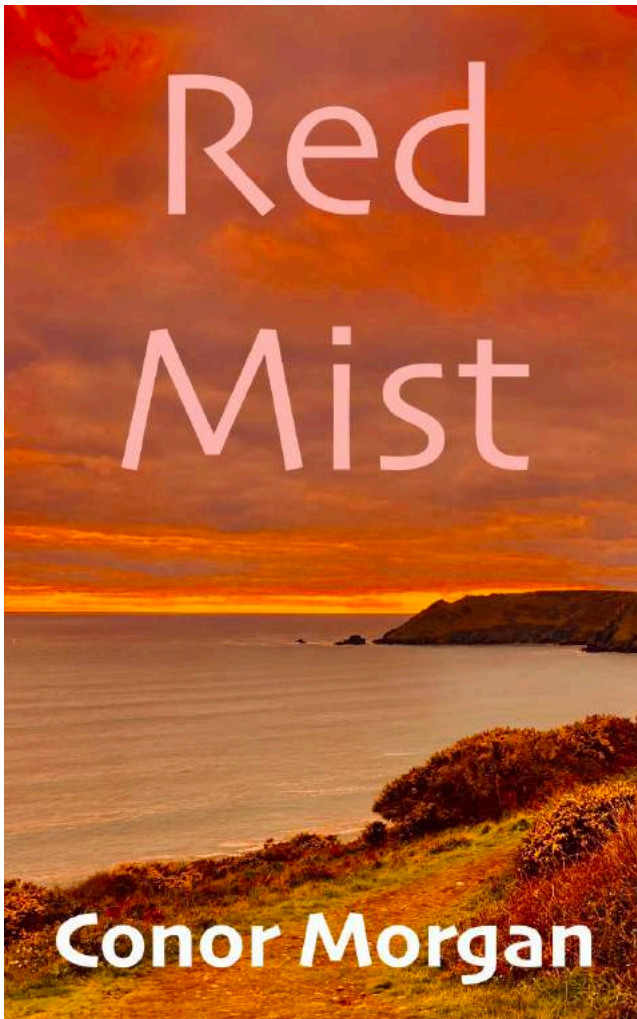
However my writing isn't the reason I'll be seen less on poolside in January, February and March.

From mid-February, I will be studying to become a **Level 2 coach**. That means a few trips to Exeter City Swimming Club and a fair few meetings on Zoom. By the end of March I hope to have the qualification and continue on my swimming coaching journey.

It's been far more fun than I expected to get back into swimming. I thoroughly enjoy developing our new wave of swimmers that will go on to compete for the club in competitions in the future, and I enjoy creating an environment where they can make friends, memories and build life-long skills, such as those my old teammate Holly Gunner mentioned back on Page 5.

Though it is not my coaching course, nor my author project, that will be the real reason for me being seen less on poolside. Everything is being prepared at home for our newborn, who we expect to welcome to the world at some point over Christmas and the New Year!





Books by Conor is currently a series of five historical fiction books that link to the national curriculum, designed to be read for pleasure alongside specific content learning in schools.

Red Mist features the Roman Invasion of Britain and is set for release on Amazon at some point during 2024!

All stories are set along the South West coast.

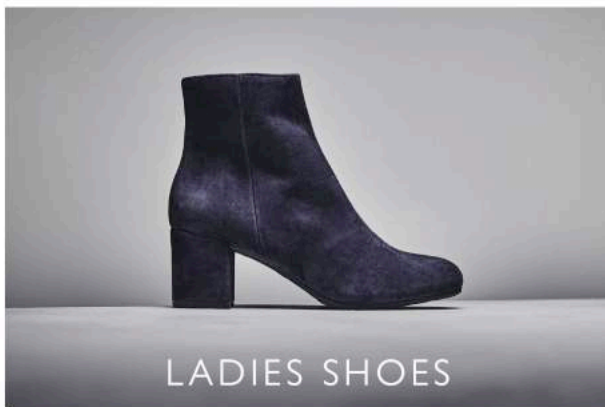
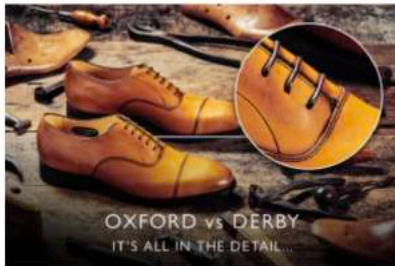
Kingfishers' Christmas Riddle

What bites, but doesn't have any teeth?



Look amazing at our presentation evening with Herring Shoes!

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Or visit: www.pavers.co.uk