

KKSC NEWS

Swim Fast, Swim Happy!

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KK Masters Flourishing!

Five make the journey to Millfield for Navy Open

The sun had barely risen over Somerset when five Kingfisher masters arrived at Millfield School for the Royal Navy Open Meet on Sunday 18th February.

Organised by Rob Dorey, fresh out of competing in the Devon County Championships, the club even took part in a **relay event** - only the second time Kingfishers have done this post-covid.

Rob was joined by a familiar face in Will Rawlinson (Skins Champion 2022 and 2023), as well as former regional-level swimmer Richard Forman and James Richards, who once upon a time won a national swimming title with Millfield Swimming Club. James was making his return to Millfield for the first time in several years.

Their 4 x 50 Freestyle relay time of 1 minute and 45 seconds is only 1 second slower than Tom Dean's 200 Freestyle gold medal winning swim in the Tokyo Olympics.

Joining the team was a solo female - Emma Noyce. Emma has been brilliant since getting back into the pool and swam brilliantly across several individual events on the Sunday. Masters train at Quayside on Tuesdays and Fridays - why not join our growing team?



Presentation Evening: 9th March

It was wonderful to see so many of you attend our awards evening at Sherford Village Hall.

The event celebrated the winners of our annual Club Championships in November. Trophies were handed out for each age group champion.

Many thanks to the organising committee for all their efforts in sorting and serving the food. Thanks to Adam also for his idea to purchase a giant inflatable football-darts game, which kept the children happy for hours.

There are many photos on our **Facebook page**, celebrating the winners of our additional awards - including the most improved swimmers from bronze, silver and gold squads.

See you all again next year!

Who are your coaches?

For parents new to club - who leads your child's lane and what does it mean?

Our Head Coach - Karen Dorey

On Thursdays you will see Karen at the window-side of the pool, keeping an eye on the club's highest performing swimmers. Karen plans training sessions for all levels at the club, but for Gold Squad she works particularly hard on preparing them for the biggest competitions in the calendar.



These competitions include the Devon County Championships and the Regional Championships, as well as qualifying events for these big meets.

She is a Level 3 coach - and cares about the development of all swimmers in the club. We are lucky to have one of the most experienced head coaches in Devon - Karen has coached 6 national level swimmers, one of whom is a national medalist and even got an invite to the London 2012 Olympic Trials!

Assistant Coach - Conor Morgan

On Thursdays, Conor is often positioned next to Karen in Lane 2. For bronze squad, this is where all four swim strokes and turns are refined in order to prepare these swimmers for racing, and to be able to cope with the demands of silver squad. Silver Lane 2 contains some of the fastest swimmers outside of Gold Squad.



Conor also coaches all of silver squad on Tuesdays, and helps many of our swimmers develop further in the highest stages of the Fusion Swim School, including Stage 8, 9 and 10 on a Friday. He used to swim for the club himself at regional level as a long-distance racer.

By the end of this season, Conor will be qualified as a Level 2 coach - of which currently the club is without.

Find out about the rest of us on Page 4!



Calendar of Upcoming Events

Competition	Dates	Venue	Notes
Two Counties Meet (including relays)	16 March, 17 March	Plymouth Life Centre	Entries closed
Kingfishers AGM	Wed 17th April, 18:30	Chill Cafe, Quayside	All parents welcome
Regional Age Group Championships	20 Apr, 21 Apr, 27 Apr, 28 Apr	Bristol & Millfield	Qualification required
Club Race Night	TBC May	QUAYSIDE	All swimmers: 6 to 8pm
Devon Development Gala & Sprints	June 8th, June 9th, June 15th, June 16th	Plymouth Life Centre	Perfect for new swimmers
Friendly Team Gala vs Other Clubs	July 6th - TBC	QUAYSIDE	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

What is the Devon Development Gala?

The perfect introduction to Open Meet racing!



Held over two weekends in June, the Development Gala is one of the easier meets in the season.

Those who qualify for Regionals in April do not get to swim at the Developments, which means that the competition is a little less fast.

Every swimmer in Silver Squad will be strongly encouraged to enter, while those who are old enough, experienced enough or quick enough in Bronze Squad will get invited too.

Look out for an email about the Development Gala in your inbox between now and the end of April, where more details about the venue, the types of races, and the cost will be revealed.

Who are your children's coaches?

You can find photos and more about each coach on our club noticeboard - by the changing rooms

Club Chairman & As'nt Coach - Adam Stewart

Adam is a Level 1 coach who has been a part of Kingfishers for well over a decade! Adam does plenty behind the scenes, and is also seen on Thursday supporting swimmers in several lanes develop their strokes and turns. He is also a Fusion Swim School teacher, with a SEND degree.

On Tuesdays he coaches Gold Squad, working through the set that Karen has written in order to continue developing the top performing swimmers in the club.

Young Volunteer - Thea Cole

Thea has been a brilliant asset to the poolside team. Having swam most recently for the club, Thea relates to your child's experiences and has clear communication skills that motivate her lane to be the best they can be.

Most recently, Thea often is the lane coach for **Lane 4** in silver and bronze squads. She is learning fast to become a better coach, and often talks with Conor and Karen to discuss each swimmer's progress.

Silver Squad Lane 5 - Sarah Lansdale

Sarah is best known in Kingsbridge for being an ace teacher. She teaches in the Fusion Swim School in Stages 1 to 8, and many children she has worked with are succeeding in the club today.

Sarah is best when helping children with their technique. She takes swimmers who are new to silver squad and pushes them to their max, while also continuing to reduce their stroke faults. Her son, Aaron, is super fast and is often seen in Gold Squad, or on Fridays sat in the lifeguard's chair!

Bronze Squad Lane 5 - Mel Jaynes

Mel has been at Kingfishers since the very start. In the past he has been Club Chairman, and he has even been chairman of the Devon County Swimming Association. He is currently our Club President - hence why he presented our trophies during the awards night.

Mel's love of swimming means he's stuck around over all these years, and he's best when working with our newest swimmers in bronze squad. Bronze Lane 5 is similar to a Stage 7 Fusion lesson, except they swim a lot further!

Our Newest Volunteer - Adrian King

Last month we welcomed Adrian to the team. He used to swim with the club in the early days, and how his daughter has joined too!

In the last few weeks, Adrian has been leading **Lane 3** - our middle lane. Your child's lane in bronze or silver is not always a reflection of your child's ability - so Lane 3 and 4 (with Thea) are in fact very similar. However - those who make quick progress end up in Bronze/Silver Lane 2.

Our Newest Young Volunteer - Charlie Stewart

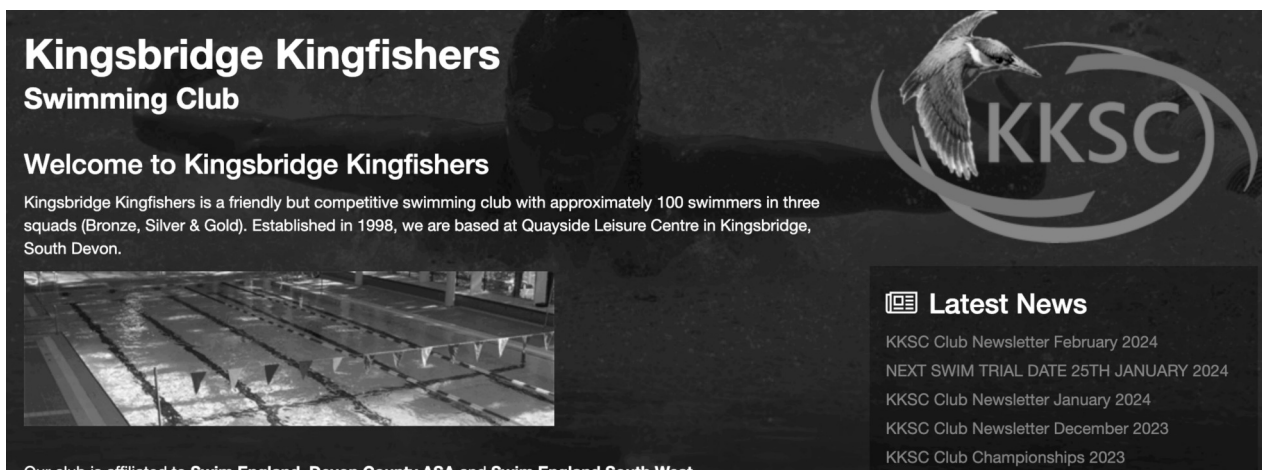
Charlie is a popular member of the team who, like Thea, wants to give something back to the club. Children relate with Charlie easily - he's friendly and helpful.

He often works alongside another lane coach, learning to identify mistakes with strokes and what advice to give a swimmer who is learning to do a racing turn. His oldest sibling **Sam Stewart** is also a coach, who helps out when he is not at Bath University.

Blasts from the Past: Check the website!

Last month, we featured former Kingfisher Aaron Rickhuss on his journey to winning a national senior medal, whilst training with some of the fastest swimmers in the world at Plymouth Leander.

If you missed the article, please find February's newsletter on the KKSC Website.



Kingsbridge Kingfishers
Swimming Club

Welcome to Kingsbridge Kingfishers

Kingsbridge Kingfishers is a friendly but competitive swimming club with approximately 100 swimmers in three squads (Bronze, Silver & Gold). Established in 1998, we are based at Quayside Leisure Centre in Kingsbridge, South Devon.

Latest News

- KKSC Club Newsletter February 2024
- NEXT SWIM TRIAL DATE 25TH JANUARY 2024
- KKSC Club Newsletter January 2024
- KKSC Club Newsletter December 2023
- KKSC Club Championships 2023

Our club is affiliated to Swim England, Devon County ASA and Swim England South West

You will find all of our recent newsletters on the right hand side. KKSC.co.uk

Next month it's the Regionals, so the newsletter will be taking a look at some past swimmers who competed at that level. Chloe Morris is currently our only regional qualifier for 2024, but this coming weekend will see more swimmers trying to join her, as they seek qualification times at the...

Two Counties Meet: Preview

Lucas and Ethan seek regional times in the breaststroke events

It's a big weekend for 20 of our swimmers who will be taking part in at least one race at the Two Counties Meet. That's the biggest squad we have had post-covid!

For some, it will be their first taste of racing outside Quayside Leisure Centre, giving them experience ahead of the Devon Development Gala in June.

For others, including Gold Squad members Lucas and Ethan, there is a realistic chance that they could achieve regional qualification for the first time. There is no doubt that they will leave everything in the pool! We wish them both the best of luck.

KKSC Team: Chloe, Danny, Ethan, Fabiano, Faye, Gracie, Izzy, Jack, Jess, Keira, Layla, Lexie, Lily, Lottie, Lucas, Oliver D, Oliver M, Rocco, Sophie, Will

AGM: Committee Roles Available!

Our AGM will take place at Quayside on Wednesday 17th April from 6:30pm

It's that time of year again to encourage parents to step forward and take on a role on our friendly committee.

Is your child really enthusiastic about their swimming? Then why not help to shape their club by taking on a role that could help strengthen their club!

You do not need to be a swimming expert to be on our committee! Please do consider joining us as we shape the club for the future, and come along on April 17th.

Positions on the Committee - all positions open to change

Chairman - Adam Stewart

Adam is hoping to leave his role by 2025. He would like to work alongside an interested party for 2024.

Vice-Chairman - None

Secretary - George Stewart

Treasurer - Danielle Clack

Danielle is stepping down from this role this year. The position is available.

Membership Secretary - Karen Dorey

Press & Publicity - Hannah Sagar

Competition Secretary - Karen Dorey

Fundraising - None

This is such an important role. We could really do with someone here!

Badges & Trophies - Hanna Quiggin

Equipment (Kit) - Sarah Lansdale

Welfare Officer - Will Rawlinson

Masters Rep - None

Volunteer Coordinator - None

Club Affiliation / Swim Mark Coordinator - Karen Dorey

Please note that some of these positions have been done by others in an unofficial capacity.

Come and join us on a Monday Morning!

There are so many benefits to be had - including extra skills work with Karen

Monday Morning. 7am. Not the most appealing time of the week.

However, what better way to get your mind ready for a week of school than by jumping in the pool?

Monday morning's sets are very rarely hard. There is a warm-up and there may be a small number of sprints. However Head Coach Karen loves these sessions as a chance to work on skills - which can lead to a massive improvement in swim technique - which in turn will help you to get faster.

It is encouraged that children in Silver Squad swim twice per week, while swimmers in Gold Squad swim at least three times per week.

You could make Monday morning your next session - and you might get a lot faster as a result of it!

If you are interested, please talk to Karen, or email her.



Ethan and Oslo set to walk the whole South West Coast Path for the RNLI!



Ethan (Gold) and **Oslo** (Silver) are taking on the amazing challenge this summer of walking 630 miles around the South West coast. More details will be revealed in a future newsletter, but for now, please follow the QR code and support them!

Head Coach's Announcements

1. If your swimmer is going to be absent, please email so that we know not to expect them. We have had instances in the past where parents were not aware that their children were skipping training sessions. Use coach@kksc.co.uk
2. Now the club is getting busier, please make sure that you don't leave your clothes in the changing cubicles - they must be put in the lockers provided or brought onto poolside.
3. Please make sure you are on time for the training sessions - don't walk onto poolside at 7pm when the session starts at 7pm and you haven't even got your hat and goggles on. 7pm means ready to dive in at 7pm!
4. If you have long hair, you must wear a swimming hat.



Our orange club hats are available for £9, while tops cost £35.

Please ask George Stewart or Hanna Quiggin about how to purchase. Often available on Thursday evenings!

Visit: www.herringshoes.co.uk



Or visit: www.pavers.co.uk

Please follow our Facebook page!

Find out how our swimmers get on at this weekend's races

Search: "Kingsbridge Kingfishers Swimming Club" to find our page, where you will also find many photos from this year's Awards Night.

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.