

KKSC NEWS

Swim Fast, Swim Happy!

In this newsletter...



Results from the City of Plymouth Champs

Eleven secure county qualification times

Jess takes silver in Sheffield

Swimarathon Fun

Club Calendar

Information about the Club Championships and Plymouth Xmas Splash

We need a new treasurer! Is this you?



New Lane Ropes Arrive!

Anti-wave technology to improve training and racing

Thursday 19th October 2023 was a great day for the club when our brand new lane ropes were unboxed and put into place at Quayside for our swimmers.

The first swimmer to dive into the pool with the ropes in place was new bronze squad member Ivy Thompson, while at the other end of the club, Lucas Quiggin credited the lane ropes and calm water for being able to complete a set of thirty-five 100m front crawls.

Many people must be thanked again for their help in putting the ropes into place. From the individuals and businesses who donated to our appeals back in August, to Anti-Wave for the swift delivery of the lane ropes and Dartmouth Swimming Club for the recommendation.

We must also thank the lifeguards at Quayside for trying to get to grips with them! It is the first time the ropes have been replaced since the club was first formed in 1998.





Devon County Championships 2024

A huge congratulations to the following swimmers for their qualification to next years' event:

Aaron Lansdale

Chloe Morris

Danny Clack

Emilia McKinlay

Ethan Clack

Faye Morris

Jack Sagar

Jess Stewart

Lexie Gomm

Lucas Quiggin

Oliver Douglas

It's not too late to join our county squad and qualify!

To qualify, you'll need to swim one of your best events at the **Plymouth Xmas Splash** in December. Talk to [Conor](#) or [Karen](#) for more details.

Some of you are incredibly close to achieving a time! Give it a go and reach your potential.

City of Plymouth Champs: Relay fun and golds galore!

First ever gold medal for speedy Emilia

The annual City of Plymouth's offer the full complement of swimming events, from the 50 metre sprints to the more painful 1500m freestyle and 400m medley. Twelve swimmers took up the challenge to become city champions in this early season competition.

The event also has heats and finals for the 100m events. Aaron Lansdale was our only qualifier to one such final, coming a close 4th in a brilliant 100m freestyle race.

While Aaron went home without a gold on this occasion, there is no doubt he is helping to inspire the next generation. Chloe Morris won another bagful of golds, silvers and bronzes. Her strongest performance was arguably the 200m breaststroke, where she won with a time that was only 4 seconds off a regional qualifying time.

Chloe, along with Lucas Quiggin, have recently been promoted to gold squad as a result of their dedication. Lucas found PBs hard to come by as he recovered from a foot injury, but still won a bronze and achieved many county times. The two of them teamed up with the rapidly improving McKinlay siblings in the medley relay, a noisy event that was a great experience for all four swimmers.

In one of the last events of the meet, Emilia beat off tough competition to become the ten year old city champion for the 50m freestyle! It was her first ever medal, let alone a gold coloured one! Meanwhile Ollie shaved his 50m freestyle time down to just 34 seconds.

The next generation of Kingfishers also flourished over the first weekend. County times were achieved by Faye Morris and Danny Clack, who also took part in their first ever relays. Fabiano Noto won bronze in the 100m backstroke, while Bert Rogers made his debut at the Life Centre and was only 6 seconds off qualifying for the 200m backstroke, a superb effort thanks to his excellent endurance!

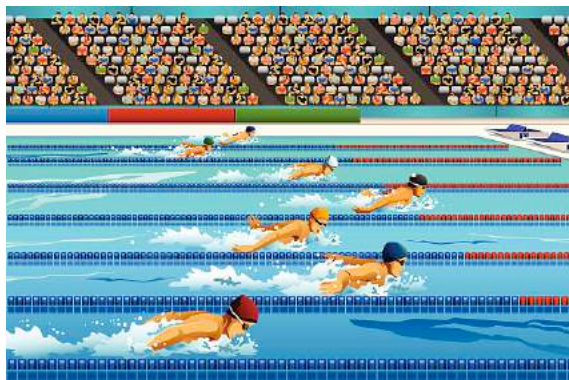
Our other inspirational club captain Jess Stewart swam a brilliant 200m backstroke to earn a PB. She also briefly led in the exciting cannon relay, where she was joined by Jack Sagar, Ethan Clack, Emilia, Chloe and Aaron.

Overall Club Medals: 13 Gold, 8 Silver, 8 Bronze

Season Calendar: Save the dates

Competition	Dates	Venue	Notes
KKSC Club Championships	16 Nov, 21 Nov, 23 Nov, 24 Nov, 25 Nov	QUAYSIDE	Compulsory for all club swimmers, bronze, silver and gold
Long Distance Club Champs 800/1500 Free	2 Dec (7am - 8:30am)	Dartmouth	Points available for our club championships
Plymouth Xmas Splash	10 Dec, 16 Dec, 17 Dec	Plymouth Life Centre	Last chance qualifier for County Champs
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	Big event for the club! 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	TBC Spring/Summer	QUAYSIDE	Team competition against local clubs
Devon Developments	TBC Summer	Plymouth Life Centre	

For any queries regarding competitive swimming, please talk to Karen or Conor, who can help your child to decide which events to enter.



To enter open meets in Plymouth or further afield, your child should be in silver squad, or be invited to compete by a coach in bronze squad. All entries are ultimately submitted to Karen.

Swimarathon: Thanks for your support!

Hundreds of lengths swam by Kingfishers on Friday 13th

It was wonderful to see so many of our swimmers, from bronze squad regulars to our experienced gold squad champions, turn up for the annual rotary club fundraising event.

Many thanks to our poolside helpers on the day who helped organise the team, given that half of our club staff were scheduled to be swim teaching at the same time!

A big thank you to Sarah Lansdale for taking the time to organise the sponsorship forms, and Ethan Clack for handing out several certificates. We hope to continue our presence at this event in the years to come.



We're 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 club nights!



County 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 Plymouth Christmas Splash. Many times have been made easier by the Devon County ASA, which gives us a great chance of adding to our total of eleven swimmers who have earned the right to be part of our county squad in 2024.

Remember to read the column that is your age on the 31st December 2024. I know it's complicated, but it's the rules!

Female County Times: Ages as of 31 December 2024

	10	11	12	13	14	15	16	17
50 Freestyle	43.00	43.00	35.60	34.50	32.30	30.30	29.40	29.20
100 Freestyle	1:42.00	1:42.00	1:24:30	1:17.50	1:11.90	1:07.00	1:05.00	1:04.50
200 Freestyle	3:57.00	3:57.00	3:03.00	2:51.00	2:39.00	2:28.00	2:27.00	2:25.00
400 Freestyle	7:50.00	7:50.00	6:46.00	6:06:20	5:45.00	5:25.00	5:05.00	5:15.00
50 Breast	57.00	57.00	48:90	45.40	42.30	42.00	40.00	38.00
100 Breast	2:10.00	2:10.00	1:49.00	1:40.00	1:34:00	1:32.00	1:28.00	1:25.00
200 Breast	4:58:20	4:58:20	3:55.00	3:45.00	3:26.00	3:16.00	3:09.50	3:06.25
50 Back	48.50	48.50	43:00	40.20	37.00	35.10	35.00	35.00
100 Back	1:51.00	1:51.00	1:34.70	1:28.00	1:21.90	1:16.80	1:15.50	1:15.00
200 Back	4:05.00	4:05.00	3:25.00	3:10.00	2:54.00	2:46.00	2:43.25	2:42.15
50 Fly	55.00	55.00	44.00	41:95	36.00	34.20	33.40	32.50
100 Fly	2:00.00	2:00.00	2:00.00	1:41.00	1:31.00	1:22.50	1:18.00	1:16.00
200 Fly	4:09:00	4:09:00	4:09:00	4:09.00	3:50.00	3:15.00	3:10.00	3:10.00
200 IM	4:18:50	4:18:50	3:33.00	3:15.00	3:00.00	2:52.00	2:46.50	2:42.00
100 IM	1:50.00	1:50.00	1:35.00	1:28.50	1:21.50	1:19.00	1:16.00	1:13.00

Male County Times: Ages as of 31 December 2024

	10	11	12	13	14	15	16	17
50 Freestyle	41.50	41.50	37.00	35.00	32.50	29:50	28:25	27.00
100 Freestyle	1:40.00	1:40.00	1:36.00	1:20.00	1:13.00	1:07.00	1:02.50	59.00
200 Freestyle	3:55.00	3:55.00	3:24.00	3:03.00	2:46.00	2:30.00	2:23.00	2:15.00
400 Freestyle	7:05.00	7:05.00	7:05.00	6:20.00	5:40.00	5:18.00	5:08.00	4:44.00
50 Breast	57.00	57.00	53.00	47.00	43.50	39.50	38.50	35.40
100 Breast	2:10.00	2:10.00	2:00.00	1:48.00	1:37.00	1:25.50	1:23.00	1:22.00
200 Breast	4:30.00	4:30.00	4:20.00	4:10.00	4:00.00	3:10.00	3:05.00	2:53.00
50 Back	50.00	50.00	45.00	42.50	38.30	34.70	34.00	31.00
100 Back	1:50:00	1:50:00	1:40:00	1:33.50	1:21.50	1:15.00	1:11.00	1:09.00
200 Back	4:05:00	4:05:00	3:55:00	3:20.00	3:20.00	2:43.00	2:43.00	2:27.00
50 Fly	59.50	59.50	45.00	42.90	38.00	32.50	31.50	28.00
100 Fly	2:00.00	2:00.00	2:00.00	2:00.00	1:42.00	1:19:10	1:14:50	1:10.40
200 Fly	3:55:00	3:55:00	3:55:00	3:55:00	3:30:00	3:22.00	3:10.00	2:46.30
200 IM	3:58:00	3:58:00	3:58:00	3:40.00	3:20.00	2:40.00	2:40.00	2:30.00
100 IM	2:00:00	2:00:00	1:39.00	1:31.50	1:23.60	1:15.50	1:14.00	1:09.00

Check out how great our club kit looks on our swimmers on Page 7!

Type this into Google:

Q kingsbridge kingfishers teamwear

!! Club Shop Open !!

Look like a Kingfisher with Swimzi

Keen swimmers are encouraged to purchase club gear ahead of our **Club Championships**, as well as for future competitions such as the Plymouth Xmas Splash and in 2024 a **team gala** against other local clubs.



On Thursdays, please see George who will be available by the club noticeboard by the Quayside changing rooms. Our club kit is provided by **Swimzi** - with a number of options from swim hats and simple shirts, to warm hoodies and tracksuits.

You can also order online, although there is currently a delay for delivery.

Time to Enter: Plymouth Xmas Splash

Last chance for fun in 2023 and to get into the County Squad for 2024!

The final event of 2023 is a Christmassy affair ran by Plymouth Leander. Fast regional and national level swimmers are not allowed to enter, so it's a great opportunity to compete for medals, as well as gaining entry into next year's County Championships.

www.plymouthleander.com
Plymouth Leander Christmas Open
Level 3 Short Course
 Life Centre, Plymouth:
 Sunday 10th, Saturday 16th & Sunday 17th December 2023



You don't need to attend every day! Talk to Conor or Karen who will help you choose the best sessions for your child. Even if you only enter one session, it's a fun experience to be part of our team. Your coaches can help make swimming both time and cost effective.

Conor will be emailing parents of silver squad members, whose children may be interested, about this event shortly.

Keen bronze squad swimmers are encouraged to wait until the Two Counties Meet in March. See how much you enjoy racing in our Club Championships first...

Time to Enter: KKSC Club Championships

Compete in as many races as you can to win points and try to win a trophy!



The friendliest competition of the year is just around the corner! But how do you become a club champion?

The answer is to be brave and enter as many events as possible! This year, there are opportunities to swim in 200m backstroke, 200m breaststroke and even 200m butterfly! We also have a 400m freestyle, while Dartmouth swimming pool will host a girls' 800m freestyle and a boys' 1500m freestyle on Saturday December 2nd.

You may be the fastest in your age over 50 metres, but if you don't try to swim the longer events, you won't win as many points! As written by Karen in her email to parents, children often regret not entering more races. **So why not enter more!** It's perhaps understandable if your child doesn't fancy the 200m butterfly, or the long distance Dartmouth races, but you'll probably need to enter everything else to become club champion. Moreover, it only costs £5 to enter every race.

The £5 entry fee helps to hire the pool for **our big Saturday night event** on the 25th November.

Team Photos: City of Plymouth Champs

TOP LEFT: The 'Cannon Relay' Team

TOP RIGHT: Faye Morris celebrates her first County time

BOTTOM LEFT: Danny Clack celebrates qualifying

BOTTOM RIGHT: Whole squad (not forgetting Ollie!)



Raffle Prizes and Cakes needed for **Nov 25th** at Club Champs



It's that time of year again! Alongside the final evening's action of the Club Championships, we'll be selling your best cake bakes and raffle tickets to help raise funds for the club.

As well as random raffle prizes, we're looking to make some hampers as prizes. Therefore we're asking that **bronze squad members** bring savoury snacks (e.g crisps), **silver squad members** bring sweet treats (e.g chocolate) and **gold squad members** bring drinks (alcoholic or soft) in order to be put into hampers that can be won on the Saturday night.

We can't wait to see as many seats as possible filled up in the gallery from 4pm on **Sat 25th Nov.**

Jess wins SILVER in Masters Nationals!

Club Captain puts Kingsbridge on the map in the 1500 Freestyle

Sheffield's Ponds Forge pool was the venue for Jess Stewart as she competed at the Masters National Championships over the last weekend of October.

Supported by her dedicated parents, Jess began her quest for success with the 1500m freestyle event.

1500m Freestyle is equal to swimming 60 lengths at Quayside, so it's a pretty long race! However where there's distance involved, you'll probably find a Stewart in attendance. Jess has a fantastic attitude to training which helps fuel her longer distance racing. Coming home from the 1500m event with a silver medal is an excellent reward for her efforts.

The next day, Jess also competed in the slightly shorter 800m Freestyle event. That's 32 lengths at Quayside! She battled against tiredness to claim a 5th place finish. Everyone back in Kingsbridge is proud of her, make sure you say well done if you see her walking into training!



Want to follow in Jess' footsteps?

Silver squad members are encouraged to join extra training sessions on **Tuesday evenings (6pm to 7pm)** and **Friday evenings (6:30pm to 8pm)** where they can receive more technical advice about their swim technique while building their fitness for longer races.

Monday mornings (7am to 8am) are perfect for swimmers who go to school at KCC. Previous swimmers have not only benefited from the boost it gives them to their swimming, but also to their concentration at school.

Please talk to Karen if you wish to add an additional session for your child/children.

Some of these sessions can be fairly quiet, which means that your coaches can give more guidance and support to those who attend. **There is no doubt that this will improve your racing!**

