

# KKSC NEWS

*Swim Fast, Swim Happy!*

## In this newsletter...



**More on our great progress at the County Champs!**

Presentation Evening  
Date Confirmed

**Club Calendar**

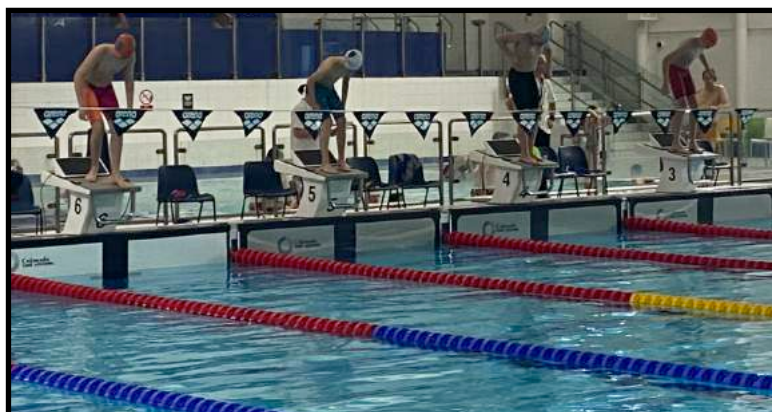
News from our latest  
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**Blast from the Past:  
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Pavers hand over their  
£1000 donation



## County Champs Complete!

*Ethan, Emilia and Chloe amongst the medals*

We are elated to bring you the news that Kingfishers came home with a total of **8 medals** from this year's County Championships, from a team of 13 amazing swimmers.

Having brought no medals back to Kingsbridge in recent years, the growth of the club and development of several of our swimmers gave us hope we'd be able to break our duck. It is always an immense task at this event, going up against the best of Devon that features two of the very strongest clubs in the country, in Plymouth Leander and Mount Kelly, who accept talent from all over the country.

Yet Ethan, Emilia and Chloe did themselves proud, as well as many more who achieved a whole host of finals and PBs. In 2023, only 3 swimmers qualified for a total of 7 finals. However this year, we had 5 swimmers qualifying for 24 finals.

**Read on to find out how the racing went down in more detail, from six days of action at Plymouth Life Centre.**





## Two Counties Meet: 20 swimmers set for 66 races in March

It turned out that entries into March's Two Counties Meet, organised by local clubs Dinnaton and Caradon, were exceptionally popular. It's great that so many swimmers in the region want to take part in racing, but it wasn't ideal in terms of having all of our entries accepted!

We must thank the meet organisers for accommodating us, as they have helped us to squeeze a few extra swimmers into the last remaining gaps of their competition.

We're very excited that a number of swimmers will be making their KKSC debuts at the event:

*Izzy Pears, Keira Drews, Lily Drews, William Robinson, Lottie Taylor, Rocco Noto and Layla Quiggin.*

They will join an experienced squad who will aim to cause a splash in the relay events!

## Counties: Weekend One

*Heat victory for Ollie D and a silver for Chloe*

The competition began on the day of the Devon Interclub and Relay competitions, which Kingfishers plan on re-entering in 2025. With the pool set up for short-course swimming (racing in a 25m sized pool), three swimmers were led by Adam and Sam Stewart to race in the 100 IM.

The highest placing on the day was Ollie Douglas who finished 11th best in his age group. Lucas Quiggin was 16th, while Emilia McKinlay ended up with the dreaded 'DQ'. All three would go on to have better days!

Lucas and Ollie returned on the Sunday, alongside the Morris sisters. The pool was now long-course (a 50m sized pool), as it would remain for the rest of the competition.

Faye's Devon debut saw her finish 10th out of 25 entrants in the 100 Breaststroke. Chloe qualified 2nd for the same event, putting her into the final. The top 8 swimmers from heats qualify for a medal race, meaning Chloe was lining up alongside the very best in Devon that were the same age as her.

An amazing final swim saw Chloe win a well deserved silver medal, meaning Kingfishers had its first county medalist in the pool in four years.

## Counties: Weekend Two

*Emilia's first county medal as nail-biting as they come!*

Joining the team on the 20th and/or 21st January were the Clack brothers, Rob Dorey, Aaron Lansdale, Jack Sagar and Jess Stewart. They were coached all weekend, for over 22 hours on poolside, by Karen Dorey.

In what was an incredibly busy weekend, the club would like to thank every parent who volunteered their time to help on poolside.

The successes began early. Faye reached her first ever final in the 200 Breaststroke. Lucas achieved his first final of the meet in the 100 Butterfly. Though it was Emilia who grabbed the headlines, whose first ever county final proved to be a thriller! She won bronze in the 200 freestyle, just 0.07 seconds behind silver, and 0.15 seconds ahead of 4th place, which more than made up for her DQ a week earlier!

**There's more to read on Pages 3 and 4...**

## Calendar of Upcoming Events

Competition	Dates	Venue	Notes
<b>Presentation Evening</b>	<b>Saturday 9th March</b>	<b>Sherford Village Hall</b>	Tickets soon on sale
Two Counties Meet (including relays)	16 March, 17 March	Plymouth Life Centre	Entries closed
Kingfishers AGM	Wed 17th April, 18:30	Crow's Nest, Quayside	All parents welcome
Regional Age Group Championships	20 Apr, 21 Apr, 27 Apr, 28 Apr	Bristol & Millfield	<b>Qualification required</b>
Club Race Night	TBC May	QUAYSIDE	All swimmers: 6 to 8pm
Devon Development Gala	TBC June	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	



## Counties: Weekend Two Continued!

*Ethan claims his first county medal with a silver*

The 200 Breaststroke is a hard race in a short-course pool, but in a long-course pool it's even harder! Yet the race brought great success for Kingfisher swimmers, both male and female, over the weekend. After Danny had made his long-course debut, brother Ethan qualified 2nd for his age group with a fantastic time of 2 minutes and 56 seconds. Despite pushing hard for the gold, Ethan was more than happy to settle for silver in the final.

Lucas had a superb final in the 200 Breast, showing his race intelligence by improving upon his qualifying position of 6th, to finish an admirable 4th - better than any of his final placings in 2023. Meanwhile, Chloe followed up her success in the 100 Breast with a bronze in the 200.

There was also an enjoyable slice of history in the girls' 200 Backstroke, with both Faye and Emilia qualifying for the same final - the first time that has happened in several years. Emilia was involved in another close final in the 100 Freestyle, and came away with a second bronze medal.

Finally, in the men's 100 Freestyle there was a great result for Aaron, who swam a PB to edge just in front of Rob.

## Counties: Weekend Three

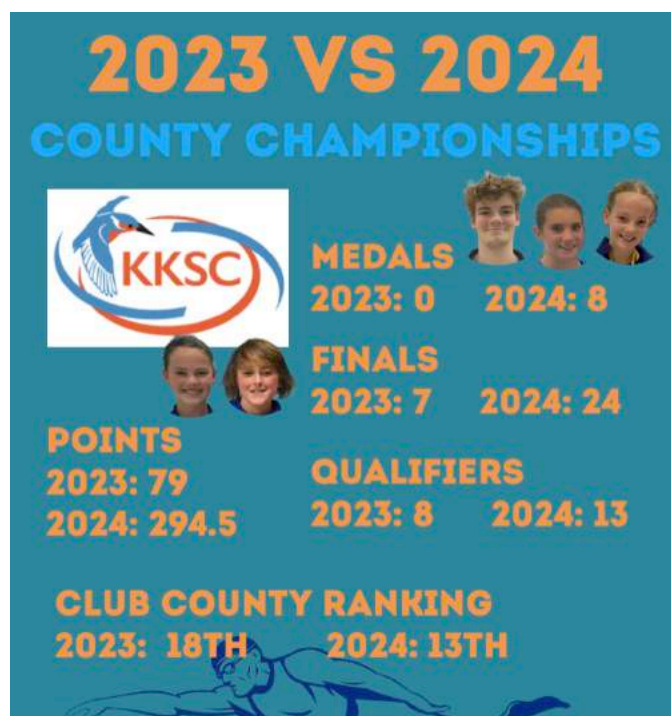
Joining the team for the final weekend was Lexie Gomm and Oliver McKinlay, both competing in their first County Championships and also swimming long-course for the first time. Their experiences in the 50 Butterfly and 50 Freestyle were valuable for the future!

We had six qualifiers to the boys' 100 Breaststroke, of which Ethan and Lucas reached finals. Both swimmers came close to achieving regional times in the event, and will hope to go under the necessary qualifying time in the Two Counties Meet. Danny was unlucky to just miss out in 9th, while Jack swam a long-course PB in what was described by Karen as his best ever swim.

Jess and Lucas were the brave souls who took on the 800 Freestyle, while Oliver Douglas stormed to a great PB and heat victory in the 50 Freestyle, clocking 31.21 seconds.



To cap a brilliant meet off for our club, Emilia, Faye, Chloe and Lucas were involved in some exciting medal races on the final Sunday (pictured). All four were brave in their racing, with Emilia winning her third bronze medal in the 50 Freestyle.

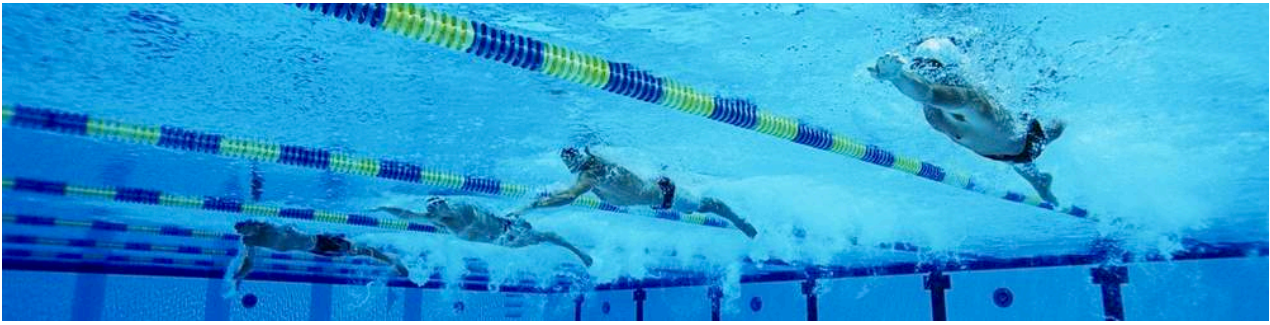


The progress we have made in just one year tells its own story. Our Head Coach Karen is thrilled with the development of our swimmers at the top of the club, and how this could trickle down to inspire many of our newer members.

The cycle for 2025 begins with the Two Counties Meet in March, where qualifying times can be achieved once more.

**You can view the qualifying times for this years' event on our club noticeboard.**

Many thanks to every parent who helped support their children and their peers throughout the six days of competition.



## Club Trials: Welcome to our new swimmers!

**We were overwhelmed with interest for our club trials on January 25th, and as a result we have filled every remaining space in the club.** Any more interested newbies will be placed on a waiting list, ahead of planned trials in the future to fill any spaces which become available.

There is so much to look forward to as the club continues its growth back to becoming one of the strongest small-town swimming clubs in the region.

We have our Presentation Evening (see next page), which every member and parent is invited to purchase tickets for. We will have a race night in May, where every member will get a chance to show off their speed in a 50 metre time trial in every stroke. Then there are plans for us to host a home gala in the summer!

Passing the club trials were the following swimmers:

Elsie Wills, Ariadne Musgrave, Michael Douglas, Lula Roden, Ruby King, Luna Brown, Romy Stephenson, Emily Baxter, Olive Keohane, Freddie Stathers, Ella Sagar, Libby Rogers, Poppy Titterton, Herbie Jamieson, Nina Craig, Indiana Horrell, Olivia Kenyon, Maisie Bearman, Dorothy Hepburn and Eleanor Rosewarne.

We are also pleased to welcome [Layla Quiggin](#) to the club who has transferred over from Dartmouth to join her brother Lucas in Kingsbridge.

Masters swimming is also booming on Friday night, with former Kingfishers re-joining the club in the New Year to train as adults.

We'd like to welcome back [Richard Forman](#), [Harriet Arscott](#) and [Holly Gunner](#), while in coaching news we can welcome [Adrian King](#) to poolside on Thursdays, who used to compete with the club back when Karen first took over as head coach. Adrian begins as a volunteer at the same time his eldest daughter has joined the club.

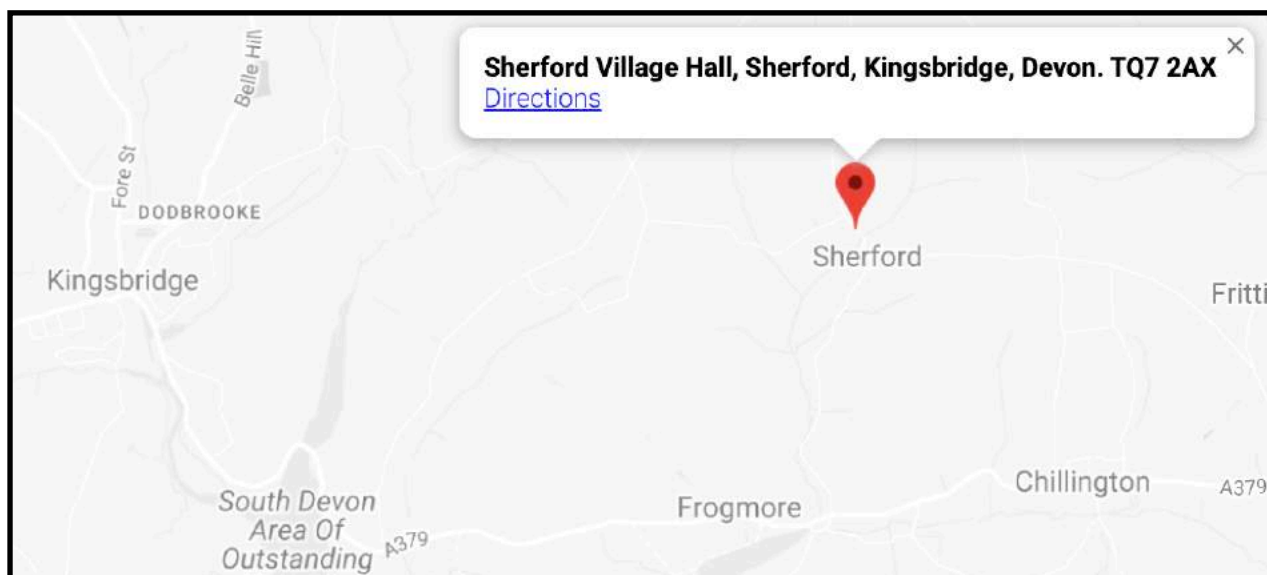
## Presentation Evening: Saturday 9th March

*All swimmers invited to celebrate success in Club Championships!*



As you may have seen on our club noticeboard, the evening of Saturday 9th March has been confirmed as our presentation evening.

We would love for as many members, old and new, to attend as possible! We will be celebrating the success of our swimmers from November's Club Championships, and it is a great chance for swimmers and parents to socialise outside of Quayside Leisure Centre. Ticket details will be announced as soon as possible and will be sold on Thursdays before, during and after training sessions.



There is plenty of parking on site, despite Sherford being one of the smallest villages in the area. From Kingsbridge, drive east along the A379. Just before leaving Frogmore, there is a left turn, which after one mile will eventually lead you to Sherford.

## Blast from the Past: Aaron Rickhuss

*Kingfisher great recalls his time with the club and his swimming journey*



“I started at Kingsbridge Kingfishers when I was 12 years old. Karen coached me throughout my first 4 years, this included travelling all over the country for competitions as far as Sheffield.”

“At the age of 15 I qualified for my first Nationals in the 200 and 100 Backstroke.”

***Aaron was one of the first two Kingfishers to reach National level. He qualified in the same season as George Grace, elevating the club to new levels.***

“After qualifying for Nationals and a really enjoyable four years, I was awarded a scholarship which allowed me to move to Plymouth College and swim for Plymouth Leander.”

“While I swam for Leander, I competed for England at the Commonwealth Youth Games, gained a national senior medal in the 50 Freestyle and also had the pleasure of training alongside some of the best swimmers in the world at the time.”

“Due to injury I had to stop swimming, however I found a new passion in coaching. I was Head Coach of Bangor Swimming Club in Northern Ireland, which was really enjoyable.”

***Aaron is still working in swimming today, as an Education Support Officer for Swim Ireland. The Head Coach of Irish Swimming is his old boss at Leander, the incredibly successful Jon Rudd.***

“My favourite times at KKSC were definitely the team trips away and the friends I made at the time - lots of laughs and good times were shared and we were so lucky to be coached by Karen who helped us get to where we did.”



## Becoming Fast: How did Aaron do it?

*You can't get to National level only swimming once or twice per week!*

You may have noticed that Lane 1 trains a little differently to the other lanes on a Thursday. They swim for 2 hours, and they go up and down a lot more times!

Lane 1 is home to **Gold Squad**, which we have hopes and plans to grow in the near-future, allowing more pool time for the most talented of swimmers in our club.



Much like many of our swimmers, Aaron progressed through the squads and ended up swimming in the top lane on a Thursday.

However, to become one of the best swimmers in the country, Aaron needed to swim a lot more than just once per week. At the higher levels, swimming is a sport that requires dedication and lots of practice. More pool time breeds swim fitness and stamina, maintaining the best possible technique for longer to prepare for the bigger races in the calendar.

## How many times does Gold Squad train?

Currently our top lane swimmers are signed up to swim four times per week.

They swim on a Monday morning before school, 7am to 8am.

They swim for 2 hours on a Tuesday evening, 6pm to 8pm.

They swim for 2 hours on a Thursday, during club night, 6pm to 8pm.

Finally, they swim for 1 and a half hours on a Friday, from 6:30pm to 8pm.

**You may have noticed the success of Chloe and Lucas lately. These are our two youngest Gold Squad members, both aged 12, and they are absolutely flying! Chloe and Lucas both swim four times per week, which gives them the best chance of success at high-level events such as the County Championships.**

Our other Gold Squad members are Jack Sagar, Ethan Clack, Jess Stewart and Aaron Lansdale.



## Silver Squad: Should I swim more?

We would encourage Silver Squad members to swim at least twice per week, with their second session being on a Monday, Tuesday or Friday. Some members may also swim in Stages 7, 8, 9 or 10 in the Fusion Swim School - **this is great too**.

Cody Steer, Chloe Morris and Faye Morris all completed Stage 10 with Fusion while also training with Kingfishers. Joining our club does not mean you should cancel your swim school sessions automatically, they can complement each other well. [Every Stage 8, 9 or 10 lesson at Quayside is taught by a Kingfishers coach: Sarah, Conor or Adam.](#)

Two sessions allows for more skills practice and endurance training ahead of the many swim competitions in our calendar.

Primary school aged children, who are in silver squad, generally only need two sessions per week to compete well at high-level events.

Both Emilia and Faye, who have had great success in the County Championships this month, train twice per week. They swim for 1 hour on Tuesday, and 1 hour on Thursday.

Though if they wish to progress like Lucas and Chloe, they will add more sessions and swim for more hours per week as they reach secondary school age.

**If you are interested in adding another session for your child, please tell Karen!**



## Bronze Squad: Should I swim more?

The short answer is - not yet.

However continuing your Fusion Swim School session (if you are signed up to one) remains a good idea if you can currently afford to do both.

Bronze Squad's purpose is to make sure a swimmer has good technique in all four strokes and all four turns, so that they can compete legally in competitive racing. Without this technique and these skills, they may find additional club sessions difficult.

Swimmers who are progressing quickly in Bronze Squad, who are keen to swim more often, can always discuss extra swimming with their coaches.

## Kingfishers need more officials!

*Can you help? Our club and the Devon County ASA needs you to help with competitions*



Last month, we shared the news that Dan Quiggin and Danielle Cook have taken on the task of becoming a swim official.

It's a vital role within the club. Without officials, we cannot send our swimmers to certain competitions. In a sense, they will be helping to enable their children to compete.

### It isn't as difficult as you may think to become an official!

We have received an email from Esther Rookes, who is in charge of organising officials for meets in Devon, detailing the step-by-step process that officials in training need to go through in order to become fully qualified. We can email or print it for you if you wish!

The benefits of becoming an official were outlined in last month's newsletter - which you can find on the KKSC website.

Next month, I will be talking to our **Skins Champion Will Rawlinson**, on why he has decided to become an official for Kingfishers. Will recently has been a timekeeper at the County Championships, while Mel Jeynes and Adam Stewart have also helped out.

If you are interested in learning more, PLEASE LET SOMEONE KNOW!



## Please give back your trophies!



Please can every 2022 winner who has not yet handed back their trophies for the upcoming Presentation Evening do so as soon as possible.

Hanna Quiggin is the woman to find, and she will be there nearly every Thursday evening between 6 and 8pm.

## Pavers hand over £1000 cheque to Mel

*Many thanks once again for their support in helping the club purchase our new ropes*

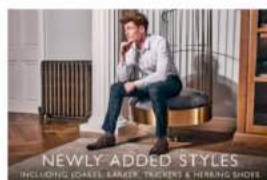
Thursday 11th January was a lovely day for Kingfishers. Not only was it the date that my daughter Ilona was born (yay!), but it was also the day that Pavers officially handed over their kind donation of £1000.

The money has helped fill the deficit between the money that was fundraised for our new lane ropes last summer, and the total cost, which was approximately £3500.

Pavers have a presence in Kingsbridge, as they are the owners of Herring Shoes, who have a store on Fore Street. To the right is a photo of the cheque hand over.



Visit: [www.herringshoes.co.uk](http://www.herringshoes.co.uk)



Or visit: [www.pavers.co.uk](http://www.pavers.co.uk)

I am glad to own a pair of their smart shoes myself, and look forward to getting them all shined up for my own wedding in October!

While you can browse amongst a vast quantity of smart shoes online, it seems that baby shoes aren't their speciality. I guess we'll have to look elsewhere for Ilona!

# Please like and follow our Facebook page!

For the fastest way to hear about news relating to YOUR CLUB!



**Kingsbridge Kingfishers Swimming Club**  
Yesterday at 10:01 · 🌐

We have secured a great deal with local company Red Paddle to take advantage of this great deal apply code at the checkout. Many thanks to Red Paddle

**February Robe Offer**

50% discount on all Towelling & Quick-Dry Robes

Use code: POOL50

team@red-equipment.co.uk  
01803 896 847

red-equipment.co.uk **red**

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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.

