

KKSC NEWS

Swim Fast, Swim Happy!

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Blast from the Past: December 2001



Chloe Rockets to Regionals

She also takes our first post-covid club records

Fifteen swimmers travelled to Plymouth for the Christmas Splash event, in search of PBs, medals and county qualification times.

However it was to be more than that for Chloe, who broke through the regional barrier in her first event, swimming the 400 Freestyle in 5:08. Yet better was to come later in the 100 Breaststroke, as she won her heat in a time of 1:25, qualifying her to regionals again, while also becoming the first Kingfisher to break a club record post-covid.

The club records and regional times then continued to flow, her best performance coming in the 200 Breaststroke, an amazing time of 3:02 that has given her a national ranking of 68th. In the 100 Breaststroke, she is 86th.

The meet also proved to be a memorable one for her sister Faye, who won a special award in the 10 and under girls category. Read on to find out more!



Xmas Splash: More County Times!

Over 70 county times have been achieved by 13 swimmers ahead of the 2024 County Championships.

The swimmer achieving the **most new times** was Oliver Douglas, who increased his tally from 3 times to 8 times.

The event with **most new qualifications** was the **100 Butterfly**, with times achieved by Lexie Gomm, Lucas Quiggin and Oliver Douglas.

Danny Clack deserves a shout out for completing a clean sweep of qualifications for the breaststroke events. As did Jack Sagar, who qualified in the 200, even though he hated it! Jack will concentrate on the 50 and 100 in future.

You have to wonder why we have so many breaststroke specialists at the club? Could it have anything to do with our head coach being a national age-group breaststroke finalist? Maybe...

Drama in the final event!

Ollie snatches qualification at the last moment

It had been a brilliant but unfortunate meet for Oliver McKinlay. His rise from bronze squad in April to the fastest lane in silver squad should serve as inspiration for anyone in the club. Progress can happen quickly.

Yet getting a county time looked like being a stretch too far. It started with the 100 Freestyle, an enormous five second PB from a month ago at the Club Championships. Yes, that's five seconds in just one month, thanks to an improving leg kick and improving turns! Yet he missed out on the county time by half-a-second.

Then came the 200 Freestyle. A twelve second PB! But again, he missed out on a county time by half-a-second.

Late on Sunday evening, Ollie's hopes rested on the 50 Freestyle. The hardest of the three qualification times. Yet he pulled it out of the bag, an amazing sprint getting him under the mark by two tenths of a second. Congratulations!

6 golds won by 4 swimmers

Chloe, Faye, Emilia and Ethan claim top prize

Chloe's efforts in the 100 and 200 Breaststroke, described on Page 1, were also gold medal winning swims. Ethan Clack also won two golds in breaststroke events, while edging closer towards a regional qualifying time of his own.

Emilia McKinlay has had a breakthrough year in competitive swimming and her success continued with gold in the 100 Freestyle. She will face tougher opposition at the County Championships, but a medal there is not beyond her reach. The same could be said of an improving Faye Morris, whose smile almost hit the roof when it was confirmed she won gold in the 200 IM.

Faye and Emilia swim in the same age group, but currently have very different strengths. They are both marvellous young role models for our youngest swimmers to get involved and give open meets a go.

Personal bests for everyone... almost!

Danny Clack, Lexie Gomm, Oliver Douglas, Fabiano Noto, Lucas Quiggin, Jack Sagar, Jess Stewart, Gracie White and Sophie White all found PBs at the meet. It was only Aaron Lansdale who missed out by a very small margin!

Season Calendar

Competition	Dates	Venue	Notes
County Championships	13 Jan, 14 Jan, 20 Jan, 21 Jan, 3 Feb, 4 Feb	Plymouth Life Centre	Qualification required and entries closed
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	Entries closed
Kingfishers AGM	Wed 17th April	Crow's Nest, Quayside	All parents welcome
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/July	QUAYSIDE	Team competition against local clubs
Devon Development Gala	TBC June/July	Plymouth Life Centre	Perfect for new swimmers

Two Counties Meet: Entries Closed

Invites were sent by email - thanks to those who responded in time!

This event is hosted by Dinnaton and Caradon swimming clubs at Plymouth Life Centre on the **16th and 17th of March**. We're big supporters of this event here in Kingsbridge, and look forward to entering relay teams for the first time.

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

22 swimmers have had their applications put forward to the meet organisers. Confirmation of acceptance will soon be sent by email. The event is your last chance of achieving a regional time for 2024, and your first chance of achieving a county time for 2025.

We're excited that many younger swimmers will be making their debuts at the event, pending their entries being accepted. Getting experience at this meet will help prepare them for more at the Devon Development and Sprint Galas in June.



Club Treasurer... Anyone?

Please help us run the club books and be part of our committee!

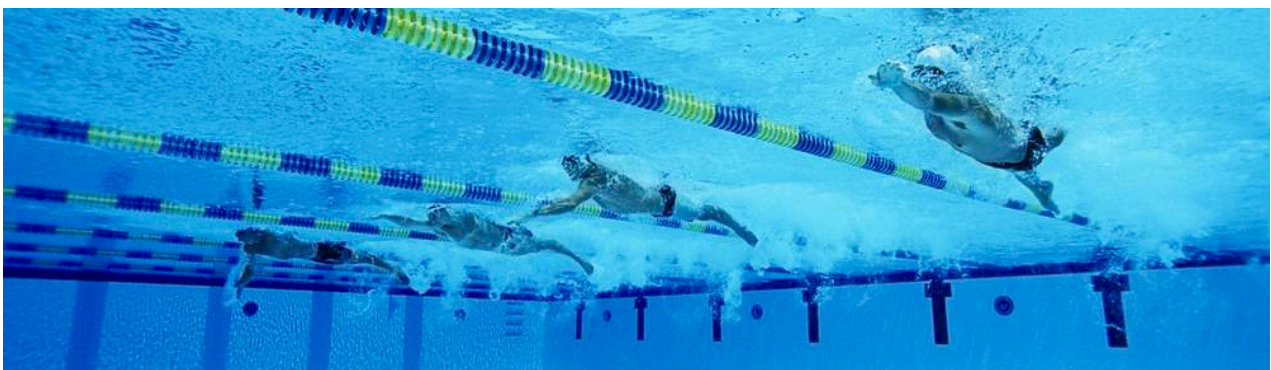
At the end of this swimming season, Danielle will be stepping down in her role as club treasurer, which means we're on the lookout for a new face to help the club moving forward.

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 one of our coaches, or anyone on the committee.



Devon County Championships: Preview



The big 50m pool awaits! 13 of our swimmers have made the cut this year, their faces pinned up on our club notice board for you all to see. How will they fare against the fastest swimmers in the county in long-course competition?

Devon is a tough county to swim in. We share Devon with some strong clubs, two of whom have been national champions in the Arena League. Plymouth Leander are the Manchester City of swimming, whereas some of the top swimmers in Europe choose Mount Kelly for their education. **Just to qualify is a great achievement**, but how many of our swimmers can go a step further?

The top 8 in each age-group in the heats qualify for FINALS. Then it's a race for the medals. Last year, Kingfishers won no medals. Can that change in 2024? We sure hope it can! Racing begins with the 100 IM on the evening of Saturday 13th January.

KKSC Club Trials: Thursday 25th January

Do you want to be fast? Do you find racing fun? Come and give us a go!

In the last newsletter, I wrote about the many reasons why 2023 had been a successful year. We're growing, sending larger teams to competitions, and we've plans to keep going.

We've been a successful club before, recognised across the region for punching above its weight.

There are many reasons why that was the case. We've got the best pool in the South Hams that hosts the busiest swim school in the South Hams. We're surrounded by water, in the estuary and along our coast. Swimming is part of life down here, and our coaches have always found the balance in training between fun and purposeful.

Remember that our youngest club swimmer is just 7 years old. If your child finds their lessons too easy, or if they are always the quickest, then they may not be being challenged enough.

You can guarantee that they will be challenged with us!



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

coach@kksc.co.uk

KKSC Presentation Evening: Date TBC

Club Champions to be awarded their trophies soon!



All of our club members, including those who pass our next trials, are invited to our club presentation evening, which will take place on an evening in late February or March. Full details of the event will be shared shortly, including a venue, food and timings.

[However we do know the winners of our trophies!](#)

Girls (**8&U**: Ivy Thomson, **9**: Lottie Taylor, **10**: Emilia McKinlay, **11**: Chloe Tapper, **12**: Chloe Morris, **13**: Izzy Pears, **14**: Sophie White, **15&O**: Jess Stewart)

Boys (**10**: Will Robinson, **11**: Theo Bodmer, **12**: Lucas Quiggin, **13**: Danny Clack, **14**: Cody Steer, **15**: Jack Sagar, **16&O**: Aaron Lansdale)

KKSC Club AGM: Wednesday 17th April

All parents invited to learn more about their club

At 6:30pm, our AGM will take place at Quayside Leisure, in the Crow's Nest Cafe.

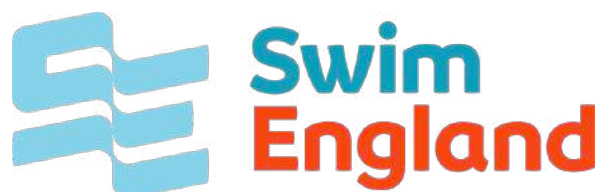
High on the agenda will be the need to appoint a new club treasurer, while parents are welcome to express their interest in other positions at the club.

Fundraising will also be on the agenda. Should you have any ideas to offer us on that subject, or any businesses that would like to provide a form of sponsorship, please come along and let us know. Your help is essential to helping the club run to its full potential. Fundraising has helped the club do so much in the past, even going as far as helping pay for training camps across the country and **overseas!**

We have made sure the evening does not clash with the school half term. The current KKSC committee looks forward to seeing many of you there.



Annual Fees for 2024 are due this month



It's that time of year again. Our treasurer will soon be sending out emails (if she hasn't already) detailing our annual membership fees. They are due this month and are separate to your session fees that are paid by standing order.

Below is an explanation of each fee and where your money goes.

KKSC Membership Fee: £12 per swimmer + £12 for 1 parent if swimmer is under the age of 18. This goes towards admin expenses, such as printing and software costs that are critical for our Club Championships and any friendly gala we host.

Swim England Fees: £15.65 if you are not taking part in Open Meets. You may still be selected for friendly galas! It is £39.00 if you **are** taking part in Open Meets. These are to keep Kingfishers affiliated to the national swimming body and our insurance. The rate of £39 covers insurance in competitions beyond Quayside.

Officially Awesome: Dan & Danielle sign up

Devon County ASA needs Kingfishers to provide more officials at their events



Many thanks to Dan Quiggin and Danielle Cook who have agreed to take on the short amount of training needed to be a swimming official.

It is incredibly important that we gain more officials at Kingfishers as we look to grow in the future. We will be unable to compete in certain competitions without them.

Being an official for swimming has many benefits:

- > A front row view of the racing
- > Some events pay your travel costs
- > Homemade cakes are often supplied during the breaks
- > ~~You can disqualify your children's rivals.~~

Actually no, please don't do that unless they've broken the laws of swimming!

Being a swim official is free from the abuse of football and free from the mud of rugby. We're compelled to bring a certain number of officials to Devon swimming events, and post-covid we've not been fulfilling that requirement. For years we've had Mel Jeynes, but he can't go on forever! Adam Stewart and now Will Rawlinson have helped plugged the gaps, and we're very thankful for them, **but more of you are still desperately needed.**

If you're interested in helping us out in this way, please let us know!

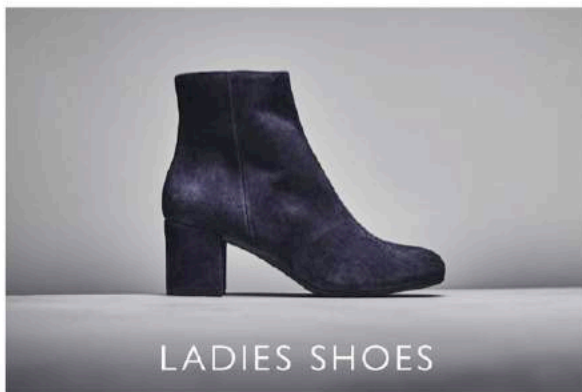
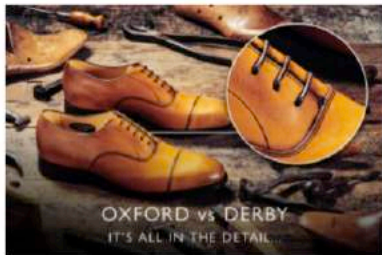
A huge well done to Captain Jess Stewart, whose help with Lucas' first ever 800m Freestyle did not go unnoticed.

She gave him great advice as to how to approach the race, an example of leadership and club spirit that we are all incredibly proud of.



Once again, we must thank Pavers for their donation of **£1000** towards our brand new lane ropes!

Visit: www.herringshoes.co.uk



Or visit: www.pavers.co.uk

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.

Photos: Christmas Splash Social

*We took a break from competition to visit
Plymouth's Winter Wonderland!*



Kingfishers opt against Interclub for 2024

But we're moving in the right direction to return in 2025

Our coaching team have decided that we don't quite yet have the numbers in our squad to give this event a try.

We would also have been struggling for officials, given that our only available official was also due to swim! Please do have another read about officials in swimming on Page 7. Your help in this area would make it easier to swim in this event, as well as others, from 2025.



Blast from the Past: 22 years ago...

How many of the names can you recognise? A photo of some of our first ever swimmers!

Friday, January 18, 2002
SWIMMING

Alex is club's most improved swimmer

DECEMBER proved to be a very busy month for the Kingsbridge Kingfishers Swimming Club. The first weekend saw a small squad at the Bodmin open meet, bringing the high standard of swimming in Kingsbridge to the attention of Cornwall. All the squad got through to the finals, and most came home with medals. They were: Edward Trout, William Trout, silvers, bronze; Laura King, silver; Harriet Spittle, bronze, and Charlotte Perry, bronze. This was followed closely by the Torquay Open meet, where Laura King came home with a gold in the freestyle, William Trout with two silvers in the butterfly and individual medley, and Harriet Spittle a bronze in butterfly. Other squad members were Terri Jeynes, Fiona Wilson, Toby Spittle, Edward Trout, and Charlotte Perry, all who all swam with great determination, many getting into the finals and all going home with personal bests. The last week saw the club's own presentation night, held at Quayside Leisure Centre. This was for the top swimmer (boys and girls) in each age group who had competed in the club championships in November. The club's vice-chairman, Sid Fountain, presented the cups after a brilliant fun swim, organised by the club's older members! Pictured with their cups are: Men's Open - Matt Smith; Ladies Open - Karen Dorey; Boys 16yrs - Chris Smith; Girls 16yrs - Fiona Wilson; Girls 15yrs - (joint) Nici Foss and Lindsey Ellis; Boys 14yrs - James Trevarthen; Girls 14yrs - Kate Menzies; Boys 13yrs - David Fountain; Girls 13yrs - Laura King; Boys 12yrs - William Trout; Girls 12yrs - Harriet Spittle; Boys 11yrs - Tim Page; Girls 11yrs - (joint) Alice Fountain and Eleanor Burt; Boys 10yrs - Toby Spittle; Girls 10yrs - Gemma Clarke; Boys 9yrs&U - Alec James Page; Girls 9yrs&U - Roseanna Perry. The most improved swimmer of the year went to Alec Wilson, who was presented with a shield and the coach's choice went to Laura King. If anyone wishes to join KKSC please come along to the next trials, which take place at Quayside on Sunday mornings.

Members of the successful Kingsbridge club squad with their haul of trophies from Cornwall

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