

KKSC NEWS

Swim Fast, Swim Happy!

In this newsletter



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Please get in touch if you'd like to advertise in this newsletter.



Younger ones given their chance to shine!

Two weeks after the conclusion of the County Championships, seventeen completely different swimmers were given the chance to race in 50m of every stroke, plus 100 IM.

Our hosts were Devonport Royal, who invited us to a brand new Level 4 gala (the lowest level of gala) which they named the Winter Sprinter.

Also taking part were Plymouth Leander, RN/RM, Tavistock and Dawlish.

With Devonport and Leander taking large teams with some strong swimmers, medals were hard to come by, but everyone achieved at least one personal best on the day. Those that did win medals were Emily, Freddie, Olivia and Ivy - very well done!



Another Level 4 gala invite from Exeter

A small team will be invited to take part in this Low Level 4 gala on **Sat April 12**, owing to the fact we don't have too many officials available to help out on the day.

Order of invites are as follows, until all spaces fill up:

1. **Swimmers whose parents volunteer for the club as officials or team managers.**
2. **Bronze squad swimmers who swim twice per week, through KKSC or KKSC + Fusion's Stage 8, 9 or 10.**
3. **Bronze squad swimmers currently in Lane 2 on a Thursday.**
4. **Bronze squad swimmers who have never competed before, who joined the club prior to the New Year, who can swim 50m of each stroke and complete all dives and turns without being disqualified!**



Emily wins gold on debut!

Not only was Emily Baxter the only Kingfisher to claim a gold medal on the day, in the 50 Freestyle, but she was also the only swimmer to complete a remarkable clean sweep of five personal best (PB) times and five medals.

Freddie Stathers (below) won 4 medals, while many of our squad achieved 4 PBs out of 5, with some of the bigger PBs of the day coming from Isobelle Davis.

There was plenty of fun to be had in some close racing, and there were several learning moments for our young team too as disqualifications varied from not touching the wall with two hands on butterfly or breaststroke, to swimming the Individual Medley in the wrong order!



KKSC Club Calendar

Competition	Dates	Venue	Notes
Two Counties Meet	March 15, March 16	Plymouth Life Centre	Entries closed
KKSC x Fire Fighters Fundraising Event	Friday March 21st	QUAYSIDE	6:30-8pm
Exeter LL4 Easter Meet	Saturday April 12th	Exeter St Sidwell's Point	Invite only
Regional Championships	April 26th, 27th May 10th, 11th	Bristol & Millfield	Swimmers must qualify
Junior Arena League	May TBC	TBC	12&U Team Gala
Club Race Night	Thursday May 15th	QUAYSIDE	6-8:30pm for ALL!
Devon Developments & Sprints	June 14, 15, 21, 22	Plymouth Life Centre	Perfect for young and new swimmers
2nd President's Shield	Saturday June 28th	QUAYSIDE - TBC	Team Gala
Devonport Sizzler	July 12, July 13	Plymouth Life Centre	
Last Training of 24/25	Thursday July 31st	QUAYSIDE	

What is Club Race Night on May 15th?

Every junior member of our club will be asked to come to Quayside for 6pm - even silver squad swimmers will start at that time - to race in four 50m races of each stroke. It is really important that your swimmer/s attend, as it helps the coaches monitor children's progress and select teams for competitions such as the President's Shield.

Race Night this year is expected to finish at 8:30pm, so swimmers in bronze squad should be aware that they are expected to stay for longer.

KKSC x Fire Fighters is imminent!

Every junior member of our club is strongly encouraged to come, no matter if you've collected money through the sponsorship forms or not. If you are collecting sponsors, remember the **highest fundraiser who follows the rules outlined on the sponsorship forms** will win a prize. 50% of the money raised goes to KKSC, 50% to the Fire Fighters Charity - the chosen charity of masters swimmer Emma Noyce who is doing the London Marathon. Parents will be treated to a few surprises on the night, so please stay to watch.



Costs of Team Equipment:

Club Swim Hat £9

Club Shirt £35

Please pay online via the club's bank account. Hats and shirts available most training sessions.

Conor currently has the key to the cupboard! Just ask and we can open it for you.

A new order of shirts in the most popular sizes have been ordered and will arrive in late April, in time for Club Race Night in May and the Development Gala in June.



Happy March Birthdays



Joining **Conor** (turning 33...) with a birthday this month is another masters swimmer, the much more impressive **Paul Hatton**, who is currently in training for the World Masters Swimming Championships with ourselves and Caradon Swimming Club!

Our Chairman **Dan Quiggin** is also celebrating this month, as are juniors **Faye Morris**, **Poppy Freeborn**, **Will Robinson**, **Amabel Simpson** and **Ivy Thomson**.

Maddie awaits her coaching certificate

She becomes our fourth qualified coach currently active in the club

New bronze squad coach and masters swimmer Maddie Thomson has taken the extra step of completing her Level 1 coaching course.

Throughout February, having only just joined us as a poolside helper, Maddie took a number of trips to the Life Centre to work alongside other new coaches from across the region during Devonport Royal training sessions.

Since then, Maddie has coached gold squad for the first time, and we hope that it won't be too long before she is able to help out at a competition! Congratulations Maddie.

Adam Peaty clinic a memorable experience



During the February half term, four KKSC swimmers made the trip to the Life Centre to learn from the best British breaststroke swimmer has ever had to offer.

A full day of swimming and learning at the Life Centre included two swimming sessions and a motivational session that helped them to understand the best way to prepare for success as a racer. Will, Emily, Luna and Ivy all came back with smiles on their faces - and all four were so motivated they still attended Kingfishers training the same evening!



Do you want to be the first person to dive (or jump) off our two brand new starting blocks?

You can bid for the honour in a special auction - which begins next Thursday 20th March - and will finish at 8:15pm on Friday 21st March during our KKSC x Fire Fighters fundraiser.

The two highest bidders will win the right to leap off the new blocks before anyone else.

Parents can bid for themselves, or for their children. There will also be a separate auction for the first race off the new blocks. Parents only can bid for this one, and choose to race either their child, or a member of gold squad.

Sport England Crowdfunder live on April 1st

We must raise £5000 in just ten weeks to get the grant



Next month's newsletter will be almost totally focused on fundraising, with shout-outs going to the businesses and groups who are hoping to fire us towards a total of £5000.

Should we make the £5000 required, Sport England will match the donation and we will be able to purchase the rest of our new diving blocks in time for the new season in September. **What an opportunity!**

By the time we reach April 1st, we hope to have a significant head start. Pledges from the **Freemason's** (£500) and **Hope Cove Weekend** (£500) will be added to a pledge from **Webster Chartered Accountants** (£100) as well as 50% of the money we raise in Friday 21st March's fundraiser.

The committee are already discussing ideas for May and early June that could get us over the line. If you are part of a business that might be interested in a donation, or if you have any fundraising ideas you would like to bring to the table - please let any of us know.

Even something small, such as a raffle prize for the upcoming 21st March fundraiser, would be incredibly well received!





**1 hour Swimathon
Legends Race
Legends vs Gold relay
Raffle and Games
Music
Special Auction!**

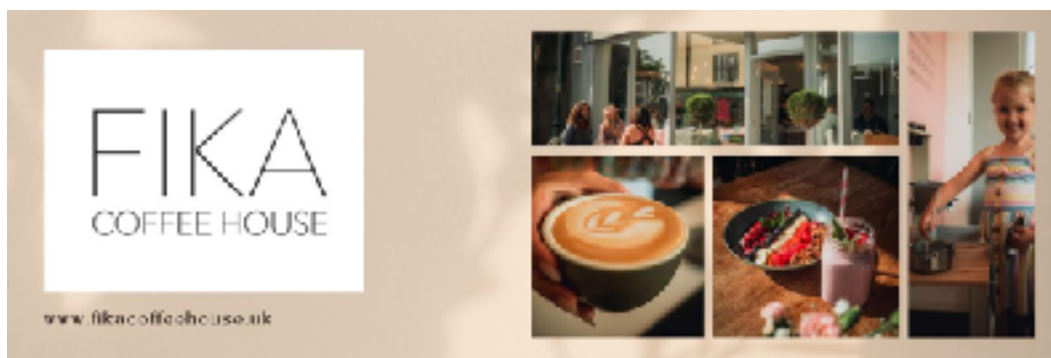
**BE THE FIRST TO
JUMP and RACE
OFF OUR BRAND
NEW BLOCKS!!**

21 MARCH - 6:30
KKSC x Fire Fighters

PLEASE BE THERE

**£5 for 1x raffle strip, 1x entry to the totaliser game
and 1x entry to the legends race prediction game!**

MULTIPLE ENTRIES ALLOWED



Two Counties Open Meet: Preview

33 swimmers entered into over 200 races - plus three relays!



The popular Two Counties Open Meet takes place this weekend at the Life Centre.

This is a Level 3 meet, meaning Kingfishers take a blend of those looking to gain experience at open meets with those gunning for regional qualifying times.

The last two seasons at this meet have led to memorable moments for some of our swimmers looking to take the next step to regional level. **Jack Sagar** claimed his only regional time in the 100 Breaststroke at this event in 2023, while **Lucas Quiggin** managed to claim his first four regional times here in 2024.

Lucas has had some bad luck through the season, an injury limiting his potential at the County Championships, followed by the unfortunate cancellation of the Ocean City National Qualifier, meaning he still only has one regional time. He will be hoping to add to his tally in the 100 and 200 breaststroke, the 100 and 200 butterfly, as well as the 200 IM.

George Tucker has six regional times, but hopes to add the 50 and 100 Freestyle to his collection. **Chloe Morris** is all set for regionals in her favoured events, and gets to swim here pressure free! Maybe a new name can also claim a regional time? With some of the great training in silver squad, you never can be sure. Furthermore, George and Chloe will team up with Lexie, Rory and Daniel to try to make waves in the Under 13 relay events.

Team: Callum, Daniel, Romy S, Eliza, Emily, Lola, Rory, Darcey, Freddie, Lucas, Layla, Isabel, Louisa, George T, Amabel, Chloe M, Faye, Toby, Emilia, Ollie M, Jack, Sophie, Fabiano, Lexie, Hugo, Theo, Lottie, Chloe T, Oli D, Mike, Ethan, Danny and George St

Please stop leaving clothing in cubicles!



It is very important that all KKSC swimmers, no matter which squad you swim in, no matter which day you swim, makes sure their belongings either go inside a locker, or are brought out to poolside with them during training.

We have heard and seen on a number of occasions that this is taking place. Not only are your belongings at risk, but it limits who can get changed.

This impacts young children leaving Swim School at 6pm, but also swimmers from KKSC who cut things a bit fine and arrive only just on time.

Your stuff must not be left in the cubicles. If you think you, or your child, are doing this, please try to make them *change* their changing behaviour. Thank you!



Other great training habits:

- > Never forget to bring a filled drinks bottle.
 - > Swimmers with long hair must always wear a swim hat.
- This is club policy!
- > Arrive on time, don't cut it fine.

Below are this year’s qualifying times for the regionals. They are very difficult, and it’s an amazing achievement if you ever get one. Just like at the County Championships, age is taken from the 31st December 2025, so it’s likely you’ll be aiming for the qualifying times of the age above that you think. For example, somebody born in October who is currently 12 years old, would need to achieve a 13 year old time.

SOUTH WEST REGIONAL TIMES: 2025

Consideration times to have been achieved since 01/09/2024 in Licensed meets L1, 2 or 3 and appear on BS Ranking lists.
 All times are Long Course but conversions using the Swim England Equivalent Performance tables are acceptable.
 Age is at 31/12/25

TIME	OPEN/MALE						EVENT	FEMALE					
	13/12/25	13Y6	14Y5	15Y4	16Y3	17Y2 + 18Y1 & OVER		11/12/25	12Y4	13Y3	14Y2	15Y1	16Y0 + 18Y0 & OVER
CONSIDERATION	32.50	31.50	29.79	28.50	27.90	25.00	50m Freestyle	33.00	31.00	29.00	29.50	28.20	23.00
CONSIDERATION	1:11.00	1:08.00	1:01.00	1:00.50	1:00.00	57.00	100m Freestyle	1:12.00	1:08.00	1:05.30	1:06.00	1:04.00	1:01.00
CONSIDERATION	2:33.00	2:25.00	2:15.00	2:12.00	2:10.00	2:06.00	200m Freestyle	2:34.00	2:25.00	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	4:35.00	4:25.00	400m Freestyle	5:30.00	5:15.00	5:00.00	4:55.00	4:50.00	4:45.00
CONSIDERATION	11:15.00	10:35.00	9:45.00	9:35.00	9:25.00	9:15.00	800m Free	11:15.00	10:30.00	10:17.00	10:00.00	10:00.00	9:40.00
CONSIDERATION	22:00.00	20:45.00	19:45.00	19:35.00	19:30.00	17:45.00	1500m Free	22:30.00	21:15.00	20:00.00	19:45.00	19:30.00	19:00.00
CONSIDERATION	28.00	27.00	25.20	22.50	21.50	21.00	50m Backstroke	27.50	26.00	24.50	24.20	22.50	22.00
CONSIDERATION	1:24.00	1:20.00	1:12.00	1:12.00	1:10.00	1:07.00	100m Backstroke	1:24.00	1:18.00	1:15.00	1:14.00	1:11.00	1:10.00
CONSIDERATION	2:52.00	2:50.00	2:46.00	2:41.00	2:41.00	2:39.00	200m Backstroke	2:52.00	2:46.00	2:45.00	2:41.00	2:39.00	2:39.00
CONSIDERATION	45.50	42.60	40.60	35.00	34.80	32.50	50m Breaststroke	44.00	41.00	40.00	39.00	38.00	38.50
CONSIDERATION	1:35.00	1:32.00	1:21.00	1:20.00	1:21.00	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	2:41.00	2:45.50	200m Breaststroke	3:21.00	3:18.00	3:05.00	2:59.00	2:54.00	2:57.00
CONSIDERATION	35.50	34.00	33.50	30.00	30.50	29.00	50m Butterfly	37.50	35.50	34.00	33.00	32.50	32.00
CONSIDERATION	1:27.00	1:25.00	1:14.00	1:10.50	1:08.00	1:01.00	100m Butterfly	1:26.00	1:18.00	1:15.00	1:15.00	1:12.00	1:12.00
CONSIDERATION	3:23.00	3:15.00	2:58.00	2:30.00	2:30.00	2:25.00	200m Butterfly	3:20.00	3:10.00	2:45.00	2:40.00	2:33.00	2:35.00
CONSIDERATION	2:57.00	2:50.00	2:46.00	2:43.00	2:42.00	2:45.00	200m Medley	2:57.00	2:50.00	2:44.00	2:40.00	2:40.00	2:39.00
CONSIDERATION	5:12.00	4:50.00	5:33.00	5:18.00	5:15.00	5:15.00	400m Medley	6:14.00	6:10.00	5:48.00	5:50.00	5:25.00	5:20.00

AGM: 7pm on Wednesday 23rd April

We want as many of you to come as possible

Please put the above date in your diaries, for we want YOU as parents to know what makes Kingfishers tick. By coming along, you are not automatically signing up for any roles or the committee - we just want everyone to be more informed!

We will be announcing a venue shortly, and appropriate notice will be given to all our members via email, and via our noticeboard.