

KKSC NEWS

Swim Fast, Swim Happy!

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Fabiano wins Swimmer of the Meet

Fika Sponsorship helps fundraise for blocks

Donate to our raffle!

EasyFundraising launched in time for Christmas



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



Ready for Club Champs!

Racing begins on Tuesday 12th November

It's the busiest month of the year for our club swimmers, many of whom will be introduced to racing for the first time across several days of action.

The 400 Freestyle kicks off the **Fika KKSC Club Championships** on the 12th November, before the 200 Free, 100 Breaststroke and 200 Back on Thursday 14th November. All club members should be choosing at least one of those races.

The distance events - which have not been raced in these championships since 2019 - return on Friday evenings.

The 50m events begin on Thursday 21st November, and everything concludes with the frantic but brilliant Skins elimination races on Saturday 23rd November, followed by the last event of all - the 100 Individual Medley.

To be club champion, swimmers must be brave, racing in several hard events to claim points. The more you dare to race, the more likely you will win your age group trophy.

Good luck to all swimmers!



Plymouth Xmas Splash Entries

Invitations have been sent out for this year's last qualifying event to the Devon County Championships.

All information related to your child/children has been sent to you by Conor.

As this is quite a busy meet focused on qualification, we ask that some young swimmers wait for either the Two Counties Meet in the spring, or the Devon Development Gala & Sprints in the summer, as their next event.

Please reply to kksccoach@gmail.com with your entries by midnight on Tuesday 12th November.

As with last year's event, we will seek to create a small social event within the meet whereby our swimmers can spend time together out of the pool. More details on this will be confirmed once our entries are made.

A reminder that our welfare officer and safeguarding lead is
Will Rawlinson

welfare@kksc.co.uk

Club Championships 2024

Our annual Club Championships begin with the 400 Freestyle on Tuesday 12th November. **Please note there will be no normal training on any of these dates.**

Tuesday 12th November - 6pm warm-up

400 Freestyle

Thursday 14th November - 6pm w/u (latest finish 9pm)

200 Freestyle, 100 Breaststroke, 200 Backstroke

Friday 15th November - 6:30pm w/u

1500 Freestyle **or** 400 Individual Medley

Tuesday 19th November - 6pm w/u

200 Individual Medley, 200 Butterfly

Thursday 21st November - 6pm w/u (latest finish 9pm)

100 Freestyle, 25 Backstroke, 50 Backstroke,
200 Breaststroke, 25 Butterfly, 50 Butterfly

Friday 22nd November - 6:30pm w/u

800 Freestyle **or** 400 Individual Medley

Saturday 23rd November - 4pm w/u (latest finish 8pm)

100 Backstroke, 25 Freestyle, 50 Freestyle, 100 Butterfly,
25 Breaststroke, 50 Breaststroke, Freestyle Skins Finals,
100 Individual Medley

Raffle Donations Needed

As part of our fundraising for new and upgraded diving blocks, we need your help to raise money for the club!

We ask that every member tries to donate something to our raffle, with the following items suggested in order to create large prize hampers:

Bronze Squad swimmers = a bottle of something nice!

Silver Squad = chocolate or sweet treats

Gold Squad = savoury snacks

Please hand your donations over to either Hanna Quiggin or Genie Morris.

Club Calendar

Competition	Dates	Venue	Notes
Club Championships	November 12, 14, 15, 19, 21, 22 & 23	QUAYSIDE	All members must take part in racing
KKSC Presentation Night	Sat 30 November	Sherford Village Hall	
Plymouth Xmas Splash	Dec 7, Dec 8, Dec 15	Plymouth Life Centre	Last chance to qualify for County Champs
Devon Interclub Gala	Saturday 11 January	Plymouth Life Centre	Team Competition
Devon County Championships	January 11, 12, 18, 19, 25, 26	Plymouth Life Centre	Swimmers must qualify to enter
Two Counties Meet	March 15, March 16	Plymouth Life Centre	Entries close Dec 23

Club Championships Presentation Night

You may have seen posters around Quayside Leisure Centre alerting you to our presentation evening on Saturday 30th November at last year's venue - Sherford Village Hall. Please claim your ticket as soon as possible, with sales occurring before and after Club Championship dates. Cash or card accepted. Your ticket includes your meal, and we've managed to make it cheaper than last year.

All age group trophies must now be engraved and returned to Hanna Quiggin, ready to present to the new winners on the 30th November.



It's a happy 13th birthday to Lexie Gomm, and a 12th birthday for Olivia Kenyon. Ruby King turns 10 this month, and luckily does so just after the Club Championships finish - which will mean she still races as a 9 year old!

Isadora Simpson (10), Isabel Wood (12) and Louisa Wood (12) are also celebrating this month. Out of the boys, Rory Lennon and Bert Rogers turn 13, Will Ness turns 14, and Cody Steer 15.

There are a few adult birthdays too. KKSC's latest swim official recruits Katie Douglas and Jenny Carrick have a birthday this month, as does masters swimmer Emma Noyce and swim teacher extraordinaire Sarah Lansdale!

Club Captains: Update

As a result of the general busyness surrounded with running a swimming club, there has been a delay to the election of our new club captains.

Karen is now hoping to do this at some point after the Club Championships conclude.



City of Plymouth Championships

Faye and Danny star with their efforts in the 200 Butterfly



The final day of racing at this year's City of Plymouth Championships provided many more medals and personal best times for our very young team.

It also allowed two brave swimmers to flourish in the 200 Butterfly. Danny Clack and Faye Morris had only previously raced this at the 2023 Club Championships, and both finished the race with huge personal best times.

The picture above was taken immediately after their race. It looks like they could've done it again!



It was also a special day for Callum Weeks, who claimed his first ever county qualification with a brave swim in the 100 Freestyle. Oliver McKinlay came within 0.17 seconds of his county time in the 100 Free with a great swim and a big PB. Ethan Clack won gold in the 50 Breaststroke, while Emilia McKinlay won gold in the 100 Freestyle - both achieving PBs. Swimmer of the Meet went to Fabiano Noto, who claimed a 3rd county qualifying time in the 200 IM.

If your young swimmer feels ready to join the competitive squad, then please talk to Conor or Karen. We expect to add some swimmers to our invite list for the Two Counties Meet in March.

Swimmer of the Meet: Fabiano Noto



A big well done to **Fabiano** who has been impressing in his racing, but also in training.

Fabi started at Kingfishers almost exactly 2 years ago, and the Club Championships in 2022 was his first experience of racing.

He found it hard to finish his 50m races that year, let alone race them fast, and yet now he trains in the fastest lane in Silver Squad. It is proof of the progress that can be made at the club if you show commitment and determination!

Congratulations Fabi and good luck in your first County Championships in January.

Chloe, Lucas & George race in Level 2 meet



Some of you might have noticed a new face in our competitive group this season. **George Tucker** has swapped Dartmouth blue for Kingsbridge blue and orange. He joined fellow regional level swimmers (that is, swimmers who qualified for the South West regionals last spring) Chloe and Lucas at the Level 2 Lindsay Powell Memorial Meet, on October 19th and October 20th.

Level 2 meets are a step higher than Level 3, for they require qualification times to enter.

Despite the step up in competition, our talented trio still came home with plenty of medals. From a total of 24 swims, they secured an amazing 20 PBs, 7 golds, 6 silvers and 5 bronzes.

Look out for the three of them at Club Championships and watch how fast they go!

Fika to sponsor 2024 Club Championships

Money raised going towards the purchase of new starting blocks



A huge thank you to Kingsbridge small business Fika Coffee House who were the first to respond to a sponsorship request for this month's Club Championships.

The coffee house's owners, Craig and Katie Douglas, are the parents of Oli, Emily and Mike who swim at the club. They have also recently offered to become swim officials, a role that is vital in helping both the club and the Devon ASA to run their meets properly.

You will now see plenty of posters with Fika's name and logo appearing around our pool. KKSC will be using sponsorship money to fundraise towards our new and upgraded starting block project.

Easyfundraising.org

There will be a big push for fundraising over the next few months in order to purchase essential starting equipment for the next generation of swimmers. To begin, we can now announce that we are available as a fundraising cause on:

<https://www.easyfundraising.org.uk/causes/kksc/>

Please sign up right away! Money spent online at over 8000 well known brands will lead to the club receiving donations from those retailers - and each pound takes us closer to our target.

More information on **Easyfundraising** will appear on our Facebook page, and some of our committee will be on hand to guide you towards signing up. We're also on the lookout for fresh fundraising ideas and volunteers to help plan and run events. Might this be you? Why not join our committee! See below. Why not ponder these ideas while visiting Fika for a coffee or brunch?

Please consider joining our committee!

Parents with younger children in the club are strongly encouraged to join our club committee, in order to provide fresh ideas and extra pairs of hands towards the running our community club. You will be given a very warm welcome by those already on the committee - **many of whom knew very little about swimming** prior to joining it.

Our next meeting is at 7pm on Wednesday 4th December. If you are interested about helping out, please talk to any current committee member, or email chairman Dan Quiggin at daquiggin@hotmail.com or the coaching team at kksccoach@gmail.com