

KKSC NEWS

Swim Fast, Swim Happy!

In this newsletter



Nine prepare for Devon Masters

Chloe Selected for Regional Talent Squad

Blast from the Past: Exeter Sprint Meet

Devonport invite us to team gala

Ethan completes Coast Path fundraiser



Please get in touch if you'd like to advertise in this newsletter, just a small donation required!



Welcome back to KKSC!

Another year of training and competition awaits

2024/2025 will be the 27th swimming season that Kingsbridge Kingfishers take part in, and there are hopes that we can build on last years' success.

Club Night on Thursdays has filled up fast, while our second session on Tuesdays has grown in popularity so much that we plan to add new lanes. More swimmers will soon be ready to take on two hour sessions, and more swimmers are set to join Monday morning skills sessions.

From a racing perspective, many more swimmers could make their debut racing for the club - while at the top end there is every chance we could increase the numbers of those qualifying and winning medals in the County Championships. In addition, two swimmers made it to Regionals last season - a number we believe we have a great chance of growing in 2025. Then, who knows? Could we sneak a swimmer into the Nationals? It's going to be an exciting year!





Devon County Championships 2025

One of the biggest events of the year for Kingfishers are the Counties, which take place in January and February next year.

However this is not an event for everyone. For entry into the Counties, you must be able to achieve a **qualifying time**.

Furthermore, you can't just achieve a qualifying time anywhere! You need to achieve the time at an official 'Level 3' event, such as the **Exeter Sprint Meet**, or the **City of Plymouth Championships**.

Many of our Gold and Silver Squad swimmers want to test themselves against the best. Are you one of the fastest in Devon? Can you reach a medal final out of everybody your age living in a county with a population of 800,000?

Have a look at our calendar on the following pages and save some dates for the season ahead, to allow your child to test themselves in the best competitions. If they train hard and race hard, they might be lucky to qualify!

Autumn Open Meets

Exeter Sprints and City of Plymouth Champs

Invitations have been sent to those swimmers who have previously competed, as well as to a few new faces who have shown interest.

The deadline for sending entries back to Conor is/was **9pm on Tuesday 10th September**. If your child has not received an invite but they are keen to race in meets such as these, please talk to Conor or Karen!

Please see the Calendar on Page 3 for dates.

Chloe talent recognised

She's been picked to represent Devon in Sheffield!

Congratulations to Chloe Morris for becoming the first Kingfisher in quite some time to gain selection into the Devon squad for the Inter-County Gala at Ponds Forge.

Chloe has also been invited to a swim camp at Millfield School, to take part in a day of training and learning alongside those currently ranked highest in the 13-year-old age group in the South West.

The Inter-County Gala selection is particularly exciting for Chloe, as it will be her first swim at Sheffield's Ponds Forge pool, which are home to the English Nationals. She will race against some of the fastest girls in the country while trying to win points for Devon.

We wish her the best of luck and look forward to her telling us all about these new experiences at training!

Team GB win 4 x 200 gold

Tom Dean, James Guy, Duncan Scott and Matt Richards

Did you watch the Olympics this summer?

Perhaps your little swimmer has been inspired?

Team GB's top athletes won 1 gold and 4 silvers at the Paris Olympics, while our Paralympic athletes have been winning every night in recent days!

Both James Guy and Matt Richards have South West connections. Both swimmers currently train at Millfield School in Somerset. Maybe Chloe will meet them?

Club Calendar

Competition	Dates	Venue	Notes
Devon Masters (18+)	Sunday 15 September	Plymouth Life Centre	Entries Closed
AWAY @ Devonport	Friday 20 September	Plymouth Life Centre	Team Friendly
Exeter Sprint Meet	Sunday 29 September	Plymouth Life Centre	Entries close Sep 10
City of Plymouth Championships	Oct 5, Oct 6, Oct 13	Plymouth Life Centre	Entries close Sep 10
North Cornwall Open	Nov 9, Nov 10	Bodmin	
Club Championships	November 12, 14, 15, 19, 21, 22 & 23	QUAYSIDE	All members must take part in racing
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 & February - many dates	Plymouth Life Centre	Swimmers must qualify to enter



Devonport Royal Friendly: Friday 20th Sept

After hosting a team competition of our own in July, KKSC was pleased to receive a return invite to compete in a friendly team gala with Devonport Royal SC, however we need to work at lightning speed to gather a team!

In order to figure out whether or not we can send a team, we have printed off availability forms for every swimmer in gold and silver squads tonight (Thursday 5th Sept). If after this we believe we could send a team, we will fill any remaining spaces with the fastest bronze squad swimmers (calculated by children's personal best times). Age groups for this team competition are: 10&Under, 11&12, 13&14, 15&Over

News on Club Championships coming soon - bigger and better!



Every swimmer in the club will be encouraged to race in as many events as possible to test their skills. We can't wait for the fun to begin. **Save the date for the final Saturday of racing - 23rd November 4-8pm. All swimmers expected to attend.**

****TROPHIES**** If you still need to engrave your trophy, please remember that the year should be 2023, not 2024, as the Club Championships were held last November.

Devon Masters: Age is but a number!

Nine Kingfishers to take part in individual and relay events



A team made up of swimmers varying in age from 19 to their 60s will represent Kingsbridge at this month's Devon ASA Masters Meet on Sunday 15th September.

Sarah Drew was our only competitor last year, but now she is joined by her daughter and former national champion Tegan Drew who returns to racing in the 50 Backstroke. Emma Noyce will compete in 4 individual events, while Jess Stewart will compete in 3.

Conor Morgan will join Jess in the 400 Free, but he's the only one foolish enough to race 400 IM. In another of swimming's hard events, Dan Quiggin will compete in his first ever 200 Breaststroke. James Richards, Richard Forman and Will Rawlinson have opted more sensibly for the sprint events. If you want to get involved next year, just ask any one of us!

We've also entered into a number of relays, hoping other clubs will do the same. Could there be a showdown between Totnes and Kingsbridge on the cards? Find out how we get on next month!

Results will also likely be available on the Meet Mobile app, with pop notifications of our times.



Congratulations Ethan: RNLI Fundraiser

630 miles of the South West Coast Path complete

Ethan Clack, pictured alongside his friend Will, has raised a whopping £2650 for the RNLI.

The 630 miles of Coast Path was finished in 39 days.

Ethan is signed up to train 4 times per week this autumn, with every session now probably feeling much easier in comparison to the exhausting effort he put into his fundraiser!

Thank you to every Kingfisher family who donated towards this huge amount.

Blast from the Past: September 2007

19 Kingfishers enter Exeter Sprint Meet gaining 11 golds and 46 PBs



Back in the days where the Exeter Sprint Meet was actually held in Exeter, at the old Pyramids Pool, Kingfishers often turned up and swept away a haul of medals.

The club's history is well recorded from 1998 to 2008. Come the year 2007, 19 swimmers was one of the biggest teams we'd ever sent to the Exeter Sprint Meet. Yet a few years later, Karen remembers a total of 54 Kingfishers making the trip to take part.

I've no idea how 54 swimmers was managed by the coaching team that day!

2007 saw us win 11 gold medals. Four of which were won by **Holly Gunner**, who would eventually go on to qualify for Nationals in a few years time. Three more golds were won by **Richard Forman** (competing in the masters this month). The other four golds were won by four swimmers who should all be celebrated for different reasons!

Will Rawlinson is known these days for his freestyle sprinting, but back in 2007 breaststroke was his number one. Will regularly steps up to be an official at meets, an incredible commitment from someone who doesn't have children in the club. **Laker Wong** also won a gold in breaststroke. Laker holds every male breaststroke club record in every distance. **Aaron Rickhuss** became an elite swimmer - he won gold in backstroke. Meanwhile **Sam Jones** won gold in butterfly. Aaron and Sam both became fathers to boys this year, a far greater challenge than racing 50 metres! Good luck!

Monthly Fees for 2024/2025

Please double check the amounts you are paying KKSC for this month's swimming.

As you are aware from previous emails, and the previous newsletter, the club have had to increase our monthly rates. However we still believe we compare favourably with many other Devon based swimming clubs.



1 swim a week now costs £28

2 swims a week cost £37. 3 swims a week cost £47. 4 swims a week cost £56.

There remains good value in swimming more than once a week. A second (or third!) Kingfishers session can be added for **silver squad swimmers** on Tuesdays (6-7pm or 7-8pm) or Fridays (6:30pm-8pm). If you want to improve your technique, skills sessions with Karen are also an option on Monday mornings from 7am to 8am.

Bronze squad swimmers in Lanes 2 or 3 now have the opportunity to swim twice per week too on Tuesdays from 6-7pm. This session will focus more on fitness than skills.

The KKSC Committee is looking into the idea of a family discount for Annual Fees, due every January, as a thank you to those families who have multiple members.

If you have not paid the correct amount for September, don't worry, please just fix this by over-paying for October. Our club treasurer, Dorka, will be monitoring this carefully over the coming weeks and will be in touch if you need any support, or simply forget to change your standing order (we know, it happens!)

Thanks again to our President's Shield sponsors:

Tally Ho! Dan Wills Carpentry Fika Coffee House

Salcombe Shepherd Huts John Taylor Flooring



Happy September Birthdays



First off this month, silver squad member Sophie White turned 15 on the 1st of the month! Also celebrating this month is her sister Gracie (13), Jess Stewart (19) and her Mum, secretary of the club, George! Chloe Morris (13) and Addy Musgrave (9) share the same birthday. Finally, we mustn't forget to wish our Head Coach Karen a happy birthday on September 14th.