

NEWS LETTER

March 2016



Devon County Champs 2016

Well done to 16 KKSC swimmers who competed in the Devon Counties at Plymouth Life Centre in Jan/Feb. The table below shows how many races each swimmer qualified for, how many PBs (Personal Best Times) they got, and their final placings in the Championship Finals.

Special congratulations to Emma Noyce who qualified for 10 events and finished with 2 Gold Medals, 2 Bronze medals, two 4th places and a 7th and 8th place.

Emily Lawrence won an impressive 3 silver medals and 1 bronze. Jenny Grace won 1 silver and 1 bronze, Rebecca Noyce won a silver medal and Maddie Gautier won 2 bronze medals.

Ellie Langman, Kate Peach and Sammy Stewart all qualified in an impressive 7 events.

Huge congratulations to all of you and another impressive medal haul for Kingsbridge Kingfishers.

Weekly Timetable

Monday 6.45am to 8.20am (technique improvement session, Silver/Gold Squad, talk to Mat if interested)

Tuesday 6.30pm to 8.30pm (first hour generally Silver Squad, full two hours generally Gold Squad - invitation only)

Thursday 4.30pm to 7.30pm - main club night (4.30 to 5.15pm Bronze, 5.15 to 6.15pm Silver, 6.15 to 7.30pm Gold)

Friday 7.00am to 8.20am (generally Gold Squad Swimmers)

Saturday 7.00am to 9.00 am

7 to 8am Masters Session, adults 18+

8 to 9am additional Bronze Squad Session

Whole two hours, open to all squads

Sunday 7.30 to 9am Open to all squads

Swimmers wanting to change sessions must first clear it with their coach, and some sessions may have a waiting list.



A huge thank you to Martin Gautier who has built a new Kingfisher website engine to be mobile friendly. And to Sarah and Rob Green who have spent the past two months diligently migrating the content from the old web site to the new.

Easter Holiday training times are different - please check the Web Site

Devon County Champs 2016 - Qualifiers and their final placings

Name	No. Events Qualified	No. Personal Best Times	Final Placings
Ethan Charlton	5	3	100 Breast Stroke (6 th)
Ben Cusack	6	3	400 Free (17 th)
Amy Edmonds	2	-	-
Maddie Gautier	4	4	200 IM (8 th), 50 Fly (3 rd), 50 Free (7 th) 100 Fly (3 rd)
Jenny Grace	5	-	50 Breast (2 nd), 100 Breast (3 rd), 100 IM (7 th), 50 Free (5 th)
Ellie Langman	7	6	200 Breast (6 th), 50 Breast (7 th), 100 Breast (7 th)
Emily Lawrence	5	4	200 Breast (2 nd), 50 Breast (3 rd), 100 Breast (2 nd), 100 IM (2 nd)
Rosie Lawrence	4	3	400 IM (8 th), 100 Fly (7 th)
Kate Lindeque	2	2	-
Rebecca Noyce	6	4	100 Free (4 th), 50 Back (2 nd), 50 Fly (6 th), 50 Free (4 th)
Emma Noyce	10	-	200 IM (1 st), 400 Free (7 th), 50 Back (4 th), 200 Free (3 rd), 100 Back (8 th), 200 Back (1 st), 100 IM (4 th), 100 Fly (3 rd)
Kate Peach	7	3	50 Fly (7 th)
Oliver Pound	2	1	-
Sammy Stewart	7	5	200 Fly (5 th),
Abigail Tucker	2	2	-
Tegan Zaffiro	2	2	-



Swimming opens the door to many other sports, and nine of our swimmers proved that by qualifying for the British Schools Biathlon Finals held at Crystal Palace National Sports Stadium on 19/20 March.

A 50m or 100m swim, and an 800m or 1600m run (depending on age group), is scored according to target times, in the same way as a modern pentathlon.

Jake Goode-Gray scored 1916 points and came 52nd (Under 14 boys)
Sammy Stewart scored 2062 points and came 40th (Under 13 Boys)
Joe Robinson scored 2042 points and came 80th (Under 12 Boys)
Sam Brandon scored 1943 points and came 78th (Under 11 Boys)
Charlotte Blake scored 2008 points and came 11th (Under 17 Girls)
Amy Edmonds scored 2039 points and came 9th (Under 17 Girls)
Emily Lawrence scored 1933 points and came 16th (Under 17 Girls)
Gracie Seldon scored 2084 points and came 91st (Under 12 Girls)
& Gail Brandon scored 2474 points and came 5th in the Teachers Race.

Gail is one of our new Masters Swimmers who has joined Kingfishers on a Saturday morning to help her train for Biathlons and Triathlons.

Congratulations to all of the competitors above - you are all in the top 100 biathletes in Great Britain in your age category.

Charlotte, Emily and Amy also won the Gold Medal for the Best Team Performance in their age group.



Fundraising matters.....



Please sign up to help Bag Packing ...
Tesco on Saturday 28 May - it's good fun and can raise a lot of money for the club. We need you ALL to volunteer. You should all have received an email from Annette Zaffiro net.zaffiro@gmail.com.

We hope to have a volunteer rota set up on the new web site too - which will make it even easier for you to volunteer..

Profile on Krys Szota



Krys has been coaching at KKSC for 5 months now, joining the team as assistant coach.

He holds a National Diploma in Coaching & Nutrition. Before moving back to Dartmouth (where he grew up) he was a full time swimming teacher in Wimbledon. He has over 4200 hours of poolside teaching. He trained 2 swimming teachers who both got into the top 100 swimming instructors in the world in a capital city poll.

Krys believes that effort creates opportunity and everyone young or old must put in effort, work and hours to be presented with an opportunity. His motto is: Effort trumps everything.

Krys was medically discharged from the Royal Marine Commandos at 19 with a neck injury but hopes to return to the Marines in the future. For now his mission is to teach kids to learn to swim as efficiently as possible, and to help older swimmers develop a mind set for hard work and effort so they can be the strongest version of themselves in and out of swimming.

Annual Awards Party

Saturday 16 April 2016
Malborough Village Hall 7pm

Our big annual celebration of achievements and awards, every swimmer and their family are welcome. Tickets will be on sale at Swim Desk on Thursday 24th March. Tickets must be purchased in advance at £7.50 for adults and £5 for children (18 and under).

Disco and food included in ticket price.

Drinks available for purchase at the bar (no bring-your-own).

Make sure you buy your tickets in advance.

Club Contacts

Membership Sec/Waiting List: Petrus Lindeque kkscmemsec@gmail.com

Treasurer/Swim Fees: Suzanne Gautier, treasurer@kksc.co.uk

Welfare Officer: Tracy Sharam, tracysharam@yahoo.com

Mat Cusack (Head Coach) matkksc@yahoo.com

Newsletter (send me your swimming news) alisonseldon@btinternet.com

Other contacts can be found on the web site at www.kksc.co.uk