



KINGFISHERS

NEWS SPLASH

Welcome to our July newsletter!

Your monthly round up of club news, updates and important dates – straight from the team to you!



Conor, Head Coach

Poolside Notes

Our swimmers have had a great month challenging themselves at the Devon Development Gala. It takes bravery to stand on the blocks at a different pool and take on a longer distance event, but our swimmers are so courageous and do themselves and the club proud!

My thoughts this month also go out to Pam and Teri Jaynes, wife and daughter of our president Mel, who passed away on June 22nd. He was so proud of our growth when he last visited us at November's Club Champs. Thank you for your service Mel.

DEVON DEVELOPMENTS 2026



What a final weekend for KKSC at the Devon Development Gala!

Day one brought a brilliant medal haul: Luna took three golds, a silver and a club record, beating Sophie King's 2004 100 IM time by just 0.04s! Ollie and Fabiano each won gold and bronze, Lucy struck gold with outstanding PBs, and Libby, Romy F and Emilia all took silver. Will added three bronzes, with more for Lola and Clara. Well done to Joseph, who knocked 1 minute 2 seconds off his 400 Free PB.

Day two was just as strong, with Luna adding three more golds and three more club records. Lucy took gold and bronze, Ollie and Harry both won gold, and Fabiano won two silvers, Emilia took a silver and bronze whilst revising between races, Will claimed a brilliant silver, Callum won silver and Daniel took home a bronze medal.

The 800m Free impressed too – we had 14 swimmers taking part, including Diego who set a club record, plus Lucas just missed another club record by 0.83 seconds.

A weekend of PB's and a final big shout out to Addy for a huge 21-second PB in the 100m Fly.

PRESIDENTS SHIELD 2026

We hosted the Presidents Shield at the end of the June. It was a wonderful gala with lots of close racing and relays – the perfect way to honour our late President, Mel. Well done to Romy F and George T who won their hot heats.

Our team finished second overall and congratulations to Devonport Royal for their win. Pam and Teri Jaynes were able to join us to present the shield.



Parents & Carers – WE NEED YOUR HELP!



We think our swimming club is great but it only runs with the hardwork and dedication of the parents who help out, volunteering their time so that training and competitions run smoothly. As our club grows and we want to be able to take more swimmers to more meets we will inevitably need more volunteers.

To attend a meet we need at least one coach but there are also other volunteers needed such as Team Managers and Officials. For every 10 swimmers we take to a meet we also need a Team Manager, so if we are taking 30 children to a meet, which we have been doing recently we need at least 3 TM's poolside to meet our legal requirements.

Team managers are vital as they are the people who look after your kids making sure they make it to their heat on time, helping pick them up if they have had a tough swim, and generally making sure they have the best day possible, this allows the coaches to focus on their role.

However a swim meet also cannot run without officials! These are the people dressed in white at the end of the lanes. They are the people who time keep on the lanes, check starts and turns and make sure the meet is run within Swim England requirements so that the times your swimmer produces can go to the National Swim England rankings as the meet is licenced. This was nearly not possible at Devon Development due to a real shortage in officials.

To run a meet at Plymouth Life Centre which has 10 lanes takes a minimum of 20 officials and these people are all volunteers, some of whom no longer have a child swimming at the meet but they still give up their time for the love of the sport.

As a Club we need to provide officials for the meets we attend, the larger our club and the more swimmers we bring the more officials we need to provide. This is where we really need parent support. We really really need some new officials!!!

The good news is that training to be an official is very easy. There are some online videos to watch where you learn the information needed about strokes, starts and turns and then you work alongside another official being mentored as you gain experience and get your skills signed off. We have many wonderful officials in our club who would be happy to speak about their experiences, so **if you would like more information then please feel free to chat to one of the committee such as myself, Charlotte, Sophie, Clare or any of our other officials.**

A note from Laura...



Friendship & Camaraderie



At Kingsbridge Kingfishers, what happens outside the pool is just as important as what happens in it. We should all be incredibly proud of the fun, welcoming culture we've created at KKSC – our swimming club is truly a place where swimmers of all ages feel part of something special.

For our younger swimmers, joining Kingfishers is often their first taste of being part of a team. It's where confidence is built, new skills are learnt, and friends are made, quickly becoming familiar faces at every session. At Kingfishers, there's always someone to cheer you on or offer a smile when things feel a bit of a struggle.

Watching on as a parent and as your new Welfare Officer, it is wonderful to watch how our older swimmers help shape the club in so many ways day in day out, leading by example, encouraging the younger ones, and bringing a sense of unity and solidarity to the team. Whether it's a high-five before a race, helping with swimming hats, a few reassuring words, cheering poolside or celebrating someone else's PB, those small moments make a big difference to each and every swimmer.

Have you ever stopped to think what it really means to be a Kingfisher? To me it seems that it means looking out for each other, showing up, working hard, and having a laugh along the way. celebrating success – not just your own, but everyone's, and creating a space together where everyone feels welcome, supported, and valued.

Training together week after week builds more than strength and endurance – it builds friendships. The early starts, Conor's gruelling drills, the shared challenges, and the laughs, antics, games (even crochet!) on poolside all help to create bonds that go well beyond swimming.

From a welfare point of view, it's fantastic to see how naturally this sense of care and respect for each other runs through the core of the club. One thing is certain, at Kingsbridge Kingfishers, no one swims alone. And that's exactly what makes our club so awesome.

To get in touch, please email:

welfare@kksc.co.uk – Laura Lennon, Welfare Officer.

IMPORTANT

DATES COMPETITIONS

There is plenty to get excited about! Here is a full rundown of everything coming up, so that you can add them to the calendar.



Competition	Dates	Venue	Notes
Junior Arena League R3	8 July	TBC	12&U team gala
Devonport Sizzler	11, 12 July	Plymouth Life Centre	Entries now closed
Last Training of Season	30 July (Thursday)	QUAYSIDE	
First Training in Sept	1 Sept (Tuesday)	QUAYSIDE	
Dawlish Summer Splash	12 Sept	Teignmouth	For beginners
Exeter Sprint Meet	27 Sept	Plymouth Life Centre	
City of Plymouth Champs	3, 4, 11 Oct	Plymouth Life Centre	
Lyndsay Powell Memorial Meet	17, 18 Oct	Plymouth Life Centre	Invite only
Swimarathon	16 Oct	QUAYSIDE	
Club Champs	Final Saturday: 21 Nov	QUAYSIDE	All club members
Presentation Evening	28 Nov	Malborough	Tickets on sale - Nov

Remember to check out the club records on the noticeboard!

If you have yet to compete in one of the competitions or gala events and are keen to have a go, then please chat to us about becoming a Club Compete member.

Speak to your coaching team today or email kksccoach@gmail.com



MASTER BLASTER

Paul, Masters Rep

This month's interview is with former Dinnaton dasher, now KKSC convert, Josh Dunn. I spoke to the former national qualifier, county champion and county record holder in the build up to Devonport's Summer Sizzler.

Paul: You are a Dinnaton legend. How does it feel pulling on a KKSC cap?

Josh: Strange! I'm getting used to it now though and have my KKSC hat on order for the Summer Sizzler. Don't tell any Dinnatonians but the blue-on-orange definitely looks cooler.

Paul: You have had successful recoveries after some serious setbacks - what advice would you give to swimmers looking to bounce back from injuries?

Josh: If you're serious about swimming, avoid the football pitch! Also, listen to your physio and measure your progress - it can be hard to see the improvements week on week but those small gains build over time and becomes a great motivator.

Paul: You've PB-ed since coming back to masters swimming - can you take George Grace's historic 50m free club record of 24.71?

Josh: George has set a high bar! I would love to dip under the 2m/s mark so that's what I'm aiming for at the moment. If I do that then Mr Grace's CR would feel a lot more attainable - hopefully that would be enough to coax him out of retirement!

If you would like to join the Masters, please do get in touch.

Team Managers July Star

Our Team Managers have voted and this month the winner is:

DANIEL CARRICK

A great role model to the younger swimmers, polite, helpful and always in the right place at the right time.



See you Poolside!

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Huge thank you to our 2026 SPONSORS



JUNIOR ARENA LEAGUE R2

Great effort by all 13 swimmers who took part, competing in both relays and individual events. Everyone swam brilliantly, with PBs for Diego and Ivy in the 50 Fly, and for Mia, Jesse and Drew in the 50 Breaststroke. Extra special mention to Freddie and Eric Tucker, who competed for KKSC for the first time, and to Lola, who stepped up to swim an extra 50 Fly at the last minute to support the team.

