



KINGFISHERS

NEWS SPLASH

Welcome to our June newsletter!

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



Conor, Head Coach

Poolside Notes

The Devon Developments are a great competition for our swimmers to gain more confidence in the longer distance events, in a less competitive environment. The medals I won at developments over 20 years ago helped motivate me for regional qualification in the years that followed! An amazing 47 swimmers signed up, the most from any club in the county. Well done for being brave in your races this weekend, and good luck for later in the month!

Race Night a few weeks back was also a blast, it is always great to see our swimmers cheering their friends on at the end of their lanes.

I also want to welcome our new swimmers into KKSC after trials last week. Swim Happy. Swim Fast!



DEVON DEVELOPMENTS & SPRINT GALA

A fabulous first weekend of the Devon Developments and Sprint Gala 2026.

On Saturday we had a team of 20 swimmers and everyone achieved a PB in at least one race. In total we recorded 46 new PB's including two from Daniel and Fabiano in the 400 IM. Plenty of medals and three club records.

On Sunday we were back with another team and a brilliant day of sprinting – lots more PB's and great to have two new swimmers competing for the first time.



WE NEED YOU

Behind the scenes at the club as well as our committee and coaching team – we also have a number of volunteers who have become Swim England Officials – just like Charlie.

It is simple to become an official, and all the training and support you need is provided.

Please get involved – speak to Hanna or Charlotte today!



Hello...

I joined with my girls, Edna and Frida, and I thoroughly enjoy the warm, friendly vibe at the club. Both my girls are sprinters and compete up to Regional Level. I enjoy officiating at events and helping at Club Champs too. I qualified as a J2S Official nearly four years ago now, so I can often be found poolside or starting races!

My favourite swim stroke... Freestyle as long as I have my snorkel and mask (I am still working on the breathing technique!).

One word that describes me is...colourful

My go-to snack is smokey nuts

If you were a swim superhero what would your 'superpower' be? ability to communicate with sea life

My hidden talent...I can still do the splits!



A word from our Chairman...

DAN

This month I would like to say a BIG thank you to a number of new Club sponsors who have recently offered their support.

We are very grateful for the support we receive from local businesses in our community. It helps the club in a number of different ways from new equipment, kit, training, information packs for primary schools, galas and to fund exciting events like the President's Shield which we are hosting later this month .

Thank you to our 2026 sponsors, The Cove, Futureclient, southhams.com, Yarmer Renewables, Freeborns, Illuminate Devon, Coops & Co.



Treasurers' Note...

Overdue statements are issued monthly, please check your emails and arrange payment as soon as possible.

Please contact Jenny via email: treasurer@kksc.co.uk if you received a statement and have a query or have issues with payment.

If the number of sessions your swimmer attends has changed, please ensure you change your standing order promptly, and pay the difference if you miss the due date. Thank you.

Team Managers June Star

Our Team Managers will be voting for their star swimmer each month.



ELSIE BULL

Congratulations to **Elsie Bull** who is awarded the accolade for June, for demonstrating resilience at our May Race Night.



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
Devon Developments & Sprint Gala	6, 7, 20, 21 June	Plymouth Life Centre	Entries now closed
Junior Arena League R2	13 June	Exeter	12&U team gala
3rd President's Shield	27 June	QUAYSIDE	14&U team gala
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

A long list of injuries meant that there was no masters competition at Race Night (we're not past it - honest!). So for this instalment, we have an interview with Kingfisher royalty.

Legend in the Lane: George Grace.

Paul: George, you are a former club captain, KKSC's first national qualifier and a genuine club legend - how much swimming are you currently doing?

George: I'm swimming once a week, playing water polo once a week and twice a week I coach at Penrith Swimming Club in Cumbria. My children are loving it - Daisy won the 25m fly in the local league, Freddie is a budding backstroker and Poppy (aged 4) is swimming unaided.

Paul: Myself and Josh have managed to swim PBs in our old age - do you think you have got another PB in you?

George: Honestly ... no! I've made the switch from sprints to more endurance-based events, such as the Ulswater swim and 70.3 ironman, so I haven't been competing in the my previously favoured races.

Paul: Cam McEvoy's training style would be right up your street - would you like to give it a go?

George: I would have loved to have done the weighted pull ups and sprints back in the day - perhaps I could give it a go (part of me doesn't want to get back into sprinting as I'm scared of how far off my previous PBs I'll be!).

Paul: You still hold the open age group club record for 50m free at 24.71 (that supersonic national time from 19 years ago!) but (after a considerable shave down and in a pair of race jammers) there is a feeling that Josh could challenge it. Could this threat get you out of retirement?

George: I cannot believe that record still stands. Last time I checked, I still hold the University of Sheffield 100 free record at 53.7 and I'm very proud of both of those records, but to answer your question ... initially ... no but ask me again if he does!

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

COMPETITION CORNER

Think you know your swimmers? Put your knowledge to the test with our monthly challenge! This time we have scrambled the names of three swim strokes - can you unscramble them?

EETSLYERF

SCKOTEKABR

EAKRTSBRTOES

To enter, find either Clare or Sophie. Please include your full name. The swimmer with the most correct will win a special surprise, handed out on the last day of training before our summer break (30th July). Good Luck.

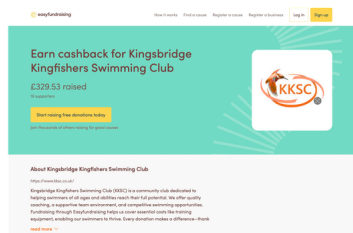
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and search for Kingsbridge Kingfishers Swimming Club to support our fundraising today.



See you Poolside!

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