



KINGFISHERS NEWS SPLASH

Welcome to our October newsletter!

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



Poolside Notes

Conor, Head Coach

Training sessions have been well attended in our first month back. It has been great to welcome new faces to bronze squad, whilst challenging silver and gold squad swimmers to be stronger underwater off each wall. It's doing the little things consistently correctly in training that makes a huge difference over time. We're building towards more racing in October as our swimmers aim for PBs and qualifying times for long course events next year. Look out for a little more speed in training sessions up until the half term!

Club Champs is also around the corner. With entries opening on Swim Manager, remember the only way to finish high up in your age group is to score points, and to score points you need to enter everything! **Be brave!** Swimmers often regret not picking all of the races when the points start tallying up.

CITY OF PLYMOUTH LEAGUE



The team finished a marvellous 2nd with 145 points and nine race wins, with individual success for Freddie S (x2), Emi, George S, Dexter and super coach Tegan!

We also won both Open Relays, and the 13&U medley relay.



EXETER SPRINTS

A brilliant weeeknd for the team at Exeter Sprints with Callum winning gold in his 50 Fly in an awesome final race of the day.

George G, Mila, Callum, Eliza, Olive and Clara achieved PB's in all of their races.

Plus medals at a hugely competitive race event went to Luna winning two Golds and Silver, Evie E winning silver and George G winning Bronze.



Getting Ready to Swim

Introducing RMAP

Some of our swimmers took part in a short session introducing RMAP, the pre-pool warm-up approach recommended by Swim England, with Caro.

RMAP stands for Raise, Mobilise, Activate and Prime.

We talked about what each stage means, why warming up properly is important, and how it can help prepare both the body and brain for the swim set (or race!) ahead.

We also worked through the exercises together, looking at good technique and some important coaching points to help everyone perform the movements safely and effectively.

This was very much an introduction – we certainly don't expect swimmers to remember everything straight away. Over the next few weeks, coaches will lead swimmers through RMAP warm-ups so that the exercises and the order gradually become familiar.

For now, completing an RMAP warm-up will only be compulsory for swimmers attending our two-hour sessions, but swimmers attending other sessions are very welcome to join in and give it a try.

A few things for swimmers to remember:

- **Quality over speed** – good technique and controlled movements are more important than rushing.
- **RMAP has an order for a reason:** Raise, Mobilise, Activate, Prime. This gradually prepares the body for swimming.
- **Listen to your body** – exercises shouldn't hurt. If something doesn't feel right, stop and tell a coach.
- **Remember the coaching points** – good form helps make the exercises both safer and more effective.

You don't need to know it all yet! With regular practice, RMAP will soon become a familiar part of our pre-pool routine.

The longer-term aim is for swimmers to become increasingly confident and independent with their pre-pool RMAP warm-up, while understanding why they are doing it rather than simply going through the motions.

TROPHY RETURN

Please return your trophy to Hanna or one of the Committee before **3rd November**.

Team Managers October Star



Our Team Managers have voted for their star swimmer this month.

Our winner showed up to support another swimmer with incredible kindness at the City of Plymouth League event. **Congratulations to...**

OLLIE M



Invoices and Payments ...

Just to let you know that outstanding statements have been sent out – so please check your Inbox.

If you would like to speak to us about invoices or payments then we have a **special Swim Desk hosted by our Treasurer, Jenny, on Thursday 8th October in the Cafe area at the Pool from 6.45pm to 8.00pm.**

Thank you.

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
City of Plymouth Champs	3, 4, 11 Oct	Plymouth Life Centre	
South West Regional Masters	11 Oct	Millfield	Masters
Lyndsay Powell Memorial Meet	17, 18 Oct	Plymouth Life Centre	Invite only
Swimarathon	16 Oct	QUAYSIDE	
Club Champs	10 - 21 Nov (Final Saturday: 21 Nov)	QUAYSIDE	All club members
Presentation Evening	28 Nov	Malborough	Tickets on sale - Nov
Plymouth Xmas Splash	6, 12, 13 Dec	Plymouth Life Centre	
Devon Interclub Club Gala	9 Jan	Plymouth Life Centre	
Devon Relay Championships	10 Jan	Plymouth Life Centre	

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



PRESENTATION EVENING

WATCH THIS SPACE! Details for our Presentation Evening (28th November) will be shared in our next newsletter and tickets available during Club Champs.



MASTER BLASTER

Paul, Masters Rep

RELAY SUCCESS

There was a strong masters showing at the COPSL with KKSC taking victory in both the mixed medley and mixed freestyle relays.

Pete delivered after a late call up, securing a third place in the breaststroke, whilst myself (with a PB) and Josh (tantalising close to another club record) both clinched second place finishes in backstroke and butterfly.

Not to be outdone, Tegan stormed to victory in the backstroke and Frida racked up vital points across a demanding programme.

The next outing for the masters is the South West Regionals at Millfield where KKSC will be on the hunt for more medals and PBs.

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

MEET NEW COACH - JON

Originally a swimmer at Oddicombe, my PB for 50m FS was just under 26 seconds and I was a Devon County Finalist for 100m Breaststroke.

Also competed in English Schools National Finals for Medley & FS relays, and water polo.

I continued to play water polo for Reading in the London League until 2023.

Looking forward to seeing you all at the Pool.



See you Poolside!

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DAWLISH SPLASH MEDALS

Coach Caro and Maddie led a small team to Trinity Pool in Teignmouth for a friendly level 4 gala alongside Dawlish Swimming Club.

It was only the two clubs competing, and everyone came home with a medal! Eric W was awarded Swimmer of the Meet, and Grace and Archie celebrated a pair of first ever county qualifying times.