

SWIMMING



Chloe Barclay, Mark Deans and Victoria Milburn at the Scottish Schools in 2012



Rachel Tedeschi



La Santa Swim Squad

PROGRAMME STRUCTURE

Following a comprehensive review in 2010, changes have been made to improve the performance pathway for swimmers at the Glasgow School of Sport.

Partnership with City of Glasgow Swim Team

A partnership has been developed with the City of Glasgow Swim Team, enabling each swimmers school training to be fully complemented by a club-led competition programme with regular participation in races at the highest appropriate levels. Progress will be achieved by coordinating the School of Sport programme with the pupil's club training maximising the full benefit of training, competition and social opportunities.

The School of Sport welcomes applications from Swimmers who wish to enter the school into S3, S5 or S6. Applications are welcomed from all over Scotland. Swimmers must however be a current member of the City of Glasgow Swim Team or submit an application to join.

The focus on establishing a solid foundation for each swimmer to develop both physically and technically will remain the key principle of the programme.

We believe each School of Sport swimmer can access the support necessary to prepare them and motivate them towards their ambition of Glasgow 2014 and Rio 2016. We are committed to accessing and providing first class opportunities for all our swimmers. Our senior swimmers train in curriculum time almost daily at Tollcross Swimming pool, the home of the City of Glasgow Swim Team. This international standard training facility provides 50 metre pool space and undoubtedly the best training environment possible.

Michael Jamieson who graduated from the School of Sport in 2006 demonstrates that success in swimming lies in the long-term. Four years after graduating Michael wins a silver medal in the 200metres breaststroke at the Commonwealth Games in 2010 and two years later, a silver medal at the London 2012 Olympic Games.

The aims of the coaching programme are:

- To provide a secure, enjoyable and upbeat coaching environment that promotes good practice and aids swimmers to make significant improvements.
- To ensure long term development of the swimmer by providing a balanced academic and training timetable, to guarantee the best possible balance of training time, study, rest and recovery.
- To assist with the setting of realistic and attainable short, mid-and long-term goals and to ensure that each swimmer develops the required physical, technical, tactical and psychological skills in order to reach their full potential.
- To encourage and guide swimmers towards greater success by the planning and evaluation of performance in training and racing.
- To ensure that all our aspiring performers receive the very best coaching, training, and mentoring by regularly reviewing and updating our training and coaching methods, allowing them to reach their full sporting and academic potential without compromise.
- To enjoy and flourish as individuals throughout their Academic and Sporting career.

CAREER PATHWAYS

In 2008 Rebecca Hillis gained a full swimming Scholarship to the University of Houston and has recently qualified and returned to Scotland.

Michael Jamieson initially studied at the University of Edinburgh, then had a spell competing for France in the college Swim Team. Michael (in 2011) is studying and training at the High Performance centre at Bath University.

David McNamee (pictured on page 7) is studying at the University of Stirling and is currently in the under 23 Triathlon team.

Jessica Alexander and Claire McNamee are involved in coaching and teaching.

Jamie Graham is swimming full-time (2011).



Michael far left with his Commonwealth medal



INTERNATIONAL REPRESENTATION

2012 (1)

Mark Deans

2011 (2)

Mark Deans, Rhona Stewart

2010 (6)

Mark Deans, Megan Donnelly, Rachel Tedeschi, Chris Ritchie, David Morgan, Jamie Graham

2009 (7)

Mark Deans, Megan Donnelly, Rachel Tedeschi, Jamie McKinley, Nicola Pearson, Chris Ritchie, David Morgan

2008 (5)

Cheryl Bond, Glenn McIntosh, Rachel Tedeschi, Megan Donnelly, Mark Deans

2007 (3)

Fraser Smith, Rebecca Hillis, Cheryl Bond

2006 (2)

Rebecca Hillis, Fraser Smith

2005 (3)

Michael Jamieson, Rebecca Hillis, Caron Nicholas

2004 (2)

Charles Mills, Rebecca Hillis

2003 (3)

Charles Mills, Michael Jamieson, Rebecca Hillis

USEFUL CONTACTS

Glasgow School of Sport

 <http://www.glasgowschoolofsportbellahoustonacademy.co.uk/swimming>
 Telephone: 0141 582 0034

City of Glasgow Swim Team

 <http://www.swimglasgow.co.uk>

Information on swimming and coaching courses available in Glasgow:

 <http://www.glasgowlife.org.uk/sport/sports-development/swimming>
 Telephone: 0141 287 5947

Scottish Swimming

 <http://www.scottishswimming.com>

British Swimming

 <http://www.swimming.org/britishswimming>

Main Photo: Michael Jamieson