



## Swimming Programme Structure

Many people have benefitted from the School of Sport Swim programme including current City of Glasgow coaches Jamie McKinley, Grant Gould, and Elite Squad swimmers Mark Deans and Victoria Milburn as well as Michael Jamieson who medalled at the Commonwealth Games in 2010, 2014 and at the Olympics in 2012.

Michael's journey began at the School of Sport where he combined his swimming with his academic studies "I was only 12 when I decided I wanted to go to the School of Sport. It's a great school and I encourage anyone to give it a shot, because it absolutely helped me prepare for my life as an athlete and beyond it as well."



We currently have a very dedicated and focussed group of swimmers working at the highest level and we are looking forward to welcoming more talented swimmers to join the programme.

### PROGRAMME STRUCTURE

There is a very clear performance pathway for swimmers at the School of Sport. The programme focuses on the development of stroke technique and the acquisition of swimming skills, to improve performance in the water.

In years three and four each swimmer focuses on specific event training, whilst during years five and six individual training plans are developed in partnership with the club coach. The focus on establishing a solid foundation for each swimmer to develop both physically and technically is 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 Rio 2016 and the 2018 Gold Coast Commonwealth Games.

Our swim programme benefits from a strong partnership with the **City of Glasgow Swim Team**. Curriculum swim sessions are complemented by club training sessions and all School of Sport swimmers compete for the City of Glasgow Swim Team.

### COACHING

Heather Albin leads the School of Sport swimming programme. Heather was formerly the Head Coach at the City of Dundee SC and then Performance Coach at Dundee City Aquatics. She joined the School of Sport coaching team in 2011. Heather has been involved in the National Squad set up for over 20 years and has consistently produced swimmers of a high standard including swimmers who have gained medals at the Commonwealth Youth Games and made finals at the Commonwealth Games.

### WHAT THE SCHOOL OF SPORT PROVIDES:

- ❖ Training within school hours with highly experienced coaches
- ❖ Access to Long and Short course training at Tollcross; an international standard training facility

- ❖ Competition and training with the City of Glasgow Swim teams' performance group(s)
- ❖ Strength and Conditioning coaches on site at the school providing programmes tailored to individual ability levels and specific to their physical development and event
- ❖ Fitness Testing and Monitoring; which includes testing in the pool and on land. Tests currently include: Anthropometric testing, Hydration, Aerobic and Anaerobic tests.
- ❖ Weekly on site Physiotherapy clinic at the school and prehab and rehab programmes
- ❖ A balanced curriculum of academic studies
- ❖ Lifestyle management
- ❖ The host school; Bellahouston Academy has achieved excellent academic results over the last 10 years
- ❖ Additional qualifications in Sports Leadership and Coaching and a Sport Education syllabus
- ❖ Travel Card

Subsidies may be available towards the following areas: Pool equipment and Training camps

#### **THE SCHOOL OF SPORT'S AIM IS TO:**

- ❖ Provide a secure, enjoyable and upbeat coaching environment that promotes good practice and aids swimmers to make significant improvements
- ❖ 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.
- ❖ Ensure the long-term development of the swimmer by providing a balanced academic and training timetable
- ❖ Encourage and guide swimmers towards greater success through the planning and evaluation of performance in training and racing.
- ❖ Enable swimmers to enjoy their experience and flourish as individuals throughout their Academic and Sporting career



#### **CURRICULUM AND TIMETABLE**

The curriculum that sports pupils follow at Bellahouston Academy is designed to allow pupils to study their sports specialism and achieve up to five National 5 / 4 qualifications by the end of S4 and up to three or four National Qualifications each year, in their fifth and in their sixth year at school.

#### **S3 AND S4**

Third (S3) and fourth (S4) year pupils are timetabled together for eleven hours a week of sports coaching. To provide eleven hours pupils have less time in certain academic subjects and no Physical Education classes. Pupils have one period of Sport Education which is delivered by the Glasgow School of Sport Coaching team. This subject provides pupils with the opportunity to gain a Junior Sports Leader Award.

#### **S5 and S6**

Pupils in fifth (S5) and sixth (S6) year have a choice of following a curriculum, which is designed to enable pupils to study for three or four National Qualifications each year. Pupils who choose the greater number of academic subjects receive less sport.

## ENTRY PROCEDURES

The swim programme at the School of Sport is accepting applications from pupils who wish to join the programme at the following entry points: S3, S5 and S6. Please note that applicants should currently be in the year below that in which they wish to join i.e. either in S2, S4 or S5.

Swimmers will be required to participate in a practical selection trial. If they are successful at this trial they will be invited to an interview which will determine whether a place will be offered.

It is a requirement that all new swimmers are current members of the City of Glasgow swim team, or are in the process of joining the Club.

**Applications for the Glasgow School of Sport close on the 23rd December** – apply today and download an Application form from ‘How to Apply’ from [www.gsos.org.uk](http://www.gsos.org.uk) Or contact Heather Albin, High Performance Swimming Coach on 0141 582 0034



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