

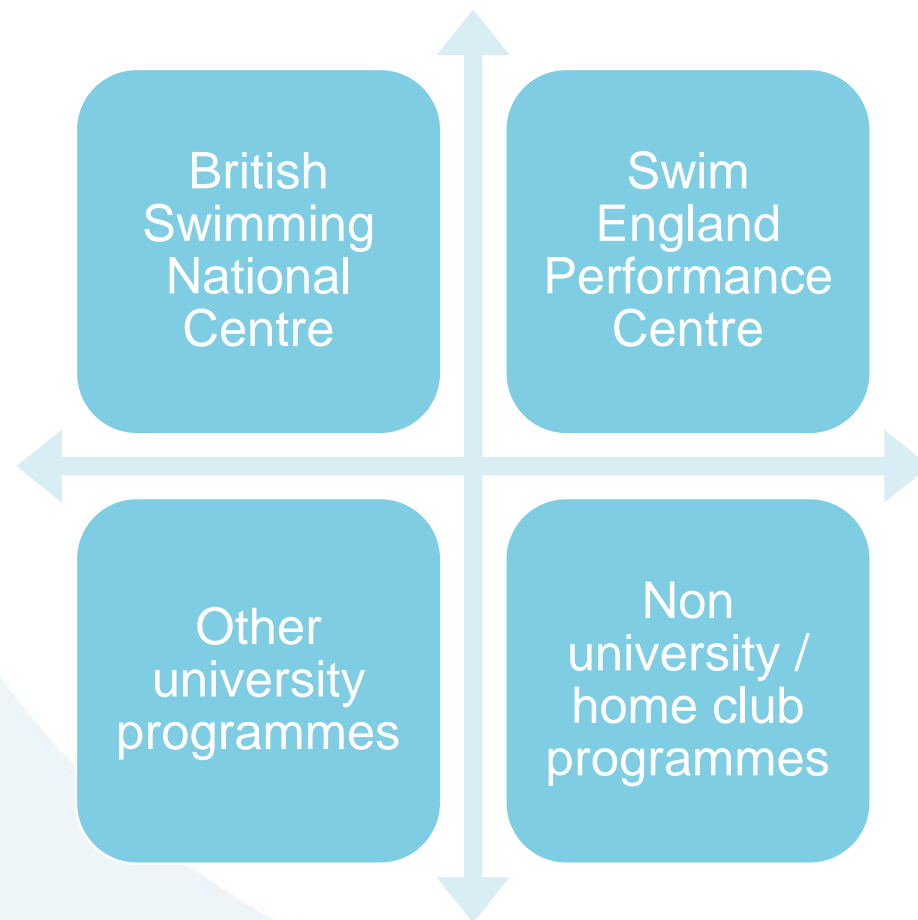
What's next for youth swimmers from the East Region?

Looking beyond the school gates

Aims

- To help swimmers and parents make informed choices.
- Explain the routes available for 18+ swimmers.
- Provide contact information for universities and associated clubs.
- Introduce Swim England's new Performance Centre's.

The routes for a swimmer 18+



British Swimming's National Centres

- Loughborough and Bath NC
- Predominately made up of international standard athletes.
- Priority given to athletes that demonstrate capacity to win medals at forthcoming Olympics.
- Application is via the British Swimming website:

<https://www.britishswimming.org/performance/swimming/national-centres-for-swimming/>

Swim England Performance Centre's

- Flexible study programmes.
- Excellent training provision for both pool and non-pool based training
- Swimming support services to include Strength and conditioning, Sports Science, psychology, lifestyle and physiotherapy.
- Appropriate housing and pastoral care in close proximity to facilities and education sites.
- Appropriate scholarship incentives.
- Five universities identified that combined with their local clubs offer these provisions.

SE Performance Centre Key Contacts:

PC	Swimming	Email	University	Email
Leeds	Richard Denigan	Richard.Denigan@leeds.gov.uk	Leeds ~ Sarah Speers	sarah.speers@leeds.ac.uk
			Leeds Beckett ~ Ian Smyth	i.smyth@leedsbeckett.ac.uk
Wycombe	Kevin Brookes	headcoach@wycombe-swimming.org.uk	Dr Paul Morgan New Buckinghamshire Uni	Paul.morgan@bucks.ac.uk
Nottingham	Nathan Hilton	nathan.hilton@novacenturion.co.uk	Lyn Winkworth Nottingham Uni	Lyn.winkworth@nottingham.ac.uk
Guildford	Lee Spindlow	coachspindlow@hotmail.co.uk	Mark Garfoot ~ Surrey Uni	m.garfoot@surrey.ac.uk
Manchester	Mark Rose	M.Rose1@manchester.gov.uk	Jerome Reid ~ MMU	Jerome.Read@mmu.ac.uk

East Region Universities

- Close to 50% of East Region based students commute to their local university.
- We want to ensure the clubs local to those universities benefit from the resources that are available.
- We want to enhance our clubs with additional support through coaching, sport science, marketing, facility access to name but a few.
- The majority of our universities are based in close proximity to already successful age group and youth swimming programmes.
- 2018-19 season is just the start of a long term vision to create more senior programmes in the East Region for both local and incoming student athletes.

East Region Universities

University	Swimming Contact	Email	University Contact	Email	Opportunities (Performance / Social)
UEA	Alex Pinniger	alexpinniger@gmail.com	Sophie Thomas	TBC	Both
Suffolk	Dave Champion	dccone@aol.com	Nino Severino	N.Severino@uos.ac.uk	Both
Hertfordshire	Janko Gojkovic	Janko.gojkovic@hatfieldswimmingclub.org	Hannah Darling	h.darling2@herts.ac.uk	Both
Bedfordshire	Local clubs	TBC	TBC	TBC	TBC
Cambridge	James Freezer	coachjfreezer@hotmail.co.uk	Via coach	Via coach	Both
Anglia Ruskin	James Freezer	coachjfreezer@hotmail.co.uk	James Barclay	James.barclay@anglia.ac.uk	Both
Essex	Colchester	michroyyoung@googlemail.com	TBC	TBC	TBC

Other University Programmes

- There are many other university programmes in the UK that offer outstanding opportunities for our young athletes including scholarships, outstanding training environments and a range of entry options.
- Options include Bath, Loughborough (both separate to the National Centres), Stirling, Glasgow, Edinburgh, Sheffield, Birmingham, Newcastle, Swansea, Portsmouth, Plymouth and MANY more!
- Thinking about this early (pre college/6th form) gives athletes the best opportunity to find the fit that works for them.
- We would openly encourage club visits, attending open days, contacting coaching and academic staff and looking at lot of options, all at the earliest opportunity.

Non-university programmes

- Swimmers going into work can look at 'senior swimming' (18-24) competitive options at county, regional and national level and stay within their home club programmes.
- Club structures are encouraging more athletes to stay in the sport longer through seniors/masters, offering less pressured opportunities to stay involved in competitive swimming.
- In many clubs the 18+ groups have a great social aspect which adds to the enjoyment of the sport.
- Sometimes swimmers are happy where they are and are in a programme that meets their needs.

Further information:

BUCS Swimming (University competition information – results highlighting many of the competitive university swimming programmes)

<https://www.bucs.org.uk/page.asp?section=20433§ionTitle=About+Swimming>

Regional Swimming Talent Officer – kevin.pickard@swimming.org

Speak to your coaches about their experiences and within your club networks of parents and other club coaches - we're all here to help! The more options a swimmer has in front of them, the more informed decision they can make.