

University of Stirling Swimming Programme Visit - 29th April 2019



Facilities

6 lane 50m pool converts to 12 lane 25m

Gym for high performance student athletes is separate to the main university gym

Currently building new £20m sports centre to inc new gym

Campus university = accommodation, lecture theatres, hotel all on-site



Staff

University of Stirling employ 3 swimming coaches

Head Performance Coach - Steven Tigg

2 Assistant Coaches - Brad Hay & Josh Williamson

Scottish Institute of Sport employ support staff - SIOS cover this cost

S&C Lead Coach full time

S&C Assistant Coach

Physiotherapist (2 days/week at Stirling other days spent at Edinburgh)

Physiologist

Finances

University of Stirling employ coaches and provide the facilities (pool time/gym time)
Scottish Swimming fund University of Stirling swimming programme
SIOS pay support staff
British Swimming / Scottish Swimming fund individual athletes based on performance levels

Training Groups

HP 1 = 15 swimmers
Criteria = British Swimming / Scottish Swimming funded swimmers
3 swimmers aren't funded but at similar level & contribute to the team ethos
4 swimmers qualified for the British Senior Team for World Championships
Duncan Scott, Amy Wilmot, Scott Mclay, Ross Murdoch
11 x 2hr pool sessions available 7:30-9:30 & 15:30-17:30
Swimmers individual programmes consist of 7-9 sessions per week (no swimmer does 10-11)
Within individual sessions swimmers complete their set then get out whether 1 1/2 or 2 hours
15 swimmers have sole use of pool during training (either 6 x 50m or 6 x 25m lanes)
3 x 1.5hr gym sessions available 10:00-11:30 Mon, Wed, Fri
No training fees for this group
Group was very focussed and independent whilst relaxed, laid back, friendly & happy

HP 2 = 20 swimmers
Criteria = 700+ FINA points very high standard ie England Programmes Performance Squad etc
9 x 1.5/2hr pool sessions available however varied schedule each day ie 8-10pm
£50 per month training fee

Student Scholarship

No sports scholarship for swimmers at University of Stirling
HP1 swimmers funded individually by British / Scottish Swimming
Coaching and facilities are provided free of charge for the swimmers
Sport Scotland Winning Students award = £3000/year swimmers achieving over 820 Fina points
Sport is very high priority for University of Stirling

Swimmer Recruitment

No active recruitment
Prospective swimming students contact the university / head coach
Stirling prefer students to 'want to go to Stirling' rather than the other way around
Prospective HP1 swimmers nominated for a university place
Potential flexibility with grades
University education is free for Scottish students
Scottish University degree courses are 4 years
HP1 swimmers spread their degree over 6 years

Swimming Training Model

Dr Jan Olbrecht testing & training model followed meticulously since 2011
Swimmers are tested every 4-12 weeks data sent to Dr Jan Olbrecht for analysis
Dr Jan Olbrecht visits Stirling twice per year for several days, presents to staff & swimmers
Individualised training prescribed on physiology
All pool events, distances & open water catered for
Weekly metres and key set content by individual prescription

For further reading on Dr Jan Olbrecht training model go to:

<https://www.amazon.co.uk/Science-Winning-Planning-Periodizing-Optimizing-ebook/dp/B009JTJ676>

Summary - Personal Thoughts

The University of Stirling Swimming Programme clearly provides an exceptional environment for high performance senior swimmers. All senior athlete individual needs are available at a very high level - coaching, support staff, support services, facilities, education, accommodation, morale and team spirit and a proven training model. On top of this the Stirling Campus is in and surrounded by beautiful countryside which is very peaceful. I was privileged to have spent time with the team here and thank them very much for the opportunity.