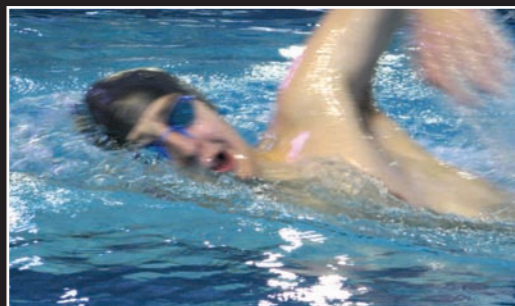


SWIMMING



David & Jamie take their marks



Glenn McIntosh



Funtimes



La Santa Swim Squad



Charles & Rebecca prepare for Bendigo



STAFF

The swim section began with one swimmer entering secondary one under the coaching of Bill Penny High Performance Swim coach until 2005. During his time at the school of sport Bill established a comprehensive plan of sound training principles and technical development.

In 2006 Andrena Hammond took over from Bill after his retirement. Along with her Assistant Coach Bill Ruddock the training programme has been further developed to meet the needs of an ever increasing number of swimmers.

The swim section currently has twenty three swimmers and will rise to over thirty in June when our 2009 intake start. As the programme grows the key principles of the swim section remain, to establish a solid training foundation as each swimmer develops physically and to continue to develop each of the swim strokes improving key skills.

WARM WEATHER CAMPS

The swim section has had a number of overseas training and competition camps in various locations including Lanzarote, Malta and the Pyrenees.

For the last three years swimmers have had the opportunity to focus on their winter training at the specialised sports facility in Club La Santa, Lanzarote. In 2008 twenty four swimmers and three coaches attended the camp and once again this was a valuable training experience for all involved.

WHERE ARE THEY NOW?

Charles Mills: Serving a plumbing apprenticeship with Glasgow City Council. Charles recently achieved a Lord Provost award for his apprenticeship skills.

Rebecca Hillis: In 2008 Rebecca started at the University of Houston on a full swimming scholarship. Rebecca is currently balancing her swim training with studying for a degree in sports science. Rebecca is currently competing on the US college circuit and returning to the UK for British Trials.

Michael Jamieson : Is currently training and competing in France for the College Swim Team.

David McNamee: Studying at the University of Stirling. David has been selected for the under 23 Scottish Triathlon team.

Other swimmers who have graduated from the school of sport swim programme and are currently teaching or coaching: Jessica Alexander and Claire McNamee.

THE FUTURE OF SWIMMING IN GLASGOW SCHOOL OF SPORT

As swim section expands, the coaching teams' focus on establishing a solid foundation for each swimmer to develop both physically and technically will remain the key principle of the programme.

As we look forward we believe each School of Sport swimmer can access the support necessary to prepare them and motivate them towards their ambition of London 2012 and Glasgow 2014.

We are committed to accessing and providing first class services and programmes for all our swimmers. Our swimmers train almost daily in Tollcross Swimming Pool, an international standard training facility which provides 50 metre pool space and undoubtedly the best training environment possible.

Main Photo: David Morgan



INTERNATIONAL REPRESENTATION

2003 (3)

Charles Mills
Michael Jamieson
Rebecca Hillis

2004 (2)

Charles Mills
Rebecca Hillis

2005 (3)

Michael Jamieson
Rebecca Hillis
Caron Nicholas

2006 (2)

Rebecca Hillis
Fraser Smith

2007 (3)

Fraser Smith
Rebecca Hillis
Cheryl Bond

2008 (5)

Cheryl Bond
Glenn McIntosh
Rachel Tedeschi
Megan Donnelly
Mark Deans



Rachel Tedeschi

OUTSTANDING ACHIEVEMENTS

1999-2000:

Charles Mills ranked No1 in Scotland and top three in Britain for 13years Butterfly events.

2000-2001:

Charles retains his Scottish and British ranking in the 14years age group.

2001-2002:

Charles retains Scottish ranking in 15 years age group with a Scottish record and Scottish team selection. Rebecca Hillis wins Scottish and British Breaststroke titles which gain her selection to GB World Potential Squad. Michael Jamieson and Jessica Alexander rank top Scots in their breaststroke and butterfly events.

2002-2003:

Charles and Rebecca continue to strike gold at Scottish School Championships which resulted in selection for the Scotland Team at the Schools International Swim Meet.

Charles, Rebecca and Michael achieve selection to the Scottish National Youth Squad.

2004-2005:

Charles and Rebecca selected for the Scotland Team to compete at the Commonwealth Youth Games in Bendigo, Australia. Rebecca won silver to begin the medal success. Then both swimmers achieve their goal of individual Gold in their main events.

Scottish Squad swimmers Charles, Rebecca and Michael continue the medal blitz at the Scottish Schools rewriting the record books in their individual events.

Michael & Rebecca selected for British Swimming Breaststroke Camp in Malta. Coach Andrena completes the treble selection attending as one of the coaching staff.

New stars Caron Nicholas and Fraser Smith break through from the programme with schools success.

2006-2007:

Michael, Fraser, Rebecca and Cheryl Bond selected for the UK School games team.

Rebecca and Cheryl selected to represent Scotland at the Schools International following success at the Scottish Schools Championship.

Scottish Age Groups Rebecca takes treble gold and Cheryl swims the double in their individual events. David Morgan hauls one Scottish record, five golds, three silver and one bronze to demonstrate his potential for the future. Distance swimming success from Mark Deans, Jamie McKinley and Glenn McIntosh taking gold in their age group.

2008-Jan 2009:

Fraser Smith selected for Scotland for the Tri-Nations meet in January. He continued his success with a bronze at British Nationals for the 1500m Freestyle later that year.

Rachel Tedeschi selected for the UK School games team.

Cheryl and Rachel selected to represent Scotland at the Schools International following their success at the Scottish Schools Championships.

Glenn, Megan and Mark gain selection to represent Scotland Open Water Team at events in Netherlands and Belgium where each of them sweep a top three finish in each of their races.

David, Mark and Callum top the podium with a 1st, 2nd & 3rd in the 800m freestyle at Scottish Age groups. Rachel takes the gold in the 1500m freestyle. Cheryl takes the silver in both butterfly events.

David and Cheryl do the double at the Schools in the 200m and 100m butterfly with David adding a Scottish National Record in the 200m. Megan and Glenn take gold in their individual events.

2009's Schools continued to show the depth of the swim programme with Rachel taking individual Gold and Bronze. Megan and Jamie raced hard to snatch bronze in their individual events.

