

SWIMMING



Charles & Rebecca prepare for Bendigo



Rachel Tedeschi



La Santa Swim Squad

PROGRAMME STRUCTURE

In 2010 the swim programme was reviewed and following consultation with all its key partners including the swimmers, their parents and carers, club coaches, Glasgow Life, Sportscotland and Scottish Swimming changes were made to improve the performance pathway for swimmers at the School of Sport.

Even stronger links have been developed with the City of Glasgow Swim Team. Entry opportunities to the School of Sport are open only to swimmers who are members of this club and who are in appropriate squads. The School of Sport welcomes applications from City of Glasgow Swim Team swimmers who wish to join the senior swim programme at the school.

The swim programme at the School of Sport although it is not accepting applications for entry into year groups S1 to S4 will continue to fully support all its current swimming pupils as they progress through the school. We are extremely grateful to clubs and their coaches throughout this period as they continue to work in partnership with us.

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



Main Photo: Michael Jamieson



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 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 now his sights are set on Olympic success.

CAREER PATHWAYS

Charles Mills is a fully qualified plumber who achieved a Lord Provost award for his apprenticeship skills.

In 2008 Rebecca Hillis gained a full swimming scholarship to the University of Houston and is balancing her swim training with studying for a degree in sports science.

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).

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

2009 (7)

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

2010 (6)

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



Michael far left with his Commonwealth medal

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>