

Why try Swimming?

Swimming at Millfield Prep School provides opportunity to develop excellent skills and techniques from an early age, this is the start of their long journey and we pride ourselves on preparing pupils by setting great foundations for that onward journey.



Who can do it?

The Millfield Prep School Swimming Programme caters for pupils from Pre-Prep, through to Year 8. Our swim programme caters for fitness swimmers, through to county, national and international level. The pupils have an individual sports programme, which can include swimming alongside, music, team sports and activities. We encourage our swimmers to take part in other sports and clubs throughout the school year, as there are many physical as well as pastoral cross-training benefits.

Highlights 2019-20

- Somerset County Championships saw 379 personal bests with a PB percentage of 89% with 43 golds, 31 silvers and 40 bronzes. Millfield Prep also retained the status as top junior club in Somerset.
- Second place in the Arena League National Club Final.
- ESSA National Relay Championships, boys won the 4x50m Freestyle Relay and placed second in the Medley Relay. The girls placed third in the 4x50m Medley relay.
- Three swimmers on the England National Pathway, two swimmers on the South West Regional Pathway and six swimmers on the Somerset County pathway.



Director of Prep School Swimming: Helen Gouldby
Director of Swimming: Euan Dale
Coaches: Arthur Lawlor, Maria Jones, Holly Gunner and Emma Heaton



MILLFIELD
PREP SCHOOL



High performance

Our ten full-time and part-time coaches across the Senior and Prep School, combined with our 50m Olympic swimming pool, create an environment for continual improvement and progress. Millfield swimming provides an extensive training program covering all aspects of performance for all events. The program offers up to ten swimming sessions per week alongside individually tailored athletic development sessions. The program utilizes the expertise available at Millfield to provide performance lifestyle advice in; nutrition, psychology, recovery and wellbeing. Within this productive and supportive culture pupils can thrive in a happy and healthy environment.

Prep success stories

- Rhys and Pippa, Year 8 pupils - Caymen Islands - Carifta games, Barbados, April 2019
- Sophie Ackerley, past pupil - Caymen Islands - Carifta games, Jamaica, 2018
- James Guy, past pupil - England Commonwealth Gold and Bronze medals, 2014. British record holder 200/400 free. World Champion 200m free and relay 4x 200m free. World silver medal 400m free. Rio Olympics silver medals 4x200m free and 4x100m medley relay.