

# SWIMMING

## DISCOVER BRILLIANCE

### DIRECTOR OF SWIMMING

Euan Dale

Email - [dale.e@millfieldschool.com](mailto:dale.e@millfieldschool.com)



Euan is a highly decorated swimmer, having competed for Britain in the 2008 Olympic Games, swimming in the 400m IM and the Commonwealth Games (silver medallist 400m IM & 4x200m Freestyle relay). Euan is a European silver medallist (4x200m Freestyle relay) and a nine-time British National Champion. Since joining the coaching staff at Millfield in 2010, Euan has been instrumental in guiding and shaping the growth of Millfield Swimming, having supported students through the pathway from the County to Olympic podium. Euan has worked with both British Swimming and Team GB over the course of his coaching career, most recently at Tokyo 2020.

### HIGHLIGHTS

- 42 swimmers selected onto the national pathway programmes for the 2021 season
- Tamryn Van Selm won European gold at the 2021 European Swimming Championships
- 19 school records have been set across long course and short course during 2021
- 5 OMs competed at the 2021 Tokyo Olympics
  - GB: James Guy, Brodie Williams, Kieran Bird
  - Kenya: Danilo Rosafio
  - Brunei: Muis Ahmed
- 2 Gold, 1 Bronze in Tokyo 2021
- 5 students competed at the 2021 European Junior Championships
- 23 school records broken in the 2020-2021 season

### COACHES



Ryan Livingstone



Matthew Puddy



Rachel Aldington



Daniel Waddingham



Kieran Smith

### SUCCESS STORIES



Kieran Bird

Produced an outstanding swim in the men's 400m freestyle final, beating his previous personal best and qualifying him for Tokyo. Graduated from Millfield in 2018.



James Guy

Olympic, World, European, Commonwealth champion and Bath NTC international/national. Medal count (31 gold, 13 silver, 8 bronze).



Rachel Anderson

Junior international and Loughborough University performance squad.



Tamryn Van Selm

European champion and junior international medalist. Medal count (5 gold, 7 silver, 3 bronze).

BE AUTHENTIC BE BRILLIANT BE CURIOUS BE DISRUPTORS BE KIND



# MILLFIELD

# SWIMMING

## DISCOVER BRILLIANCE

### THE PROGRAMME

#### WHAT TO EXPECT

Millfield Swimming has five squads; Senior Competitive (age 16+), Junior Competitive (age 13-15), Senior Pathway (age 16+), Junior Pathway (age 13-15) and School Squad (Year 9-Upper Sixth), which allows students to compete at the highest level, as well as swimming for fitness and recreation. Tailored competition calendars are designed for both the Competitive and Pathway squads. Training slots run before school at 5.45am, during lunch at 12pm and after school each day from 4.15pm.

The Competitive and Pathway squads are allocated based on ability and in line with the student's aspirations. Allocations are made bi-annually at the discretion of the Director of Swimming, in conjunction with the squad coaches. Each squad comes with an expectation and responsibility to meet the outlined requirements. All students are encouraged to adhere to the collective standards of responsibility, work ethic and mindset. There are opportunities to move up and across squads as per the ability, needs and desires of the students and coaches.

The School Squad is designed to support students wishing to develop their passion for swimming, from the starting point of learning to swim to the effective progression for a student wishing to improve their competitive swimming skills, including multi-sport competitors.

The world-class facilities include an onsite 8 lane Olympic-sized swimming pool, with adjustable options to transform it into a 16 lane 25m pool. The team ensures that each week there are both short course and long course training opportunities.

Swimmers are supported by the Student Athlete Support programme, which provides psychology, physiotherapy, nutrition advice, athletic development and performance analysis, to enable swimmers to stay in top condition.



#### FOLLOW US

 @Millfieldswim

 @millfield\_swimming

 @MillfieldSchool

 The Millfield Way Podcast

