

# Swimming

## Why try Swimming?

Swimming at Millfield provides the opportunity to develop and succeed in the world of competitive swimming. The daily dedication, self-discipline and work ethic that swimmers exhibit creates successful students.



## Who can do it?

The Millfield Swimming programme caters to students from Year 3 to Upper Sixth. Access is available to all standards of swimmer, including some recreational sessions. Training sessions are offered six days per week, with individual training programmes tailored to the swimmer's stage of development. Millfield students compete in numerous fixtures and competitions at county, regional, national and international levels throughout the year.

## Recent Highlights

For the Tokyo Olympic Games, James Guy, Kieran Bird, Brodie Williams, Suzanna Hext (paralympics) (all Team GB) and Danilo Rosafio (Team Kenya) were selected to swim for their countries. This is the largest number of swimmers the school has ever seen at an Olympic Games. These swimmers are coached by Euan Dale, our Director of Swimming, a former Olympian and Old Millfieldian himself, in attendance at the games as a coach.

## Success stories and future stars

International representation:  
Brodie Williams (GB & England), Jakob Goodman (England), Rachel Anderson (GB & England), Santos Villalón (Spain), Tatiana Tostevin (Guernsey), Evan Jones (Scotland) David Chang (Hong Kong), Candice Lam (Hong Kong), Huw Williams (Wales), Imara-Bella Thorpe (Kenya), Sophie Ackerley (Cayman), Jess Podger (England), Will Mitchell (England), Will Hodgson (Jersey), Abbie Samaras (Zambia), Lily Booker (England), Davide Arrioli (Italy), Ioan Evans (Wales), Danilo Rosafio (Kenya), William Ellington (GB & England), Dimitrios Tsiagiakos (Greece)





## High performance

Our eleven 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 intensive training so students can reach a high performance level for all events. The programme offers up to ten swimming sessions per week, alongside a specifically tailored strength and conditioning programme, if applicable. The programme actively encourages students with their athletic endeavours, and provides nutritional, health and wellbeing and lifestyle support to help foster a productive and supportive culture.



## Prep School highlights 2020

- For the 34rd consecutive year, Millfield Prep were re-crowned IAPS Champions making Millfield Prep the best Prep School swimming programme in the country
- The Prep School also boasts a record 36 Regional, three English and two British qualifiers

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