

A photograph of three young adults sitting on a lawn in front of a brick building. A woman with glasses and a plaid shirt is pointing at a tablet held by a woman in a white jacket. A man in a red jacket and headphones is looking on. A large olive-green diagonal shape overlaps the bottom left of the photo.

# Swim Study Achieve

with Swim England Performance Centres



Swim England  
Swimming

Performance  
Centre



# Swim-study options to help you achieve your career ambitions

For any student, the transition to university is an exciting life opportunity. For a talented swimmer and athlete, moving into higher education will bring changes to your training environment and regime.

To help you combine your swimming and academic goals, Swim England has created six new Performance Centres for swimming in England. We believe our centres offer the right opportunities, environment and capacity for you to achieve both in academic study and in your swimming career.

## Creating an effective swim-study environment for you

Located in High Wycombe, Leeds, Guildford, Manchester, Nottingham and Sheffield, each Performance Centre offers a unique partnership between a respected university and high performance swimming club.

**Our university partners** aim to provide a seamless pathway for you and will tailor course provision to offer:

- ◆ flexible timetabling
- ◆ sympathetic entry standards
- ◆ science and medicine support
- ◆ appropriate performance facilities
- ◆ professional coaching
- ◆ the potential for bursaries and or scholarships.

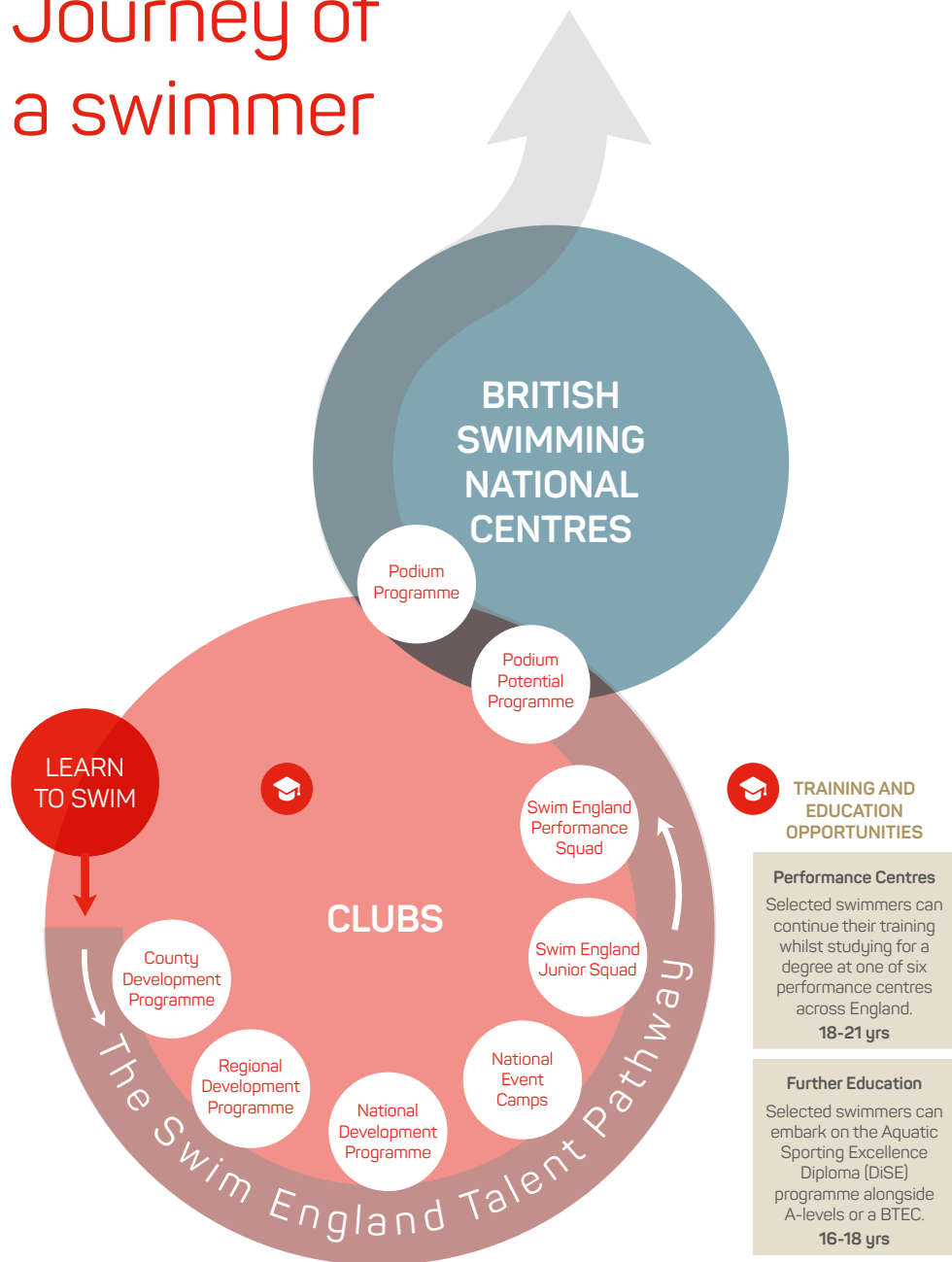
**Our club partners** are SwimMark accredited. The Swim England Talent Team supports each centre partner and ensures environments are athlete-centred and coaching philosophies are aligned with British Swimming.

## How do I make a choice?

Use our guide to help you decide which options are best for you. We encourage you to talk to your coach and parents, and explore and compare alternative university / swimming club options. Attending open days is a great way to get a feel for the different sites or you can contact the universities or clubs direct.

If you would like further general information around swim-study provision in England, please contact [mike.parker@swimming.org](mailto:mike.parker@swimming.org)

# Journey of a swimmer



## Which is the best option for me?

Here are our top 10 tips to help you make the best decision for your future:

1. Talk to your home coach, parents and school about your options.
2. Visit the Performance Centre stands at the Swim England Winter and Summer Meets.
3. Check essential application information and deadlines for options by visiting the UCAS website. Get ahead on this, as deadlines vary and some courses need applications well in advance of the start date. Also check what is required for your personal statement.
4. Decide what subject you want to study. It's important to choose a subject and a course that you will enjoy. Consider the options such as full-time, part-time, distance learning, placement and number of years.
5. Choose where to study and what type of location would suit you – town, city, rural location; consider campus location, size, facilities, social life, hobbies and other things you may want to do.
6. Do your research. Attend university open days and events or contact the universities for a prospectus and further information. The best way to get a feel for the university and the swimming club is to visit or contact the Performance Leads at each centre to gain advice about your academic programme and wider university environment.
7. Visit a few to compare and contrast. Remember to investigate:
  - a. the course and the options
  - b. the university location
  - c. the performance swimming programme offer.
8. Submit your UCAS applications on time. It's normally between May (of the year prior to entry) and mid-January (of the year of entry) for most courses. Applicants can select up to five university options.
9. Select your FIRM and INSURANCE choices by early May.
10. Finish your studies > get results > communicate these to your FIRM choice.

**Remember it needs to be right for you!**

# Swim Study Achieve

## Our Performance Centres

Buckinghamshire p8

Manchester p12

Nottingham p16

Surrey p20

Leeds p24

Sheffield p30

# Build a brighter future with Bucks New University

Bucks is the ideal place to combine your swimming performance training with your academic and career aspirations.



With strong, personal and caring support from Bucks New University, and a high standard of training from Wycombe District Swimming Club, you can succeed both in and out of the pool!

## Why Bucks?

Learning in an inspiring, friendly and well equipped university makes a huge difference, which is why we've invested £100 million into making our campuses amazing.

## Our courses are designed to prepare you for a rewarding career.

- ◆ You can choose from a wide range of degree programmes, including business and management, arts and creative industries, psychology and social sciences, human performance and sport.
- ◆ We also offer foundation year programmes for many of our degree courses, helping you develop your skills and confidence before progressing onto a degree.
- ◆ You can gain valuable hands on experience too - from working on live project briefs to taking part in placements and industry visits.

Our investment in cutting-edge equipment will ensure you graduate with the latest knowledge and experiences - from a flight simulator or mixing desk to a psychology lab, employers will see that you know your way around already.

## Student life

As a Bucks student you are automatically a member of Bucks Students' Union, voted number three in the UK (National Student Survey 2019). You will be able to take part in all aspects of the Students' Union, including developmental activities, additional skills sessions, volunteering opportunities and all sports clubs and societies for FREE thanks to the Big Deal.

Based in the lively towns of High Wycombe, Uxbridge and Aylesbury, our campuses have great transport links, which means you'll be within easy reach of London, Oxford, Reading and beyond!

And with guaranteed accommodation for all first-year students, we know you'll soon settle in and call Bucks your home.

Come and join us at our next Open Day or email [performance.sport@bucks.ac.uk](mailto:performance.sport@bucks.ac.uk) to find out more about Bucks New University and our Performance Centre.

[bucks.ac.uk/opendays](https://bucks.ac.uk/opendays)  
[performance.sport@bucks.ac.uk](mailto:performance.sport@bucks.ac.uk)

TEF Silver

# Team Bucks Performance Centre

Our partnership with Wycombe District Swimming Club will give talented swimmers the opportunity to stay in the sport while continuing their education.



Wycombe District Swimming Club (WDSC) is located close to the University and will give you access to a leading Performance Programme, providing the right training environment, coaching and support to train for national and international success.

#### Depending on your level, we provide the following pathways within the club:

1. Performance Centre Elite Squad (for competitors at British level\*) - tiered support package available dependent on your standard
2. Performance Centre Development Squad (must qualify for the South East Regionals\*) - tiered support package available dependent on your standard
3. Bucks Senior Squad (part of Bucks Students' Union Big Deal)
4. Recreational Swimmer (part of Bucks Students' Union Sport for Fun programme).

#### Successful Performance applicants will receive:

- ♦ training in superb performance facilities at Wycombe Leisure Centre and surrounding pools, with access to Bucks

\*Please refer to the current criteria found on WDSC website

\*\*if training in the Performance Centre Squad

New University's Human Performance, Exercise and Wellbeing Centre

- ♦ professional coaching from a Great Britain and Olympic Level Coach\*\*
- ♦ individual support from WDSC's 'in-house' strength and conditioning coach – with additional strength and conditioning access at the University, if required
- ♦ fitness assessments, sports science support, personal sport nutrition analysis and regular Talented Athlete Lifestyle Support (TALS) coaching sessions arranged individually and delivered by our qualified lifestyle advisors
- ♦ discounted sports therapy sessions, and access to complimentary sports massages (subject to availability)
- ♦ tiered funding for full or part contribution to squad training costs
- ♦ comprehensive long and short course training within a supportive environment
- ♦ accommodation within easy reach of the campus.

For further information and full criteria visit: [wycombe-swimming.org.uk](http://wycombe-swimming.org.uk) and choose the Performance Tab, or email [headcoach@swimwycombe.com](mailto:headcoach@swimwycombe.com)

[wycombe-swimming.org.uk](http://wycombe-swimming.org.uk)

# Here to make an impact on Manchester, our nation and beyond



## Why Manchester Met?

Manchester Met is a great, modern university, fuelled by an ambition to discover, disseminate knowledge and make higher education accessible to those with passion and potential.

Through our commitment to excellence in education, research and collaboration, we strive to be a catalyst for positive change. Change in our city, in our world and in every one of the lives we touch. With over 38,000 students and 4,500 colleagues in Manchester, it's why we're proud to be one of the most popular universities in the UK.

Our campus is a hive of activity. An environment for staff and students to thrive. To teach and learn, explore and discover, create and invent. A place to push the boundaries of what's possible, achieve personal bests and work with global partners to help shape the world.

## Sporting ambitions

We have big ambitions for our future in sport and are excited to welcome athletes who will help us rise to that challenge. Our performance programme aims to develop top-class, student-centred clubs and individuals and we support over 70 teams across more than 50 sports at our impressive facilities.

## Student life

If you wanted to create the perfect setting for your university experience, what would you include? A diverse city, home to a melting pot of cultures? A buzzing music scene? A capital of the sports world? Thriving local economy? Fashion-forward shops? Foodie heaven? Vibrant nightlife?

Manchester's got it all, and plenty more besides. That's what makes it a perfect setting for students – because coming here doesn't begin and end with studying. You'll learn a lot but you'll also do a lot.

Come to our open days to learn more about us, or find out more at:

[mmu.ac.uk](http://mmu.ac.uk)

# Support for Performance Swimmers at Manchester Metropolitan University

Dual-career support to train, study, succeed.



## You want to be at the top of your game

We're here to support that. Our swimming programme is tailored to individual student athlete needs.

**In addition to our sport scholarship package, worth up to £7,000 per year, swimmers may also receive the following support:**

- ♦ up to 28 hours of pool training time per week, with over 50% long course
- ♦ multi-disciplinary coordinated support in S&C, physiotherapy and soft tissue massage
- ♦ access to development workshops including: nutrition, performance analysis and lifestyle support
- ♦ multiple offshore training camps and international race meets throughout the year
- ♦ less than five minutes' walk from our training venue – Manchester Aquatics Centre
- ♦ an integrated pathway as part of the first Swim England Performance Centre
- ♦ working partnerships with City of Manchester Aquatics Swim Team and British Para Swimming.

## Apply for a scholarship

Scholarship applications open in February and are assessed on an individual basis by the University's sport scholarship committee.

More information on scholarships can be found at [mmu.ac.uk/sportscholarships](http://mmu.ac.uk/sportscholarships)

Even if your application to be a scholar is unsuccessful in the first instance, we provide ongoing support for swimmers at Manchester Met to help you train and develop as an athlete.

For any enquiries, please email: [sport@mmu.ac.uk](mailto:sport@mmu.ac.uk) or visit:

[mmu.ac.uk/sportscholarships](http://mmu.ac.uk/sportscholarships)  
[cityofmanchesterswimteam.co.uk](http://cityofmanchesterswimteam.co.uk)

# Unlock your potential with our world-leading teaching and research

The University of Nottingham provides an outstanding experience for students both in learning and in sport.



THE SUNDAY TIMES  
GOOD UNIVERSITY GUIDE  
2019  
SPORTS UNIVERSITY OF THE YEAR



University of Nottingham  
UK | CHINA | MALAYSIA



University of Nottingham Sport

NOVA CENTURION

## Why the University of Nottingham?

A member of the UK's prestigious Russell Group of universities and ranked in the top 1% of Universities worldwide, we deliver a high standard of education.

Our courses are taught by some of the brightest minds in the field and shaped by ground-breaking research. A large number of courses include a placement or work experience element, ensuring that you receive first-hand experience in professional environments, equipping you with the skills employers are looking for.

**We've also been voted the top University for Sport in The Times and Sunday Times Good University Guide 2019.**

There are sports centres on all of our campuses, with the impressive David Ross Sports Village on University Park campus. Here, we've invested £40 million to provide state of the art facilities including an eight-lane 25m pool, 200 station fitness suite, high performance zone climbing wall and café. Athletes can also access expert support on injury prevention, rehabilitation and recovery at the on-site sports injury clinic, which provides sports massage, hydrotherapy and plunge pool facilities.

## Student life

Our award winning campuses have some great social spaces and an active Students' Union. You can relax with friends in halls, catch a play, check out the Farmers' Market or get involved in sports clubs and societies and activities.

As a Nottingham student you'd be able to experience living in one of the most vibrant cities in the UK. Great for shopping, entertainment, events, culture, food and drink.

Visit our website for further information, to request a prospectus or take a virtual tour of our three UK campuses. We also encourage you to attend one of our regular open days to get a feel for student life.

[nottingham.ac.uk](http://nottingham.ac.uk)

# Performance swimming at the University of Nottingham

The University of Nottingham Sport has partnered with NOVA centurion swimming club to support the development of the next generation of national and international swimmers.



**University of Nottingham**  
UK | CHINA | MALAYSIA



**University of Nottingham Sport**



Elite swimming athletes with national and international performance aspirations can apply for our Performance Training programme.

#### **This includes:**

- ♦ 10 training sessions per week
- ♦ five strength and conditioning sessions
- ♦ access to a 50m pool
- ♦ international standard coaching
- ♦ a range of outstanding scholarships.

**The University of Nottingham also has a range of sports scholarships available to support elite and talented swimmers**

#### **Nova Centurion sports scholarship**

Scholarships are aimed at national level swimmers or above and include free or subsidised access to the Nova Centurion performance swim programme as well as regular training in a 50m pool.

**“The NOVA centurion program was key in helping me achieve my Olympic success.”**

Rebecca Adlington OBE,  
four-time Olympic medallist.

#### **UoN Scholarship**

Elite athletes can apply for both the NOVA scholarship and a UoN Sport Scholarship.

Our UoN Sport Scholarships are aimed at providing an unrivalled level of support to the brightest and best talents in the sporting world.

We have four packages: foundation, bronze, silver and gold, worth up to £12,000 per athlete.

#### **Dependant on award level, our scholars receive:**

- ♦ financial support of up to £8,000 towards training and competition expenses
- ♦ UoN Sport and Fitness Membership
- ♦ specialist strength and conditioning training
- ♦ physiotherapy, nutrition and psychology support
- ♦ performance lifestyle and academic mentoring.

We are also an official Talented Athlete Scholarship Scheme (TASS) delivery site, supporting TASS athletes studying here.

For information on our scholarships please visit [nottingham.ac.uk/sport/performancesport/sportsscholarships](http://nottingham.ac.uk/sport/performancesport/sportsscholarships) or email us at [eliteathlete@nottingham.ac.uk](mailto:eliteathlete@nottingham.ac.uk)

For further information about our performance training offer, please contact Nathan Hilton at [nathan.hilton@novacenturion.co.uk](mailto:nathan.hilton@novacenturion.co.uk)

**[novacenturion.co.uk](http://novacenturion.co.uk)**

# University of Surrey Performance Programme

In partnership with  
Guildford City Swimming Club.



**TEAM**SURREY

## **Why Surrey?**

The University of Surrey is one of the UK's best universities, with a rising global reputation.

Our growing community is set in the vibrant town of Guildford, in the heart of south-east England.

The university now offers a range of Foundation, Undergraduate and Postgraduate degrees designed to cater for a variety of students looking to balance studies and performance sport.

## **Making dream jobs real jobs**

We seamlessly connect our students to prospective employers and the world through our Professional training placements, collaborating with over 2,300 partner organisations.

## **A campus built for you**

We've invested over £200m in student accommodation to turn our home into your home. Step in to our state-of-the-art Library and Learning Centre, the renowned Surrey Sports Park, first rate research facilities and more.

## **Bursaries and scholarships**

Discover how we may be able to support your undergraduate and postgraduate taught studies with a host of bursaries and scholarships directly from the University and external providers.

Head to [surrey.ac.uk](http://surrey.ac.uk) for all information.

[surrey.ac.uk](http://surrey.ac.uk)

# Performance swimming at the University of Surrey

In partnership with Guildford City Swimming Club.



**TEAM SURREY**

## Performance programme

If you are currently swimming at a national level you can apply for our elite performance programme.

As part of the programme you will receive support to balance your studies alongside your training programme provided by Guildford City Swimming Club.

### Successful applicants will receive:

- ♦ regular training sessions with elite coaching staff, up to 20 hours pool training available
- ♦ strength and conditioning training
- ♦ performance support, such as nutritional advice, sports psychology mentoring and physiological testing
- ♦ discounted sports injury treatment
- ♦ full membership to Surrey Sports Park
- ♦ value of £3,000 in performance support.

All training is based at Surrey Sports Park, a £36 million facility boasting exceptional sporting facilities, including an eight lane 50m pool.

## Team Surrey Swimming Club

The University's Team Surrey Swimming Club allows representation for all levels of athletes. With members and teams competing regularly at regional and national level, as well as social programmes for less experienced swimmers, the Club is proud to host a pathway for all to develop.

For further information and full criteria list contact:

Lead High Performance Coach, Lee Spindlow –  
[lee.spindlow@gcsc.co.uk](mailto:lee.spindlow@gcsc.co.uk)

Head of Student Sport, Mark Garfoot –  
[m.garfoot@surrey.ac.uk](mailto:m.garfoot@surrey.ac.uk)

[surrey.ac.uk](http://surrey.ac.uk)  
[gcsc.co.uk](http://gcsc.co.uk)

# The University of Leeds

A prestigious Russell Group University offering an exceptional student experience.



## Why the University of Leeds?

Be part of a prestigious Russell Group university where you'll gain invaluable skills. We're top 100 in the QS World University Rankings 2019.

## Fantastic Student Experience

Ranked within the top 10 in the Times Higher Education Student Experience Survey 2018, at Leeds you'll have an exceptional student experience.

Leeds is surrounded by beautiful countryside with campus only a ten minute walk from the bustling city centre. Here you'll have access to hundreds of bars and restaurants, live music venues, theatres, and some of the best shopping in the UK. Leeds is home to several major sports teams and is a gateway to some of the finest cycling, walking and climbing in the UK.

Leeds University Union is here to make sure you love your time at Leeds and is situated right at the heart of our campus providing you everything you need for student life. LUU was the first students' union in the country to win the Gold Students' Union Evaluation Initiative award twice!

## State-of-the-art sports facilities

A recent £520m has been invested into transforming the campus, including state-of-the-art sport and wellbeing facilities, a 25m eight lane pool, performance strength and conditioning room and one of the largest fitness suites of any UK university.

## Dual career focus

We're committed to supporting students with a dual career in elite sport and academics. A number of alumni have had successful careers in professional sport or athletics including Olympic triathlon medallists Alistair and Jonny Brownlee.

Our dual career policy can be found: [http://ses.leeds.ac.uk/info/22170/quality\\_assurance-related\\_policies/1164/dual\\_career\\_policy](http://ses.leeds.ac.uk/info/22170/quality_assurance-related_policies/1164/dual_career_policy)

Find out more about our degrees or our open days: [leeds.ac.uk](http://leeds.ac.uk)

Find out about our Sports Scholarships: [sport.leeds.ac.uk/sport/performance-sport-scholarships/](http://sport.leeds.ac.uk/sport/performance-sport-scholarships/)

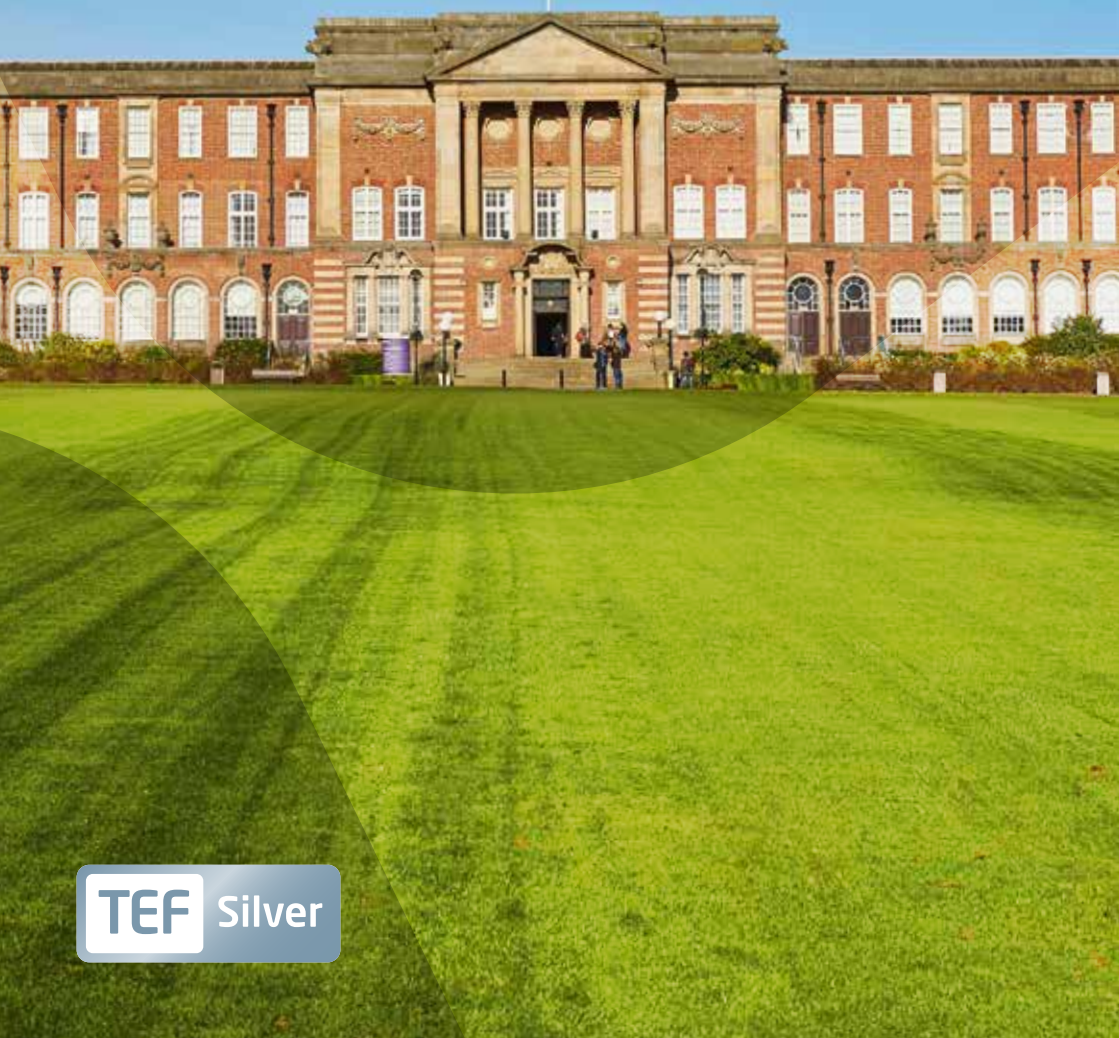
Head of Swimming, Jacob Greenhalgh  
Email: [J.Greenhalgh1@leeds.ac.uk](mailto:J.Greenhalgh1@leeds.ac.uk)

University of Leeds Sports Performance Manager  
Email: [performancesport@leeds.ac.uk](mailto:performancesport@leeds.ac.uk)

[leeds.ac.uk](http://leeds.ac.uk)

# Together, we nurture abilities that will shape your future

We provide an inspirational teaching and learning environment that will prepare you for work and for life. Join us.



TEF Silver



LEEDS  
BECKETT  
UNIVERSITY



## Why Leeds Beckett?

With a population of 28,000 students and 3,200 staff, we play a vital role in transforming the lives and prospects of thousands of individuals and organisations every year.

## Creating inspirational teaching and learning environments for our students and staff is key to this.

The University has achieved Silver Status in the Teaching Excellence Framework (TEF) for its high-quality teaching, and over the next five years we will be investing £200 million into campus developments, focusing on sport and the creative industries.

This includes the development of a £45m world-class sports, teaching and research facility, which will provide outstanding sports science and performance facilities for elite athletes.

## Sports scholarships

Our Carnegie Sports Scholarships Scheme provides technical, pastoral and financial support to help our performance students develop their sporting performance alongside their studies.

## Recent alumni include:

- ♦ **James Denny** (Diving) 2010  
Commonwealth Games Silver medallist in the 10m Platform Synchro with Tom Daley
- ♦ **Laura Weightman** (Athletics) 2014

Commonwealth Silver medallist and European Bronze medallist and 2012 Olympic 1500m finalist.

- ♦ **Samantha Quek** (Hockey) Olympic Gold medallist.

Mick Hill, a four-time former Olympian, manages sports performance programmes at the University including the Sport Scholarship Programme.

## Student life

Our location is a fantastic asset for us. Our City Campus is right in the heart of Leeds, just a few minutes from the varied bars, shops and entertainment the city has to offer.

And just three miles away, Headingley Campus offers a soothing, green contrast. Set in 100 acres of parkland, you'll be able to explore the vibrant suburb of Headingley with an eclectic mix of shops, bars and restaurants.

Visit our web site to take a virtual tour, find a course or book an open day to find out why we are one of the most popular universities in the UK.

For information on the sports performance programmes contact [m.hill@leedsbeckett.ac.uk](mailto:m.hill@leedsbeckett.ac.uk)

[leedsbeckett.ac.uk](http://leedsbeckett.ac.uk)

# Leeds Performance Programme

Providing a high performance environment to help you train and achieve in swimming.



## Leeds is one of the premier performance programmes in the country

The programme is a successful collaboration between Leeds City Council and City of Leeds Swimming Club, producing 24 Olympians over eight Olympiads and a number of junior international athletes every year who contribute to Great Britain's medal successes.

Athletes train at the John Charles Centre for Sport (JCCS), which provides both long and short course training, strength and conditioning areas and physiotherapy services. The centre is located just four miles (a 15 minute drive) from both University campuses.

Student athletes can train at JCCS as well as taking part in dedicated sessions at the university pools if there are clashes with academic commitments and training.

## Swimming scholarships

Leeds Performance Centre partners are able to provide a high performance environment for students who wish to pursue a swimming career alongside their degree.

The swimming scholarship support package, available at both the University of Leeds and Leeds Beckett University, will ensure that successful applicants have the best chance of success both in their swimming and their studies.

## Successful applicants will receive:

- ♦ a bespoke financial offer
- ♦ guaranteed first choice of accommodation
- ♦ subsidised competition costs, covered by City of Leeds SSC
- ♦ physiotherapy and nutrition support
- ♦ strength and conditioning support
- ♦ access to their chosen University fitness suite
- ♦ lifestyle mentor and academic liaison support
- ♦ university branded leisure kit.

Head Coach Richard Denigan, leads the performance training programme. He is an Olympic level coach, part of British Swimming's team staff at Senior and Junior levels and is also part of the Swim England coaching team.

For further information about our performance training offer, please contact Richard Denigan at [Richard.Denigan@leeds.gov.uk](mailto:Richard.Denigan@leeds.gov.uk)

[swimleeds.org.uk](http://swimleeds.org.uk)

# Sheffield sets you apart

A world top 100 University, outstanding teaching and an exceptional student experience.



## Why Sheffield?

Sheffield is a leading research university with a global reputation for excellence. We're part of the prestigious Russell Group and are ranked within the world top 100 leading universities. There are over 30,000 students here including more than 8,000 international students from over 100 countries.

Many of our teachers are world leading experts in their field whose research improves healthcare, energises industry and advances our understanding of the universe. We're dedicated to making the world a better place.

## Student life

We're renowned for our excellent student experience. One reason for this is our Students' Union, which has been voted number one in the UK for the last three years. Our SU supports you with practical help and advice on every aspect of student life. With over 350 societies and sports clubs, and one of the biggest volunteering programmes in the UK, our union also gives you plenty of chance to try out new and exciting opportunities.

## Our city

Sheffield has everything you'd expect to find in a major city. There's a vibrant culture of cafes, clubs, museums, live music, art, sport and leisure. It's also a city of fascinating contradictions: fast moving and laid back, an urban playground on the edge of a national

park, a beacon of high art and pop culture, a big place where everybody seems to know each other. We're also among the UK's top ten most affordable student cities.

## Careers

Sheffield is top in the north for graduate prospects and 96% of our students are in work or further study six months after graduating. Our aim is for every single one of our students to reach their full potential, whatever their background or circumstances. We'll support you with work placements and volunteering, training and support, and opportunities to network with employers.

## Sports Scholarships

The University of Sheffield is committed to supporting its students to achieve excellence both academically and through their chosen sport.

Our Elite Sports Performance Scheme provides a range of support, which can include a financial bursary, free accommodation packages, strength and conditioning, free access to the university fitness facilities, physiotherapy support, lifestyle mentoring and academic flexibility.

[sheffield.ac.uk/scholarships](https://sheffield.ac.uk/scholarships)  
[sport-sheffield.com](https://sport-sheffield.com)  
[sheffield.ac.uk](https://sheffield.ac.uk)

# Fulfil your dual career with Sheffield Hallam University

Sheffield Hallam University

TEF Silver

DUAL CAREER ACCREDITED  
tass

Sheffield Hallam University



## Why Sheffield Hallam University?

### We'll get you work ready

94% of our students are in work or further study six months after graduating. We believe in combining learning with doing, and you'll experience that from the moment you join us.

All our courses have work experience opportunities embedded in each year of study. We work with over 1,000 organisations to deliver 24,000 placements and real-world projects every year, from the BBC, Sony, Adidas and Disney to the NHS, Airbus, Rolls-Royce and Sheffield United FC.

### Student satisfaction

This year we achieved 86% overall student satisfaction. This is our highest ever student satisfaction score and places us 28th out of 127 universities in England. We're also ranked fourth in the country for satisfaction with opportunities to apply your learning. We've been awarded a silver rating for our teaching excellence and our lecturers are experts in their field, so you'll always have the latest knowledge.

### An amazing student and sporting city

Sheffield is the fifth biggest city in the UK and Sheffield Hallam sits right at the heart of the city centre.

Sheffield was Britain's first national City of Sport and boasts some of the best international sports venues in the country. Ponds Forge International Sports Centre houses Olympic standard competition and diving pools and is host to several national swimming competitions.

## Performance Athlete Scholarships

The Performance Athlete Support Programme gives you the flexibility to balance the requirements of a degree with achieving your sporting potential. Scholarships of up to £3,000 are available, which include:

- ◆ Team Hallam Ultimate membership
- ◆ access to high-quality facilities
- ◆ financial assistance towards club fees and competition costs
- ◆ strength and conditioning programming
- ◆ physiotherapy screening, massage, prehab and reactive
- ◆ sports psychology, nutrition and lifestyle
- ◆ academic flexibility
- ◆ performance kit.

## Dual Career Accreditation

We demonstrate our ability to foster elite athletes in education by continually delivering high-quality support, learning and outcomes for our student athletes. We aim to prepare students to shape their world in academics and sport.

### Alumni Swimmers

**Max Litchfield** – BSc Sport and Exercise Science student, fourth place at Rio 2016 Olympics and 2018 European silver medallist.

**Rebecca Turner** – BSc Sport and Exercise Science graduate, 2012 Olympian and two-time relay medallist at the 2014 Commonwealth Games.

Contact us to find out more  
Email [performancesport@shu.ac.uk](mailto:performancesport@shu.ac.uk)  
Phone 0114 225 3000

[shu.ac.uk/sport/team/performance](http://shu.ac.uk/sport/team/performance)

# City of Sheffield Performance Programme



The  
University  
Of  
Sheffield.



**Sheffield  
Hallam  
University**

## City of Sheffield Performance Programme

City of Sheffield Swim Squad deliver one of the leading swimming performance programmes in the country. Working closely with both Sheffield universities, our programme consistently produces Olympians and senior and junior internationals.

The City of Sheffield performance squad train at Ponds Forge International Sports Centre, where we provide long and short course training. We accommodate both sprint and distance based athletes. Support systems are provided in conjunction with Sheffield Hallam University and University of Sheffield to maximise the efficiency of all partners. All campuses are located close to Ponds Forge and within walking distance [around 15 minutes].

## Sports Scholarship

We are proud to be able to provide a high-performance environment for athletes to pursue a dual career in performance swimming and academic studies. Swimming scholarships are available from both Sheffield Hallam University and University of Sheffield. All parties are committed to enhancing the experience of the student-athlete.

## Our Performance Centre offers:

- ♦ world class facilities
- ♦ up to 26 hours of training a week, with over 50% long course
- ♦ bespoke S&C programmes
- ♦ access to the nutrition, sports analysis and psychologists
- ♦ physiotherapy support
- ♦ international coaching
- ♦ great connections around the world, for leading ideas.

## The coaching staff

Head Coach Russ Barber (distance coach) and Performance Coach Mike Taylor (sprint coach), lead the performance training programme. Both coaches have had international selections and have been part of British Swimming and Swim England teams at senior and junior level.

For further information about our performance training offer, please contact Mike Taylor at [mike.taylor@cosss.co.uk](mailto:mike.taylor@cosss.co.uk)

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