



**Hamilton College Swimming – Developing swimmers as athletes whilst providing the best education in Lanarkshire**

# Welcome from Richard Charman Headteacher



Thank you for your interest in Hamilton College Swimming. I am thrilled to launch this new initiative at Hamilton College to create a platform from which the next generation of top performing swimmers in our area will emerge. The programme has been developed in consultation with many partner agencies coupled with my own experience of delivering elite sport programmes in my previous roles.

Hamilton College Swimming is designed to support young people to combine their love of performance swimming with their learning at School.

This initiative will allow swimmers to have their performance swimming programme and their education under one roof. The commitment and sacrifice of learners and their parents will be eased and managed as the School launches what will be the best School swimming programme in Scotland.

Hamilton College Swimming has the vision to provide the best all-round care for young swimmers in Scotland. It will provide the learning environment for swimmers to discover their talents and to be the best they can be; along with providing a swimming pathway for them to maximise their potential which includes strength and conditioning and lifestyle support.

The Hamilton College Swimming Club will allow our swimmers to compete in all competitions and they will have great pride in representing their School at all levels. Our swimmers will be successful on the District, National and International stages and in turn the programme will support the next phase in their swimming journey.

I look forward to you becoming one of the first members of the Hamilton College Swimming Team.

Yours sincerely,

A handwritten signature in black ink that reads "Richard A Charman".

**Richard A Charman**  
Headteacher

## About Hamilton College

Hamilton College is a non-denominational Christian Independent school for children and young people from the ages of 2-18. The school encompasses Nursery, Junior and Senior levels generating a truly 'family' atmosphere for the individual as they journey through the school.

We provide a challenging, inclusive education for all, with class numbers restricted to ensure that adequate time and provision is accorded to the individual learner. This philosophy promotes excellence in the individual in their preferred areas of learning.

Our Vision and Purpose underpin all that we aim to do at Hamilton College. Our Vision is that by inspiring children, together we can change their future, shape society and make an impact on our world. Our Purpose is to be a centre of excellence in education, where children are encouraged to develop their own unique pathways preparing them for life and work and to excel in a changing future.

We also offer top facilities for our swimmers. Our indoor heated swimming pool is a 4 x 25m pool which sits in the heart of our School. It has two changing rooms and is located near to the main sports hall, two small school gymnasias and strength and conditioning equipment. It provides easy access for swimmers throughout our training week and allows for 1:1 support when needed.





# Programme

Our swimming programme is based on each swimmer's ability and desired pathway in the pool. We have the ability to deliver flexibility within our teaching timetable to ensure the best possible swimming programme aligned with our academic pathways.

Each swimmer will have their own individual strength and conditioning programme and competition schedule. The swimming coach and swimming staff will provide support at specific events.

Every swimmer will have their own expectations, goals and future in and out of the pool and the programme is designed to support and challenge these to get the very best for each swimmer.



## Mini Squad

The mini squad are our junior swimmers discovering their talents in the pool. This is aimed at those who are 11 or under who are starting their competitive journey, where they will develop technique whilst training for competition. They are still developing their stroke performance and understanding their potential in the water.

### The outline for the programme is likely to be:

- 4 hours of training in the pool
- 1.5hrs of strength and conditioning
- Competition opportunities as part of the club and school
- Club membership



## Intermediate Squad

The Intermediate Squad allows for swimmers who are early in their performance pathway. They may be competing at Graded Meets and/or District Events. The squad provides the opportunity to train regularly, enhance their technique, compete and discover their talents in the pool.

### The outline for the programme is likely to be:

- 7 hours of training in the pool
- 2.25 hours of strength and conditioning
- 1:1 individual support
- 1:1 Swimmer development meetings
- Competition opportunities as part of the club and school



## Top Squad

The Top Squad is designed to support our top swimmers, to provide a pathway for Scottish National Age Group Events and Regional Squad Swimmers. The swimmers will be committed to a performance pathway and will have their swimming as their number one sport.

### The outline for the programme is likely to be:

- 12 hours of training in the pool
- 1:1 individual support
- 1:1 Swimmer development meetings
- Small swimmer to coach ratios
- Competition opportunities as part of the club and school
- 3.5 hours of strength and conditioning
- Individual swimming reports provided



## Working in Partnership with Michael Jamieson Swim Academy

"As an Olympic and Commonwealth medallist, I know success is hard earned. Ferocious work, dedication and sacrifice does not just come from the individual, but from their family too. Memories of being bundled into car at 4:45am live fresh in my mind. I am delighted to be in partnership with Hamilton College Swimming to support this offering. This programme will be the envy of all clubs as it will save families precious time whilst being the best blend of coaching and education in Scotland."

Come and see us -  
**Join our Team!**



If you would like to register to be part of Hamilton College Swimming, please complete an application form by visiting **[www.hamiltoncollegeswimming.co.uk](http://www.hamiltoncollegeswimming.co.uk)** or scanning this QR Code.