



## University of Bath Swimming

### Introduction to the Programme:

Welcome to the University of Bath Swimming Team. You are interested in or joining a team that has produced swimmers who have competed successfully at the highest level whilst, at the same time, gained a degree from a world-class university which prides itself on academic quality and supporting students successfully into employment upon graduation. The University programme has had swimmers medal at World, World University Games (second largest multi-sport event after the Olympics), European and Commonwealth Games, and compete successfully at Olympic Games.

The aim for our performance programme is to compete at senior national and international level, while balancing this with the successful completion of a degree and graduating university having had a great experience and being a rounded and well-balanced person.

The average grade a swimmer from the performance programme comes out with is a 2:1 with honours, with an average of a 4% increase in performance over the 3 years. If you knew that now would you be happy? Is it possible to achieve more? Yes of course it is, that depends on you and how much you are willing to commit to your studies and swimming....

### Our staff:

Mark Skimming – Head Coach since 2008. Has coached swimmers that have medalled at World Championships, World University Games, Paralympics, Para World Championships, European Championships and Para European Championships, Commonwealth Games, and achieved multiple national titles. Placed swimmers on Olympic teams. In addition, performance swimming coach for Modern Pentathlon helping to achieve Olympic, World and European individual and team medals since 2007.

Dr Andrei Vorontsov – Assistant Coach since 2017. Former coach at Swedish National Centre 2012 to 2016, coaching multiple Olympic, World, European champions, medallists and record holders. Former Russian Head Coach 2008 to 2012, overseeing team success at European, World and Olympic level. Previous appointments working within British Swimming and English swimming coaching swimmers to international junior and senior success and mentoring coaches.

Martin Mosey – Assistant coach since 2015. With over 30 years of experience coaching and in swimming development. Working with GB junior and Youth teams over many years, including coaching over 20 individuals to GB junior level.

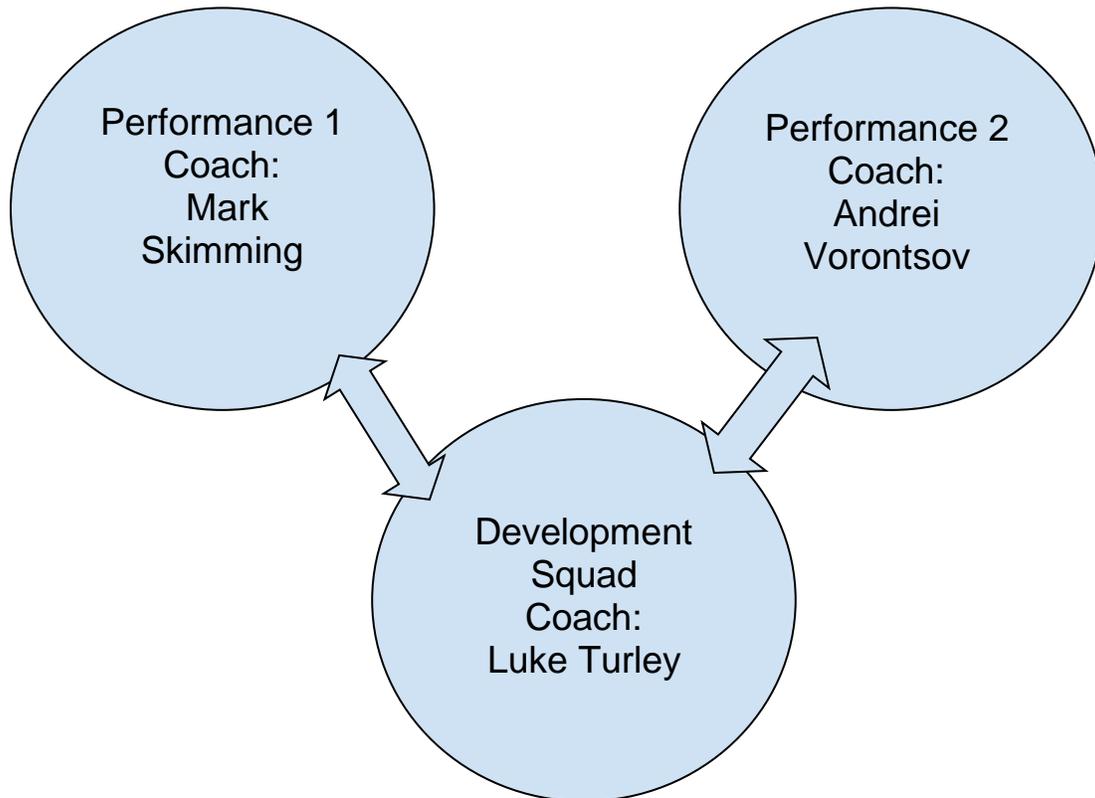
Julian Chamberlain-Cater – Physiotherapist. MSc in (Pre-reg) Physiotherapy. He joined the University in January 2024 having worked in professional cricket for 2 years with Essex County Cricket Club. Julian worked across the professional and academy game including current England and England U19 players. Julian also plays invitational rugby 7s for a professional team and travels across the UK, Europe, America and UAE playing tournaments.

Arthur Mills – Strength and Conditioning coach. BSc Sports Science & MSc Strength and Conditioning. Arthur has worked as Head of Athletic Development at Wellington School and Scarlets Rugby Academy Strength and Conditioning Coach. Arthur works with swimming, triathlon, netball, badminton and Premier League Referees for Team Bath.

To see our programme in action, view:

<https://www.teambath.com/sport/swimming/student-swimming/>

The University Swimming Club is made up of 3 squads:



In order to participate in the Performance squads, athletes must agree to the following requirements outlined below:

- a. Fully support and contribute to the University of Bath Swimming programme;
- b. Take responsibility for your own athletic development and performance, academic commitments and performance lifestyle;
- c. Make the required commitment to the appropriate squad;
- d. Always challenge yourself to be positive and continually raise your game;
- e. To be a valued member of the swimming team;
- f. Understand that being a part of the team is a privilege and not a right.

Not committing to meeting any of the above conditions may result in a swimmer being asked to leave the programme.



The Head Coach reserves the right to allocate people places on the team to swimmers who will contribute to the positive environment outlined above and will contribute to the overall goals of the programme

1. Swimmers Achieving Times:

- a. First-year swimmers will be offered a place on the team by achieving a qualifying time from 1<sup>st</sup> July 2024 until 1<sup>st</sup> September 2025 (see table below)
- b. Returning swimmers will be offered a place on the team based on achievement of times in the table, previous year's attendance and attitude.
- c. The Head Coach reserves the right to accept a limited number of full-time athletes who are not students. The minimum standard required is a British Championship finalist, or equivalent time for international swimmers with a chance to qualify for international teams (the cost for full-time athletes is £75 per month for alumni, £100 per month for non-alumni).

2. The squads will not run above a capacity of 28 (14 in each group). There is no requirement for the squads to be at capacity, however if swimmers show desire and commitment then point 3 below can apply to being part of the squads.

- a. Swimmers achieving Pre-Elite Tier 1 times will be guaranteed entry into the squads.
- b. Swimmers achieving Pre-Elite Tier 2 times will be ranked if there is a danger of reaching capacity.

3. Swimmers Not Achieving Qualification Times:

Where there are spaces available squads will be filled on the below criteria:

- a. Times closest to the qualifying times in the period 1<sup>st</sup> July 2024 until 1<sup>st</sup> September 2025;
- b. Swimmers who show commitment and talent to meet the qualification times in the next 12 months.

4. Para swimmers

Para swimmers in classes S7 to S14 will be considered for a place in the programme based on:

- a. Their ability to train within an able-bodied squad;
- b. A British Disability Points score at least 800 in a Paralympic event between 1<sup>st</sup> July 2024 and 1<sup>st</sup> September 2025.

5. General Conditions:

All selections are subject to available places on the team and where necessary will be prioritised at the discretion of the Head Coach in conjunction with the coaching team.

Qualification Times for Performance squads 2025/2026

Male		2025	Female	
Student Performance Sport Offer Scheme / Pre-Elite Tier 1	Squad Entry Times / Pre Elite Tier 2	Events	Squad Entry Times / Pre Elite Tier 2	Student Performance Sport Offer Scheme / Pre-Elite Tier 1
00:23.16	00:23.55	50 Freestyle	00:26.59	00:26.42
00:50.57	00:52.77	100 Freestyle	00:58.23	00:56.78
01:52.31	01:54.87	200 Freestyle	02:07.09	02:02.37
04:00.20	04:07.85	400 Freestyle	04:25.09	04:22.75
08:25.00	08:29.19	800 Freestyle	09:05.99	08:55.94
16:10.17	16:20.98	1500 Freestyle	17:16.68	17:11.11
00:26.01	00:26.21	50 Backstroke	00:29.89	00:29.59
00:56.08	00:58.11	100 Backstroke	01:04.56	01:03.39
02:03.04	02:06.05	200 Backstroke	02:18.68	02:16.06
00:28.69	00:28.88	50 Breaststroke	00:32.45	00:32.28
01:03.17	01:04.06	100 Breaststroke	01:12.22	01:10.00
02:17.93	02:21.32	200 Breaststroke	02:34.91	02:31.79
00:24.65	00:24.79	50 Butterfly	00:27.51	00:27.42
00:54.58	00:55.69	100 Butterfly	01:02.48	01:00.75
02:04.27	02:05.78	200 Butterfly	02:17.18	02:15.87
02:05.02	02:08.39	200 IM	02:22.04	02:21.02
04:31.56	04:33.11	400 IM	05:03.08	05:00.34



**University Performance Squads:**

Performance 1: Targets 50m – 100m events led by Mark Skimming 8 swim sessions & 3 gym sessions per week

Performance 2: Targets 100m – open water events led by Andrei Vorontsov 9 swim sessions & 2 gym sessions per week

Within the performance squads there are two levels of support service, Pre-Elite Tier 1 & Pre-Elite Tier 2. These are described in the below table:

	Pre-Elite Tier 1	Pre-Elite Tier 2
S & C	<p>Sport specific coaching sessions.</p> <p>Access to Performance drop-in sessions.</p> <p>TeamBuildr programming app access</p> <p>Regular group testing and monitoring.</p> <p>Identified training environment and competition support</p>	<p>Sport specific coaching sessions (Access limited by numbers).</p> <p>Access to tier 2 drop-in sessions.</p> <p>TeamBuildr programming app access</p> <p>Testing and monitoring twice or three times per year.</p> <p>General training environment support.</p>
Physiotherapy	<p>Priority access to full injury management, and injury prevention delivery by the physiotherapy team.</p> <p>Sport specific screening/profiling, in line with sports NGB where able.</p> <p>Identified training environment and competition support.</p> <p>Education - Delivered through group workshops.</p>	<p>Access to an injury <b>'triage clinic'</b> delivered by the physiotherapy team.</p> <p>Facilitated injury management via the <b>external referral pathway.</b></p> <p>Annual screening/profiling</p> <p>General training environment support</p> <p>Education - Delivered through group workshops.</p>

Massage	<p>Access to recovery clinics</p> <p>Hands on massage therapy.</p> <p>Education on, recovery, massage principles and development of self- massage technique</p> <p>Hydro pool access</p>	<p>Access to recovery clinics</p> <p>Access to student clinics</p> <p>Education on, recovery, massage principles and development of self-massage technique</p> <p>Hydro pool access.</p>
Nutrition	<p>Tailored nutritional strategies focused on peaking and recovering from competition.</p> <p>∅ Currently only available for TASS athletes</p> <p>General education - Delivered through group workshops.</p>	<p>General education - Delivered through group workshops.</p>
Lifestyle	<p>Regular 1-to-1s to monitor wellbeing and progress.</p> <p>Larger Group/Sport Specific/Age Specific Workshop</p>	<p>Resources available on request</p>
Psychology	<p>1-2-1 support package</p> <p>∅ Currently only available for TASS</p> <p>Targeted small group sessions (3 sessions package with topic-based content)</p> <p>∅ Currently only available for TASS</p>	<p>Resources available on request</p>
Physiology	<p>Lab testing slots dependant on need/availability</p> <p>Non lab testing dependant on need/ availability.</p> <p>Monitoring of key sessions</p>	<p>Resources available on request</p>

There will be racing throughout the year: BUCS Championships long and short course, International meets (outside UK), open meets in UK with targeted meets in December, April and the end of July

**Training Fee:** Each performance squad member will contribute £200 per annum towards coaching, this is to be paid at the start of each year.



### **Expectations:**

In order to achieve the aim of being able to compete at Senior National and International level, consistency is the key. The expectations of each squad member towards this aim is;

- A minimum of 75% attendance at training
- Attendance at all meets identified by the squad coach
- Effective communication between the swimmer and the coaches
- Commitment to complete the season based in Bath - September until the summer meet

Allocation to training groups may change year on year in order to deliver the best for the programme and swimmers.

### **University Development Squad:**

The program is underpinned through support from the University in the provision of facilities and resources to provide;

- 7 swimming sessions per week (mainly lunch times)
- All the sessions are coached by Luke Turley, with support from the Head Coach
- Racing opportunities throughout the year at various levels
- Ability to move up squads if dedication and talent are shown
- £30 for club membership and training access through the year
- Train as often as you like when you can make it with catering to both performance and social swimmers alike

### **Useful information:**

**Applying:** The University of Bath is a highly ranked academic University, which requires a strong grade profile in order to be considered. In order for you to achieve both academically and within swimming you need to be able to strive for success and not be placed in a situation where you may struggle. You will need to apply through UCAS for your chosen course. Once you have completed that please email me to let me know you have applied providing your UCAS number. This will enable me to enquire with central admissions at Bath to your progress. All applications are managed through central admissions, so you should communicate with them directly about any information you may require with the process.



**Offers:** once you have submitted your application you will have to wait for an offer from the University. There can be a wait for this whilst all applications are processed but you will receive notifications from central admissions on the process and likely timeframes. Once you have been made an offer it is your choice to make between the universities you have applied for.

### **Things to consider:**

While I would like to say come to Bath, as it is the best thing for you, I would suggest you think about several things to make sure the whole environment is right for you:

- Is the degree programme the right course for you?
- Does the course interest you and provide you with the things you want to graduate University with?
- Is Bath the place you would like to live?
- Do you like the atmosphere of the University, City, and Swimming Team?
- Do you have a good feel for the swimming at the University?
- Can you see yourself working with the coaches, enjoying the swimming and succeeding in your swimming?

### **Accommodation:**

Bath does not offer any specific swimming team accommodation. I would suggest you request a quiet room on campus when you book your accommodation. If on campus, this means you are a maximum of a 10-minute slow walk away from the pool. Make sure once you have your University offer you know when accommodation booking is opening, so you can submit your request early. These can go very FAST so be organised.

As students may not have accommodation until arrivals weekend, we ask for you to train with your home club prior to arrivals week and you arrive in reasonable condition for training. The swimming programme runs from September until August each year, during holidays your accommodation is yours to stay in, first years can extend their stay in campus accommodation until the summer championships. Therefore, swimmers can stay and consistently train without having to chop and change programmes throughout the year. I would advise you to start to look for accommodation for your second year around the end of November/ beginning of December, in order to secure your preference of accommodation, who you live with is your choice. You can arrange some accommodation contracts to start in July, which obviously you pay through the summer, but it means you have a house to leave things in over the summer. In the second year we will commence training from the start of September, which you will be expected to attend.

### **Travelling to campus:**

In your second year once you live off campus or if you are off campus in your first year, you will need to get to campus for morning training. The U1 Bus runs a 24-hour service in term times, therefore when thinking about accommodation being on this bus route will be very helpful. Other ways to arrive at campus are walking, cycling, some people have scooters or motorbikes, and a few have cars. While students are not allowed cars on campus if you are an international athlete on funding, we can access a very small number of car park passes between the swimmers, to allow people to get to campus.



Additional Costs to training fees:

**ASA registration:** we encourage you to stay a member of your home club and swim for them in the Arena league, therefore you will need to register with Bath for Swim England, but not pay anything. If you resign from your home club and we are your longest serving club, you will be required to pay Swim England fees of £42.

**Students Union Sports Club membership:** £30 to be part of the Students Union plus £10 for the swimming club

<https://www.thesubath.com/sport/costofsport/>

**BUCS Fee:** £85.00 (subject to change) pays for entries in BUCS competitions, travel to all BUCS competitions, subsidises accommodation at BUCS competitions payable through SU Sport

**Competition fees:** you pay your own entries and accommodation at open meets and nationals

**Kit:** All Swimmers are required to have a minimum of a t-shirt, hoodie/performance top, some form of bottoms. However please think about volume of kit when representing the university 1 t-shirt will not last a 6 day meet

[https://university-of-bath.surridgesport.com/en/swimming?sortOrder=sort\\_order-asc](https://university-of-bath.surridgesport.com/en/swimming?sortOrder=sort_order-asc)

### **Scholarships:**

I would encourage all swimmers of a British Championship level to apply for a scholarship each year.

<http://www.teambath.com/t-d/scholarships/>

There is a University of Bath Scholarship Panel that decides on the scholarships annually from all the applications across all sports.

### **Student Performance Sport Offer Scheme:**

This scheme allows potential students to apply for a 1 grade reduction based on their level of swimming. In order to apply please see the link below:

<https://www.teambath.com/athlete-zone/student-performance-sport-offer-scheme/>

Please read the sports scholarship information sheet.

If you have any questions regarding this letter or have any more questions, I would encourage you to email me, I will be happy to answer any questions.

**Kind Regards**

**Mark Skimming**

[adsmaas@bath.ac.uk](mailto:adsmaas@bath.ac.uk)