

## 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.

## Highlights from 2019-20

- National Arena League - achieved second place and had the youngest team in the final
- Athletes represented Millfield domestically at Winter Nationals, County, Regional, British Championships and British Summer Championships
- International representatives at World Championships, World Juniors and European Youth Juniors

## 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), Dimitriou Tsaliagkos (Greece)

**Director of Swimming:** Euan Dale  
**Director of Prep School Swimming:** Helen Gouldby  
**Coaches:** Rachel Aldington, James Clarke, Matt Puddy, Arthur Lawlor, Dan Waddingham, Holly Gunner, Emma Heaton & Maria Jones





## 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 2019-20

- 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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