

Why try Swimming?

Swimming at Millfield Prep School provides opportunity to develop excellent skills and techniques from an early age, this is the start of their long journey and we pride ourselves on preparing pupils by setting great foundations for that onward journey.



Who can do it?

The Millfield Prep School Swimming Programme caters for pupils from Pre-Prep, through to Year 8. Our swim programme caters for fitness swimmers, through to county, national and international level. The pupils have an individual sports programme, which can include swimming alongside, music, team sports and activities. We encourage our swimmers to take part in other sports and clubs throughout the school year, as there are many physical as well as pastoral cross-training benefits.

Highlights 2020-21

- Three swimmers on the England National Pathway, six swimmers on the South West Regional Pathway and six swimmers on the Somerset County pathway.
- 2019/20 Somerset County Championships saw 379 personal bests with a PB percentage of 89% with 43 golds, 31 silvers and 40 bronzes. Millfield Prep also retained the status as top junior club in Somerset.
- Second place in the Arena League National Club Final 2019/20.
- ESSA National Relay Championships 2019/20, boys won the 4x50m Freestyle Relay and placed second in the Medley Relay. The girls placed third in the 4x50m Medley relay.



Director of Prep School Swimming: Helen Gouldby
Director of Swimming: Euan Dale
Coaches: Maria Jones



MILLFIELD
PREP SCHOOL



High performance

Our ten 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 an extensive training program covering all aspects of performance for all events. The program offers up to ten swimming sessions per week alongside individually tailored athletic development sessions. The program utilizes the expertise available at Millfield to provide performance lifestyle advice in; nutrition, psychology, recovery and wellbeing. Within this productive and supportive culture pupils can thrive in a happy and healthy environment.

Prep success stories

- Evan Jones has been selected onto the Scottish Youth team.
- Solomon Williams has been selected for the Swim Wales National Programme.
- James Guy, past pupil has been selected for the Tokyo Olympics. James has achieved the following: England Commonwealth Gold and Bronze medals, 2014. British record holder 200/400 free. World Champion 200m free and relay 4x 200m free. World silver medal 400m free. Rio Olympics silver medals 4x200m free and 4x100m medley relay.