

# SAILING

DISCOVER BRILLIANCE

## HEAD OF SAILING

Paul Williams

Email - [williams.p@millfieldschool.com](mailto:williams.p@millfieldschool.com)



## THE PROGRAMME

Millfield's Sailing programme is based at Chew Valley Lake Sailing Club and is focused on team racing. The school's fleet of Firefly dinghies enable students to train for and regularly compete in inter-school team racing, as well as BSDRA Regional and National events. Sailors at Millfield are able to get on the water twice per week on Wednesdays and Saturdays, as well as access to weekly strength and conditioning training sessions with Millfield's expert S&C coaches. On land, sailing theory sessions are also regularly incorporated to best equip students once they are on the water.



## SUCCESS STORIES

Year 11 Maia

Millfield sailor Maia was selected to compete for Great Britain at the European Sailing Championships in April 2023 following a series of ranking events. Maia is the youngest girl on the GB team which is composed of the top six girls in the country. Maia has been selected by the Royal Yachting Association to join the Olympic Pathway training.



BE AUTHENTIC BE BRILLIANT BE CURIOUS BE DISRUPTORS BE KIND



MILLFIELD