

# BRANKSOME HALL ASIA SWIMMING



## LEAD WITH EXCELLENCE

# LET'S MAKE WAVES TOGETHER!



## WHY BRANKSOME HALL ASIA?

At Branksome Hall Asia, education is a thrilling journey. Student athletes here not only acquire knowledge but also flourish. Every day presents stimulating opportunities both in and out of the classroom that nurture a true passion for learning, helping to develop student athletes into the confident leaders they are meant to be.

BHA student athletes truly shine when they learn by doing—and they really enjoy it! They're given the freedom to shape their own learning experiences. This approach not only keeps the standards high but also inspires them to explore the "why" and "how" behind what they're doing, rather than merely aiming for the correct answer.



I SWIM AT BHA BECAUSE I LIKE HOW THE COACHES IN OUR SWIM TEAM REALLY PUT IN THE EFFORT TO HELP US IMPROVE. SWIMMING IS ONE OF MY FAVORITE SPORTS, SO I'M REALLY MOTIVATED TO GET BETTER, AND THE COACHES HERE TRY THEIR BEST TO HELP US DO THAT.

**HYUNSEO KIM, MS  
CLASS OF 2028**

# SWIM MISSION

AT BRANKSOME HALL ASIA, OUR SWIMMING PROGRAM IS DEDICATED TO DEVELOPING SWIMMERS OF ALL LEVELS IN A SAFE, SUPPORTIVE, AND DYNAMIC ENVIRONMENT. SAFETY AND SKILL DEVELOPMENT ARE AT THE CORE OF WHAT WE DO, EMPOWERING STUDENTS WITH THE CONFIDENCE AND ABILITY TO EXCEL BOTH IN THE POOL AND BEYOND.

## Goals of the Program

- To encourage and cultivate good citizenship and sportsmanship in swimming through our Core Values.
- To create and offer opportunities for learning, enjoyment, and active involvement in the sport of swimming.
- To blend academics with swimming, ensuring all participants gain from both areas.
- To promote fairness and equal opportunity for everyone to participate in our swimming community.
- Deliver guidance and leadership aimed at maximizing the athletic potential of every player in a positive and enjoyable environment, while fostering personal growth through team development both in and out of the water.
- Equip our student-athletes with the physical, mental, and emotional skills necessary to excel and perform at their highest level.
- Ensure qualified adult leadership.



# #GOBEARS

## BHA MISSION STATEMENT

AT BRANKSOME HALL ASIA WE CHALLENGE AND INSPIRE STUDENTS TO LOVE LEARNING AND TO SHAPE A BETTER WORLD.



PROGRAM EST. 2015



3X KISAC HIGH SCHOOL GIRLS CHAMPIONS

3X KISAC MIDDLE SCHOOL GIRLS CHAMPIONS

3X GEC JS BOYS & GIRLS CHAMPIONS



INTERNATIONAL COMPETITIONS

- BISP SEA EAGLES ANNUAL MEET PHUKET, THAILAND

# COACHING STAFF



**DAEIL KIM**  
**AQUATICS COORDINATOR &**  
**HEAD COACH**



**KARA ANDERSON**  
**SKILL DEVELOPMENTAL &**  
**JS HEAD COACH**



**STEPHANIE ORCINO**  
**SKILL DEVELOPMENTAL &**  
**MS/SS COACH**



**CAMILE DIONNE-WEST**  
**FITNESS TRAINER & LIFEGUARD**



**HEEYOUNG SONG**  
**LIFEGUARD & JS COACH**

**PROUDLY SWIMMING AFFILIATED WITH:**



# BHA OLYMPIC SIZE SWIMMING POOL

Branksome Hall Asia features an Olympic-sized swimming pool with 10 lanes, designed for both competitive and recreational use. The pool has a depth ranging from 1.30 meters to 1.60 meters, making it suitable for various swimming activities. The water temperature is maintained between 29°C to 31°C, providing a comfortable environment for swimmers year-round. Whether for training, lessons, or leisure swimming, this facility meets high standards for aquatic programs.

The facility includes 20 showers and cubbies for both girls and boys, providing convenience and privacy for all swimmers.

In addition to its regular swimming programs, Branksome Hall Asia annually hosts KISAC events, making it a vibrant hub for aquatic competitions. The pool area is equipped with bleachers for spectators, and the air temperature is kept at a comfortable 30°C, ensuring a pleasant environment for both swimmers and viewers alike. This state-of-the-art facility is designed to promote swimming excellence and a healthy lifestyle for all.





# INTERNATIONAL OPPORTUNITIES

- KASS - KOREA AGE SPECIFIC SWIM SERIES
  - ONLY JEJU SCHOOL APART OF SERIES
- BISP SEA EAGLES INVITATIONAL SWIM MEET
  - PHUKET, THAILAND

# SKILL DEVELOPMENTAL

- SWIM ACADEMY REGULAR TRAINING
  - EACH PROGRAM IN THE WATER DAILY
- STROKE DEVELOPMENT
  - 2X PER WEEK CORRECTION & ENDURANCE
- STRENGTH & CONDITIONING
  - 5X PER WEEK

# YEARLY CAMPS

- SPRING & SUMMER WEEK LONG CAMPS

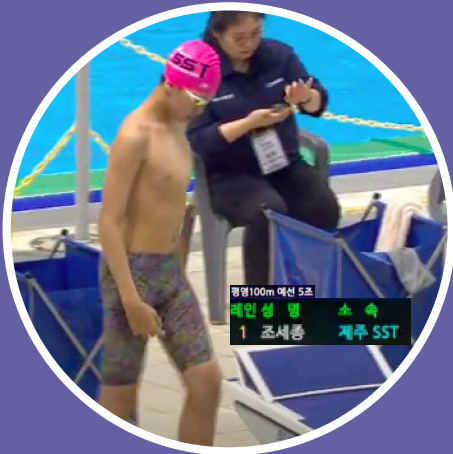


I JOINED BHA SWIM ACADEMY BECAUSE I WANTED TO BE PART OF OUR SCHOOL SWIMMING TEAM AND LEARN NEW TECHNIQUES. I ALSO WANTED TO GAIN EXPERIENCE BY COMPETING MORE FREQUENTLY, BOTH ON THE MAINLAND AND AT INTERNATIONAL EVENTS.

YUBEEN LEE, (JS)  
CLASS OF 2025



# SUCCESS BEYOND THE SPORT



**SEJONG GERRARD CHO  
(MS)**

BRANKSOME HALL ASIA OFFERS AN EXCEPTIONAL ENVIRONMENT THAT COMBINES ACADEMIC EXCELLENCE WITH GOOD ATHLETIC FACILITIES, FOSTERING A HOLISTIC APPROACH TO PERSONAL GROWTH. SWIMMING AT BRANKSOME HALL ASIA PROVIDES ACCESS TO TOP-TIER COACHING, GREAT FACILITY POOLS, AND A SUPPORTIVE COMMUNITY THAT ENCOURAGES STUDENTS TO PUSH THEIR LIMITS AND ACHIEVE THEIR GOAL.



**HYOSUNG RYAN CHO  
(JS)**

THE BENEFIT IS THAT I CAN CONNECT WITH MY FRIENDS, AS WELL AS SENIORS AND JUNIORS FROM DIFFERENT GRADES. PARTICIPATING IN OVERSEAS GAMES ALLOWS ME TO WITNESS INCREDIBLE SWIMMERS AND MAKE MANY NEW FRIENDS, RATHER THAN ONLY COMPETING IN EVENTS CONFINED TO JEJU AND KOREA. I BELIEVE THIS EXPERIENCE WILL INSPIRE ME WITH THE CONFIDENCE TO EXPLORE THE BROADER WORLD.



**SIYEON VIVIANA KIM  
(MS)**

SWIMMING AT BHA OFFERS A COMBINATION OF A SUPPORTIVE ENVIRONMENT, EXPERT COACHING, AND EXCEPTIONAL FACILITIES THAT HELP ME REACH MY FULL POTENTIAL. REPRESENTING BHA AS AN ACADEMY MEMBER IS NOT JUST ABOUT COMPETING—IT PROVIDES VARIOUS OPPORTUNITIES TO PUSH MY LIMITS, BUILD TEAMWORK, AND GROW BOTH AS AN ATHLETE AND AN INDIVIDUAL.



I AM PASSIONATE ABOUT SWIMMING AND I BELIEVE THIS WOULD BE A GREAT OPPORTUNITY TO WORK WITH YOUNGER STUDENTS AND MAKE THE LEARNING EXPERIENCE FUN FOR EVERYONE.

HYUNBI KIM, CLASS OF 2029  
DEVELOPMENTAL SWIMMING CASE



# FREQUENTLY ASKED QUESTIONS

- WHAT AGE GROUPS DO YOU OFFER FOR SWIM TEAMS?
  - WE OFFER FROM GRADE 2-5 (JS), GRADE 6-10 (MS) GRADE 11-12( HS)
- HOW OFTEN DOES EACH TEAM PRACTICE PER WEEK?
  - WE OFFER 5 TIMES PER WEEK FOR 1.5-2 HOURS EACH SESSION. WITH THE ADDITIONAL WEDNESDAY MORNING SESSION.
- HOW MANY TOURNAMENTS/ MEETS PER YEAR?
  - WE HAVE MANY OPPORTUNITIES FOR MEETS THROUGHOUT THE YEAR.
  - 4-5X GEC SWIM MEET AND ANNUAL KISAC CHAMPIONSHIP TOURNAMENT
  - 2-3X INTERNATIONAL / MAINLAND COMPETITION
- DO YOU OFFER A LEARN TO SWIM PROGRAM?
  - YES! WE ARE DEVELOPING SWIMMERS THROUGH OUR STROKE DEVELOPMENT FROM JUNIOR - HIGH SCHOOL TO DEVELOP A FOUNDATION FOR COMPETITIVE SWIMMING THAT RUNS EVERY TUESDAY & THURSDAY 3:30 - 4:30PM.
  - ALL STUDENTS FROM JKP TO GRADE 9 PARTICIPATE IN SWIMMING AS PART OF THEIR REGULAR PE PROGRAM.
- HOW OFTEN DO YOU HAVE SWIMMING TRYOUTS?
  - WE HAVE TRYOUTS FROM TERM 1 TO TERM 3.
- HOW DO YOU DIFFERENTIATE FAST SWIMMERS WITHIN THE TEAM?
  - SWIM ACADEMY IS DIVIDED INTO FOUR GROUPS BASED ON THEIR CAPABILITIES.
- WHAT SHOULD I BRING TO PRACTICE?
  - YOU SHOULD BRING A SWIMSUIT, GOGGLES, A SWIM CAP (IF YOU HAVE LONG HAIR), AND A WATER BOTTLE TO STAY HYDRATED.
- WHAT IS THE TEAM CULTURE LIKE?
  - OUR TEAM CULTURE IS BUILT ON ENCOURAGEMENT, TEAMWORK, AND RESPECT. WE STRIVE TO CREATE AN INCLUSIVE ENVIRONMENT WHERE EVERYONE FEELS WELCOMED AND MOTIVATED TO IMPROVE.
- WHERE CAN I GET ADDITIONAL INFORMATION ABOUT THE SWIM PROGRAM?
  - DAEIL KIM
  - AQUATICS COORDINATOR
  - DAEILKIM@BRANKSOME.ASIA



WE CHOSE SWIMMING AT BHA BECAUSE IT PROVIDES A SENSE OF BELONGING TO THE BRANKSOME HALL COMMUNITY AND HELPS STRENGTHEN TEAMWORK WITHIN THE TEAM. THROUGH REGULAR TRAINING, MY CHILD HAS SIGNIFICANTLY IMPROVED THEIR PHYSICAL FITNESS AND SWIMMING SKILLS. PARTICIPATING IN COMPETITIONS HAS ALSO GIVEN THEM VALUABLE NEW EXPERIENCES AND OPPORTUNITIES TO CREATE CHERISHED MEMORIES WITH TEAMMATES.

**SOOKYEONG LEE**  
**JS PARENT**



# LEAD WITH EXCELLENCE



**BRANKSOME.ASIA**



**ADMISSIONS@BRANKSOME.ASIA**



**@BRANKSOME\_HALL\_ASIA**



**WWW.FACEBOOK.COM/BRANKSOMEHALLASIA**



**HTTPS://BLOG.NAVER.COM/BHA\_JEJU**



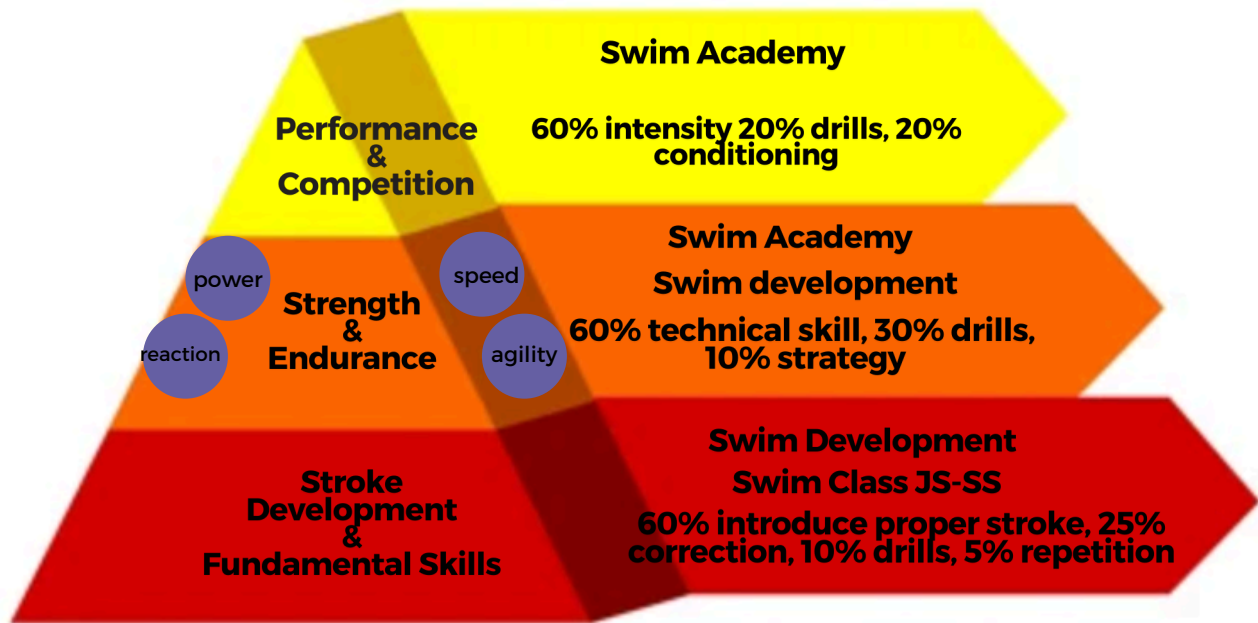
**WWW.YOUTUBE.COM/@BRANKSOMEHALLASIA**

**PROUDLY ACADEMICALLY AFFILIATED WITH:**



# IF YOU HAVE A LANE, YOU HAVE A CHANCE.

## Development Guidelines



## Swim Academy Classification

**TEAM A**  
FOCUSES ON STROKE TECHNIQUES WHILE INCORPORATING RACE STRATEGIES AS MEMBERS ENGAGE IN MORE FREQUENT COMPETITIONS. THEIR PRACTICES COVER ALL RACING STROKES AND DISTANCES, WITH TYPICAL SESSIONS RANGING. EMPHASIZING INTERVALS AND UNDERSTANDING THE PACE CLOCK.

**TEAM B**  
EMPHASIZES BUILDING ENDURANCE AND REFINING STROKE TECHNIQUES WHILE PROVIDING SWIMMERS WITH MORE EXPERIENCE IN PACING AND RACE PREPARATION. PRACTICES ARE STRUCTURED FOR MID-DISTANCE SETS, INTRODUCING BASIC RACE STRATEGIES AND ALL FOUR STROKES.

**TEAM C**  
AIMS TO ENHANCE SWIMMERS' SKILLS BY INTRODUCING ADVANCED RACE STRATEGIES, BOOSTING INTERVAL TRAINING, AND INCREASING DISTANCE CAPACITY WITH A FOCUS ON SPEED AND ENDURANCE IN PREPARATION FOR COMPETITIONS. PRACTICES INVOLVE RACE-SPECIFIC DRILLS FOR EVENTS LIKE THE 200M FREESTYLE AND 200M IM.

**TEAM D**  
SERVES AS AN ENTRY-LEVEL COMPETITIVE GROUP, HELPING SWIMMERS BECOME PROFICIENT IN THE FOUR STROKES WHILE FOCUSING ON STROKE TECHNIQUE AND ENDURANCE DEVELOPMENT. ENCOURAGING EXCITEMENT ABOUT RACING AND ENSURING SWIMMERS CAN COMPLETE A 50M SWIM OF EACH STROKE.