



Bradford  
Grammar  
School

# Competitive Swimming Programmes

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## What is on offer?

BGS is excited to be able to offer the swimming club experience 'in-house'. Using our on-site six lane 25m pool, qualified professional coaches offer a quality training experience and opportunities to race at local, regional and national level licensed competitions.

Training is centralised and tailored to improve quality of life for students and their families by eliminating extra journeys before and after school.

For those grinding through increased loads of training for higher performance, our later morning training 6:30am start times offer the additional sleep and recovery that many clubs are unable to offer, and being able to dive in within 15 minutes of the end of the school day, provides swimmers and their families flexibility in the evening.

## Why us?

- Does your child swim in a club?
- Do they train late and finish even later?
- Tired of travelling to and from training?
- Are they coached by amateur volunteer coaches?
- Finding it tricky to balance their extra- curricular activities and academics?

If you answered 'yes' to any of these, Bradford Grammar School (BGS) has an exciting opportunity that you may be interested in.

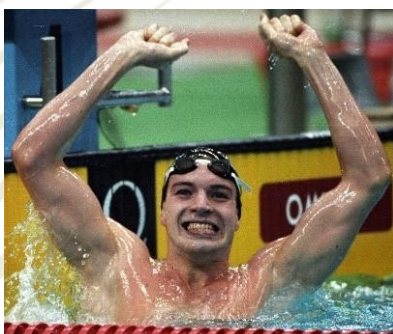
## Why you should keep reading

BGS has been home to many performance level swimmers including Adrian Moorhouse, the Brownlee brothers, Sian Morgan, Ciara Schlosshan, Rebecca Clynes, and more recently Leah Schlosshan, who represented Great Britain and medaled at the European Junior Championships in Rome, 2022 and Belgrade 2023.

Each athlete endured tough training regimes within local swimming clubs to achieve this status, which when combined with high academic expectations and time- consuming logistics, laid upon them significant pressure.

What if there had been a different way? A way that capitalised on the resources available to them, that centralised their needs and that found an equilibrium between their sporting, academic, family and social lives.

BGS holds the key. Here's why.



# What will it look like?

There are four packages that we have called 'Tiers'. Each Tier has a different focus

## TIER 1

Tier 1 is designed for those aspiring to compete and succeed in County, Regional and National level competitions. Coaches aim to develop physical and mental characteristics by optimising stroke mechanics, honing race skills, and mastering race strategy and tactics.

For a competitive fee of £325\*\* per term, (approximately £81.25 pm) swimmers receive:

- 16+ hours coached training time\*
- 1-2 hours of athletic development
- Swim England Affiliation
- Membership fee
- Selection for school fixtures

The minimum standard for eligibility to the Tier 1 package is:

- Swim 1100m in 20 minutes
- Competently complete a 200m Individual Medley

\*Although 16 hours are available, a student's age, maturity, current health, and long-term goals will determine the volume of training needed for each athlete, agreed with the coaching team. Entry into competition will be charged separately.

Day	Before School	After School
Monday		4:15 – 6:15pm*
Tuesday	6:15 – 8:30am	
Wednesday	6:15 – 8:30am	4:15 – 6:15pm
Thursday		4:15 – 6:15pm
Friday	6:15 – 8:30am	4:15 – 6:15pm
Saturday	6:15 – 9:45am	

\*Subject to School fixtures, this session may move to a Monday morning 6:15 – 8:30am

## TIER 2

Tier 2 caters for those who may be looking to complement their high-performance endurance or aerobic capacity in other sports and disciplines or increase their fitness with more sessions and more flexibility. Coaches seek to improve technique across all four strokes to develop speed and efficiency, over increasingly challenging distances. The cost of this level is £275\*\* per term, (£68.75 pm), which includes:

- 10 hours coached training time
- 1-2 hours of athletic development
- Option to compete in local and regional competition (for a nominal additional fee)
- Selection for school fixtures

The minimum standard for eligibility to the Tier 2 package is:

- Swim 900m in 20 minutes
- Be competent in backstroke, breaststroke and front crawl

Day	Before School	After School
Monday		4:15 – 6:15pm*
Tuesday	6:15 – 8:30am	
Thursday		4:15 – 6:15pm
Friday	6:15 – 8:30am	
Saturday	6:15 – 9:45am	

\*Subject to School fixtures, this session may move to a Monday morning 6:15 – 8:30am

## TIER 3

Tier 3 caters for those wishing to maintain a balance between swimming and a second or third sport. It is available to all year groups in Senior School. Coaches develop technique and skills for efficiency, across all four strokes. The cost of this level is £225\*\* per term, (£56.25 pm), which includes:

- Up to 6 hours of coached swimming. (Must choose between Monday pm or Thursday pm on a termly basis)
- Selection for school fixtures
- Option to compete in local and regional competition (for a nominal additional fee)

Day	Before School	After School
Monday		*4:15 – 6:15pm
Tuesday	7:00 – 8:30am	
Thursday		*4:15 – 6:15pm
Saturday	6:45 – 9:00am	

\*Subject to School fixtures, this session may move to a Monday morning 6:15 – 8:30am

\*\*Price will be subject to review and change annually and is exclusive of VAT

# TIER 4

Tier 4 is the free co-curricular programme available to all year groups in Senior School. Coaches seek to develop technique and skills for efficiency, across all four strokes.

Swimmers can expect to receive:

- Up to 3 hours of coached swimming.
- Selection for school fixtures

Day	Before School	After School
Wednesday		4:15 – 5:45pm (Year 7 & 8 only)
Thursday	7:00 – 8:30am (Open to all years)	
Friday		4:15 – 5:45pm (Year 9+ only)

## “Take your marks...”

We are excited about what we can offer and what your child could achieve. If you are interested in joining Tier 1, 2 or 3, or have any questions following this introduction to 'BGS Aquatics' please get in touch with Mr Craig Robinson, Specialist Sports Coach: Swimming, at [cdr@bradfordgrammar.com](mailto:cdr@bradfordgrammar.com).



## Swimming mission

BGS Aquatics believes in championing a holistic style of nurturing successful academic athletes within a caring environment, based upon the traditional values of the School. Compassion, Opportunity, Determination, Excellence, and Service for ourselves and others, are the 'CODES' we live by. We nurture students into successful 'people' by providing them with opportunities to face and overcome adversity through quality coaching and independent decision making. We are passionate about delivering enthusiastic and inspiring training experiences at optimum times of the day, that enrich the academic, sporting and social lives of our swimmers. We strive to strike a 'life-to-work' balance that ensures the happiness of our student is fundamental in their success.



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