

Sheffield
Hallam
University

Active



Fulfil your
potential in
swimming



A Sheffield Hallam focus sport

Focus sports at Sheffield Hallam

Our focus sports strategy supports athletes through our high-quality programmes and local performance hubs. Sports are selected according to their status within British University and Colleges Sports (BUCS), their potential to succeed at the highest level, local and regional partnership opportunities, a high level of coaching, first class facilities and national governing body drivers.

Support for talented athletes

We support talented athletes playing focus sports through an upgraded level of support or our Performance Athlete Support Programme.

The upgraded level of support includes

- Team Hallam Ultimate membership
- access to sport and fitness facilities
- social sport sessions
- access to our strength and conditioning suite, programmes and testing
- physiotherapy screening, massage, prehab and reactive services

The Performance Athlete Support Programme gives you the flexibility to balance the requirements a degree with achieving your sporting potential. You receive a scholarship of up to £6,000, and a support package worth £2,500 which includes

- Team Hallam Ultimate membership (BUCS training, travel, insurance and coaching)
- unlimited access to our sport and fitness facilities and programmes
- free physiotherapy including screening, massage, prehab and reactive services
- sports psychology and lifestyle one-to-ones
- nutrition and anti-doping workshops and podcasts
- an online athlete monitoring platform

- financial assistance towards competing in BUCS competitions
- a commitment to academic flexibility to ensure you can train and compete
- a Performance Athlete squad kit

High-quality facilities

- **Ponds Forge International Sports Centre** – where all our swimmers train and compete. It contains an Olympic sized pool accommodating 25m and 50m, and the deepest diving pool in the UK.
- **Sheffield Hallam Active** – our extensive range of sport, health and fitness facilities, including a strength and conditioning suite used by professional athletes.
- **English Institute of Sport (EIS) Sheffield** – our official sport campus which is also home to Jessica Ennis-Hill and many other Team GB athletes.



Swimming

The swimming club competes in the British University and Colleges Sports Championships (BUCS) in the short course, long course and team championship competitions, all based at Ponds Forge International Sports Centre in Sheffield. The club has two teams which are currently in the championship and trophy competitions, and it has enjoyed many successes with individuals in the short and long course championships.

City of Sheffield Swimming Club

The university programme is partnered and integrated with the City of Sheffield Swim Club (COSS) – South Yorkshire's premier competitive club. Within their squads, international swimmers, national age/youth winners and finalists compete at county, district and national levels, including various open meets throughout the year.

COSS offers a world-class training environment that brings the best out in our swimmers, with the hope of leading to international success. A full training programme of water work, strength and conditioning and sport science is provided, backed up by British Swimming thanks to Sheffield's status as a Podium Club.



Rebecca Turner – BSc Sport and Exercise Science student, 2012 Olympian and two relay medal winner at the 2014 Commonwealth Games. Swims for City of Sheffield Swim Club. **Max Litchfield** – BSc Sport and Exercise Science student and 2014 Commonwealth Games qualifier. Swims for City of Sheffield Swim Club.

Weekly schedule

The club has four training groups dependant on ability, commitment and ambition.

- **Team Steel** – GB coach Russ Barber's Elite training group with a full-time training programme including 21 hours of pool time and eight hours of land training.
- **Hallam Steel** – a performance squad with nine hours of pool time and four hours of land training.
- **Hallam Swimming** – a club squad with five hours of pool time and up to four hours of land training.

There are also opportunities to coach through the University and the local school network. And with our bursaries – including qualifications in exchange for coaching hours – you might be able to qualify for free.

Expert coaching

The City of Sheffield Swim Club is led by GB senior coach Russ Barber who leads a dedicated group of full-time and part-time coaches. Over the past five years, the club has consistently been placed in the top five in Great Britain and has produced 15 GB internationals including an Olympian and a Paralympian. It is currently the top senior programme in Yorkshire. The COSS assistant and Team Hallam coach is Mike Taylor – the national age group coach who has worked with numerous Olympic and Commonwealth swimmers.

A close-up portrait of a young woman with reddish-brown hair tied back, smiling slightly. She is wearing a dark blue or black top with a maroon collar. The background is a plain, light grey.

Former swimmers and achievements

Several of the University's swimmers have gone on to compete for England. Most notable is Ellie Faulkner who studied BSc Sports Development and Coaching. Ellie joined the City of Sheffield Swim Club in 2001 when she was eight years old. She has specialised in the freestyle over 200m, 400m and 800m. Over the years she has picked up several medals in BUCS and was British Champion in 200m freestyle in 2013. Ellie also represented GB at 2012 Olympic Games and England at 2014 Commonwealth Games.

'I've competed for my country in two Commonwealth Games and the 2012 Olympics and I'm training for the next Olympics in Rio in 2016. Sheffield Hallam has supported me a great deal – I would never have been able to complete my degree without the help of my lecturers and the support staff. Being part of the performance scheme throughout my three years of studying has helped financially and brought more competition to my career through the BUCS Championships.'

**Ellie Faulkner, Team GB swimmer
and London 2012 Olympian
City of Sheffield**

Contact us to find out more

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Visit shu.ac.uk/sport/team/performance