



STRATHALLAN  
SCHOOL

Opportunities for *all* to excel



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Strathallan Swimming Academy

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“While I am unsure yet if my journey with (swimming) finishes here, I am grateful for everything swimming has given and taught me. It has made a major positive impact on my time at Strath.”

Oliver Spalding  
Captain of Swimming  
Class of 2022

## Swimming to success

Swimming is becoming one of the top sports within the UK, the profile of swimming is being raised and it's becoming more competitive.

Currently, Strathallan is the only Scottish Boarding School to offer a full swimming scholarship programme to day and boarding pupils.

There are no short cuts to becoming a great swimmer. Practice and commitment are the foundations of what it takes to excel in this sport.

Within the Swimming Academy you will receive expert guidance, encouragement & support to maximise your opportunities and realise your potential in the pool.

Elaine Johnston, Head of Academy



# 30+

National Age Group Finalists



# 3

European Youth Olympics



# 3

Commonwealth Youth Games



# 1

Olympian



## Testimonial

Elise Cosens



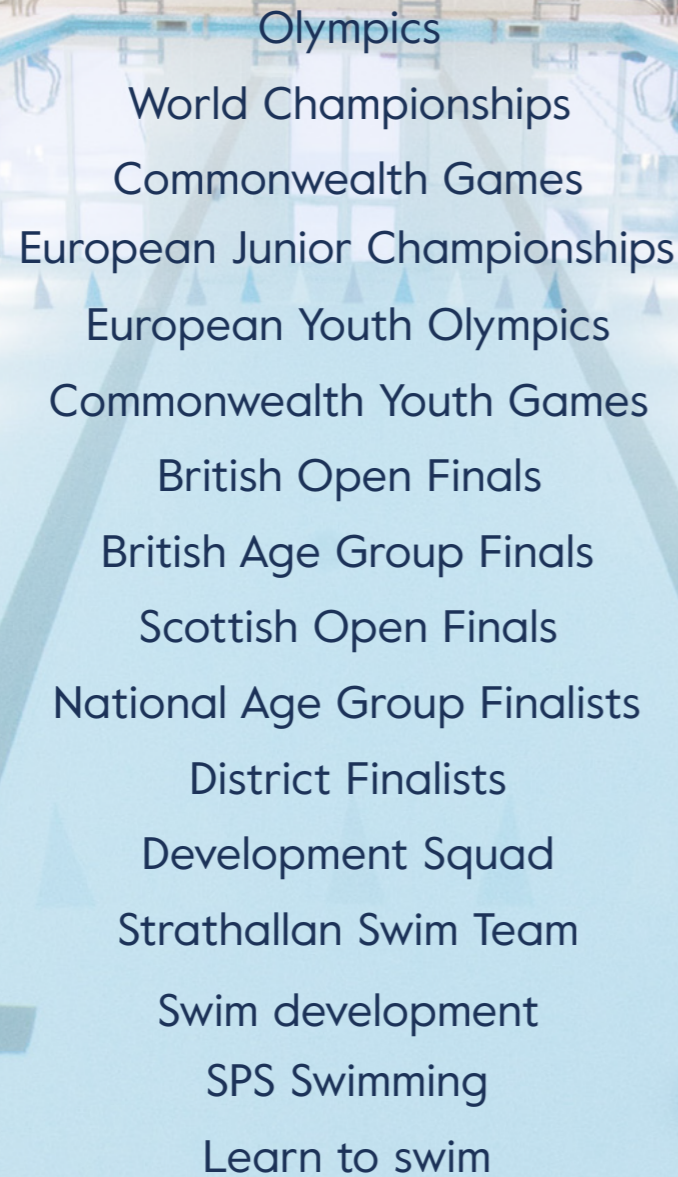
Being at Strathallan has given me new goals and more importantly, confidence that I can reach them.

I joined Strathallan to improve my swimming, but I have gained so much more. At first, I was worried I wouldn't fit in with the team as I was used to swimming alone, but once I joined, I realised the importance of teamwork. Having teammates who encourage and uplift you during difficult sessions makes all the difference and this support is present not just in the pool but elsewhere in academics too. Strathallan truly has a 'feel' like nowhere else.

I swim on campus six days a week with the Strathallan Swim Academy. These sessions challenge me and ensure I am reaching my potential. With the supportive environment fostered by the team, I am always excited to get in the pool.

What I like most about Strathallan is the encouragement to be the best you can be and the support available that allows me to continue doing the sport I love whilst excelling in my academic interests. I would also like to thank Elaine for all the help, support and guidance since I joined Strathallan. It made such a difference.

# The Swim Pathway



# Swimming Results

## Olympics

D Scott Strathallian Class of 2015

## World Championships

D Scott Strathallian Class of 2015

## Commonwealth Games

D Scott Strathallian Class of 2015

## European Junior Championships

D Scott Strathallian Class of 2015

E Davidson Strathallan

## European Youth Olympics

D Scott Strathallian Class of 2015

E Davidson Strathallan

## Commonwealth Youth Games

D Scott Strathallian Class of 2015

S McLay Strathallian Class of 2017

E Davidson Strathallan

## British Open Finals

D Scott Strathallian Class of 2015

S McLay Strathallian Class of 2017

E Davidson Strathallan

## British Age Group Finals

D Scott Strathallian Class of 2015

S McLay Strathallian Class of 2017

E Davidson Strathallan

E Weir Strathallan

Finlay B Strathallan

## Scottish Open Finals

D Scott Strathallian Class of 2015

S McLay Strathallian Class of 2017

J Lipworth Strathallian Class of 2011

R Cameron Strathallian Class of 2009

G Taylor Strathallian Class of 2017

C MacNeil Strathallian Class of 2015

D Sommerville Strathallian Class of 2018

O Spalding Strathallian Class of 2022

C Hay Strathallian Class of 2019

C Aitken Strathallian Class of 2021

S Aitken Strathallian Class of 2018

R Curtis Strathallian Class of 2017

B Wilkes Strathallian Class of 2020

C Young Strathallian Class of 2019

C Price Strathallian Class of 2020

O Carroll Strathallian Class of 2023

M Luck Strathallian Class of 2012

O Luck Strathallian Class of 2010

A Evans Strathallian Class of 2014

S Smillie Strathallian Class of 2012

E Gibson Strathallian Class of 2013

E Davidson Strathallan

E Weir Strathallan

F Bruce Strathallan

E Cosens Strathallan

J Gordon Strathallan

H Wheeler Strathallan

K Mackay Strathallan

# Most Decorated British Olympian

## Duncan Scott MBE

Scott made history after winning four medals - more than any other British athlete at a single Olympic Games in Tokyo 2020 - and becoming Great Britain's most decorated swimmer in Olympic history.

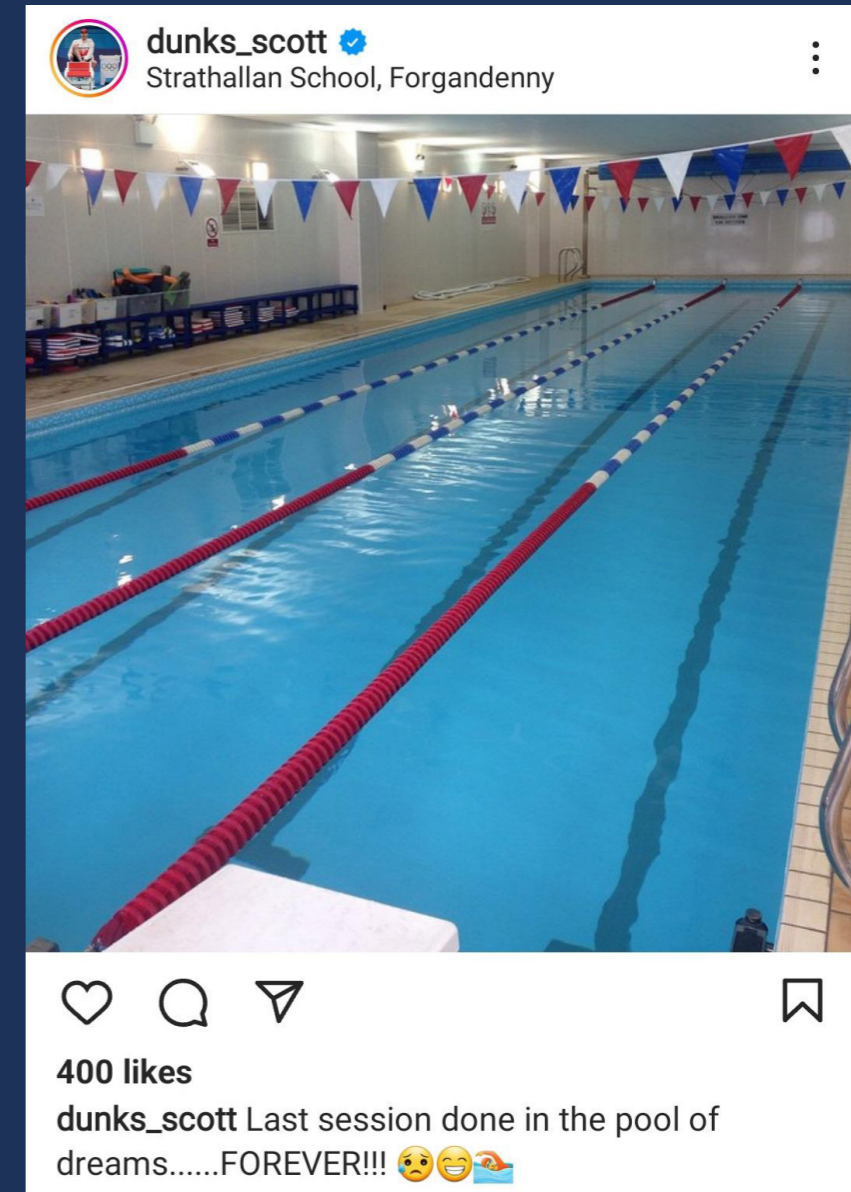
An all-rounder in the pool, he became the most decorated swimmer ever at a Commonwealth Games after finishing Gold Coast 2018 with six medals to his name.

Scott joined Strathallan School in 2008 on a sports scholarship. His most recent achievement has been to set a British and Commonwealth 400IM record of 4:09.18 at the British Championships in a time that would have won gold at the Tokyo Olympics.

Scott was awarded an MBE in the 2022 New Year Honours.



### Medals (INT/NAT)



# Squads

Learn to Swim

All year groups

Swim Development

SPS to 3rd form

Invited into Swimming Academy

Performance Potential

3rd to 6th form

Elite Squad

3rd to 6th form



Time management



Dedication



Leadership



Self discipline



Communication



Resilience



Team work

# Swimming Academy Athlete

## Evan Davidson

9 Golds at Scottish National Age-Groups 2022

10 Golds at Scottish National Age-Groups 2023

5 Golds Scottish Open Winter meet 2022

4 Golds Scottish Open Meet 2022

3 Golds Scottish Open Meet 2023

Individual Bronze Medal Youth Commonwealth Games 2023

Individual Bronze Medals European Youth Olympics 2023



## Finlay Bruce

2 Golds at Scottish National Age-Groups 2023 and

National Open Champion

6 Golds at Scottish National Age-Groups 2024



# Benefits

From Performance Potential and above



## Physiotherapy

Full swimmer physiotherapy screening, FMS and access to treatment as required.



## Nutrition

Our qualified nutritionist delivers a minimum of two workshops for the Academy, plus a tailored eating/fuelling plan for each swimmer.



## Psychology

Group workshops as well as individual sessions with our consultant sports psychologist are available across the Academy.



## Strength & Conditioning

A sports specific strength and conditioning programme with our Head of Athletic development. These sessions are built into each swimmers weekly timetable.



## Mentoring

Our Director of Swimming will assist swimmers in creating a balance between educational and sporting commitments.



## Competition Support

Coach support at Regional and National competitions, providing pre-race guidance and post race analysis.



## Analysis

Heart rate monitoring and GoPro used for swim stroke monitoring.



## Kit

Academy swimmers have Academy branded swimming kit which will recognise their association with the academy.



## Pool Access

Indoor fully equipped swimming pool all year round. Anti turbulence lane ropes, state of the art starting blocks, back stroke ledges.

Academy swimmers have exclusive use of the pool and swim up to 6 days, mornings & evenings.



## Scottish Swimming

Director of Swimming has a direct link to Scottish swimming to discuss and monitor performance pathways.

# Take the next step

Get in touch today

✉ [Admissions@strathallan.co.uk](mailto:Admissions@strathallan.co.uk)

☎ +44 (0)1738 812546



#GameChangingEducation





# STRATHALLAN SCHOOL

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