



# SYDNEY UNI SWIMMING

## SWIMMING BEYOND HIGH SCHOOL

### WHAT YOU MAY ALREADY KNOW

- Sydney Uni Swimming Varsity Program operates at University Student friendly training times 7:00-9:00am & 4:30-6:30pm with a special 1:30-3:30pm session on Wednesdays.
- Our program is coached by Paul Bruce, an experienced Australian Swim Team #117 and Gold Licence Coach, ably assisted by Jake Hodgetts who holds a bachelor of Exercise & Sports Science and Masters of High Performance Sport qualification.
- We enjoy great access to our 8 lane indoor pool that has the flexibility to transform into 25m or 50m configuration or a combination of both in the Sydney Uni Sports & Aquatic Centre.
- Our swimming specific gym sessions are provided and supervised by qualified and experienced personnel with exclusive Swim Team access at allocated times at the High Performance Gym. Both the Gym and Pool are conveniently located on Sydney Uni Campus.

### WHAT YOU MAY NOT KNOW

- We have a cap of 24 athletes in our Varsity Squad, with sessions usually broken into 3 training groups ranging from Mid Distance Freestyle, Form Stroke specialisation, Medley or Sprint Swimming depending on the day, ensuring that your individual goals can be met and you receive the attention you require to achieve at the highest level.
- You don't need to be a Sydney University Student to swim in the Sydney Uni Varsity Team. We currently support athletes at UTS, UNSW, UWS, NSW TAFE as well as athletes in full and part-time employment.
- We love our training and competition camps and try to have an international camp every two years. Our last international camp was at Altitude in Front Romeu, France and this July we are off to Calella in Spain to train, then compete in the Spanish National Championships.
- Over the last 12 months we have established our "Off Deck" servicing to match what is offered to our NSWIS Categorised athletes (see table opposite) with the introduction of weekly massage, ice bath and recovery services and monthly physiotherapy monitoring and assessment.

### ELITE ATHLETE SCHOLARSHIP PROGRAM

SCAN FOR MORE  
SCHOLARSHIP INFO

- We offer scholarships to Sydney University Student Athletes granting access to support funding, tutoring, academic advocacy, sports psychology, and sports nutrition services.
- Full Scholarship offering information is available by following the scholarship links at [susf.com.au](http://susf.com.au) or scan this QR Code.







## OTHER THINGS WE CAN OFFER

- Peer group training environment unmatched anywhere in NSW with over 20 swimmers aged 18 years & over still in the sport and competing at a National/International level. Plus another 30 swimmers in our UniFit Squad.
- Year 11 &/or Year 12 transitional training, utilising our National Age program which is flexible enough to allow a focus on your studies, without losing touch with the water, and maintaining a swim fitness that will see the smooth transition from Age Group to Open Swimming.
- Assistance in the application process for Elite Athlete Scholarships in the way of letters of recommendation, for either Sydney Uni and/or other tertiary institutions.
- Ongoing support services such as special consideration letters to shift academic deadlines on assessments or exams to cater for your competition travel and commitments.
- Assistance in the application process in the way of reference letter of support and recommendation for Sydney Uni residential Colleges and sourcing other local student accommodation options.

## 2023 SYDNEY UNI VARSITY NATIONAL TEAM



Aidan Dow Alfred Yau Andrew Lei Augustine Gosuin Carita Luukkanen Cormac Guthrie Edward Marks



Elizabeth Gan Fergus Henderson Finley Roddis Frances Smith Heath Macleod James Koch Kobe Chatterton



Max Oldham Olivia Farish Oriane Villers Poppy Richards Thomas Hay Yousief Hassan

## SCAN HERE TO GET IN TOUCH



**Paul Bruce** Head Coach Swimming

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NSWIS SWIMMING PROGRAM ATHLETE PERFORMANCE SUPPORT					SYDNEY UNI ELITE ATHLETE SCHOLARSHIP PROGRAM	
Category	1-3	4	5		Scholarship	
Services	Podium	Development	Emerging	Training	Category 1-8	Services
NSWIS Uniform	●	●	●	Selected items	●	Elite Athlete Program Uniform
Facility Access (SOPAC)	Identified Training Sessions				●	Facility Access Sydney Uni Sports & Aquatic Centre
NSWIS Training Centre	●	●	●	Hub Only at Identified sessions	●	Sydney Uni Sports & Aquatic Centre
NSWIS Recovery Centre	●	●	●		●	Sydney Uni High Performance & Recovery Centre
NSWIS Athlete Lounge	●	●	●		●	EAP Athlete Study Lounge
Sports Medicine @ NSWIS	●	●	●	●	●	Priority Servicing Sports Medicine @ Sydney Uni Sports Clinic
Physiotherapy @ NSWIS	●	●	●		Monthly Access	Physiotherapy @ Sydney Uni HP & Recovery Centre
Soft Tissue @ NSWIS	Weekly 30min session				Weekly Access	Soft Tissue @ Sydney Uni HP & Recovery Centre
S&C Coaching	●	●	●		●	S&C Coaching
AW&E	●	●	●		●	AW&E
Physiology	●	●	●	Identified comps/ group sessions	●	Physiology - Daily Access & Identified Tests
Biomechanics	●	●	●	Identified comps/ group sessions	●	Biomechanics - Weekly Access & Identified comps
Nutrition	●				●	Nutrition
Performance Psychology	●				●	Performance Psychology
Medical Screening	●	●	●	AMS Medical Form Only		Medical Screening
Athlete Support Funds	Access to funding to support Trials expenses only. National Team Members may have access to additional camp/comp support through SA.				●	Access to Bi-annual Semester scholarship payments depending on category. International Travel Grants upon application.