



**SYDNEY UNI
SWIMMING**

2025 - 2028

HIGH PERFORMANCE SWIM TEAM



Eat, Sleep, Train, Study at Sydney University

In the tradition of Sydney University's long and celebrated commitment to elite sport, the High Performance Swim Team under the guidance of Head Coach, Paul Bruce offers Student Athletes the opportunity to live, train and study all in the one convenient location in the heart of Sydney. The athletes swim and gym training schedule is integrated with their university studies and sports science servicing. The inclusion of one of the various accommodation options available makes Sydney Uni ideal for your combined academic and athletic success.

Places are strictly limited to 16 like-minded student athletes ensuring each receive the individual attention required to achieve at the highest level.



12 Scholarship Positions

Membership of the Elite Athlete Program and associated scholarships of up to \$10,000 per annum depending on performance level, plus potential support from the residential college of their choice.

Entry Requirements:

- Enrolment at The University of Sydney.
- Australian National Open Qualifying Standard or International Equivalent or Australian Age Qualifying time (School Leaver).
- Commitment to train at and represent the Sydney Uni Swimming Club.
- Commitment to an agreed individual training and competition plan.

4 Visiting Paid Placements

Allowing for working, international or student athletes of other universities.

Entry Requirements:

- Australian Selection Trials Qualifying Standard or International Equivalent.
- Commitment to train at and represent the Sydney Uni Swimming Club.
- Commitment to an agreed individual training and competition plan.
- Demonstrated ability to **Value Add** to the Sydney Uni High Performance Swim Team.

Elite Athlete Program

- Eligibility for the Elite Athlete Program and associated scholarships is conditional on your enrolment to study at The University of Sydney and representation of Sydney Uni Swimming Club where possible.
- Benefits of the Elite Athlete Program include financial assistance, complementary tutoring, academic advocacy, prioritised sport psychology and nutrition services.

For more information on:

[Admissions Support](#) [Accommodation Options](#) [Academic Support](#)

Visit susf.com.au and follow links to Scholarships or scan this QR code



Athlete Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30-7.00am Mobility Session				6.30-7.00am Activation Session	
7.00am-9.00am Swim Session	7.00am-9.00am Swim Session		7.00am-9.00am Swim Session	7.00am-9.00am Swim Session	7.00am-8.30am Swim Session
	10.00-11.00am Gym Session		10.00-11.00am Gym Session		9.00-9.30am Dryland Session
		1.30-3.30pm Swim Session			
	3.00-4.00pm *Individual filming/ testing	4.00-6.00pm Massage, Physio, Ice Bath & Recovery	3.00-4.00pm *Individual filming/ testing		
4.30-6.30pm Swim Session				4.30-6.30pm Swim Session	

Athlete Training Facility Access

- Sydney Uni Sports & Aquatic Centre
- David Mortimer High Performance Gym and recovery facilities in the TAG Family Foundation Grandstand
- Elite Athlete Program Study Lounge

Athlete Physical Servicing

- Weekly Athlete Massage and Ice Bath Recovery
- Monthly Physiotherapy screening and monitoring
- Physiological load monitoring and management

Athlete Performance Servicing

- Psychological and mental skills coaching
- Nutrition planning and monitoring
- Biomechanical race and skills analysis, testing and monitoring
- Underwater camera and EO technology utilisation

Why choose the Sydney Uni High Performance Swim Team

Quality Coaching: Paul Bruce is a well respected, internationally credentialled Gold Licence Coach with Australian Team and Olympic experience. He has a proven record of helping athletes continue to improve well into their 20's and develop into National Open Medallists and International performers.

Peer Group Training Environment: The High Performance Squad is limited to 16 like-minded student athletes utilising pool, gym, physiotherapy, massage and recovery services at athlete friendly and flexible times integrated with their studies, athletic and academic support.

Supported by Science: Supported by the vast knowledge and experience of The University of Sydney Faculty of Medicine & Health, the program engages student interns in performance analysis at our major competitions and athlete monitoring in the training environment.

Accelerated Development: Early intervention elite athlete experiences are provided through regular International or Domestic Camp and Competition opportunities. These unique experiences provide the necessary stimulus to motivate and accelerate the development and continuous improvement of the student athlete.



For more information
scan here to get in touch



Australian Swim
Team Coach #117
New Zealand Olympic
Swim Team Coach 2016

Paul Bruce

Head Coach Swimming

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