BRITISH PARA-SWIMMING

NATIONAL PERFORMANCE CENTRE

PROSPECTUS
TO THE
BRITISH PARA-SWIMMING
NATIONAL PERFORMANCE CENTRE

The British Para-Swimming National Performance Centre in Manchester has been designed to provide our growing team of elite athletes with access to the very best facilities, coaches and wider support teams.

We ask a lot of our athletes and we know they ask even more of themselves. To be the best you can be, in a highly competitive para-sport requires years of dedication, hard work, resilience and meticulous planning. At the National Performance Centre we leave no stone unturned in our pursuit of excellence as we look to maximise our swimmers’ performance and be the best prepared para-swimming nation in the world.
BUILDING A BRIGHT FUTURE FOR THE SPORT

The National Performance Centre represents the future vision for para-swimming.

It is the creation of a centre of excellence where the country’s best para-swimmers and coaches can work together to maximise their opportunities for success.

For each swimmer the targets and plans will be different but the aim is always the same - to support the individual in every way possible to fully maximise their potential.

Our commitment to excellence includes how we support the athlete with their particular disability, the accommodation options we provide, the educational pathways and partnerships on offer as well as the access to our coaches and on-site strength and conditioning coach and nutritionist.

Click the image to the right to find out more about the facilities on offer at the National Performance Centre, Manchester.
Our job in designing the NPC was to create an environment whereby our swimmers can excel and swim the fastest they can while enjoying living away from home, many for the first time. We want them to get the right balance between training in the pool, training out of the pool and enjoying living in Manchester.

We want our swimmers to be happy and successful both in and out of the pool. To do this we have created a network that supports our athletes in every possible way. This includes removing all possible limitations that can come with living independently with a disability to creating a coaching team that are experts in developing the wider physical, physiological and psychological support required to perform at your best under the most intense pressure.

The National Performance Centre not only provides the right pool facility and coaching teams but also helps create a genuine team culture amongst our swimmers. We know the closeness of the relationship of our swimmers and the bonds created by training together every day helps them when in the midst of competition or travelling together internationally for training camps or to compete.

"Everyone here is the best in the world at what they do, so it’s exciting and fun to work with those guys and I’m happy that I am able to do that."

Andrew Mullen
Four-time European Champion and world medallist
MEET THE TEAM
BEHIND THE TEAM

Our team of coaching staff and practitioners has been selected from the very best pool of talent. Their commitment to our athletes and their development ensures we put in place all the necessary steps to maximise the talents of those that train at the Centre.

Each athlete is an individual with very unique requirements. As such, each athlete has an individual performance plan. The opportunity for our coaches to work directly with the athletes and the wider network of support staff to monitor the effectiveness of this plan is one of the considerable advantages of being based at the NPC. The closeness of the working relationship means performances can be judged far more closely, changes made and plans evolved more quickly as athletes develop and progress.

Each national coach will support a team of swimmers while the onsite strength and conditioning coach will work with all the team. Our nutritionist is also available to all swimmers ensuring the support our athletes receive is world class.

It is this close contact and the meticulous planning that has started to create some significantly positive results.

Click each image of the team members below to watch a short video that explains their role at the National Performance Centre.

ROB GREENWOOD
National Head Coach

GRAEME SMITH
National Coach

STEPHANIE SHREEVE
EIS Performance Nutritionist

JONATHAN KANTOR
EIS Strength & Conditioning Coach
THE SWIMMERS’ VIEW

Our team of athletes based in Manchester is growing all the time. The first members joined in early 2014 and since then we have added new members to the squad on a regular basis.

We are proud to say that we have been able to successfully integrate athletes that cover the full span of IPC classifications and so we are confident our relocation programme and ongoing support works.

Our swimmers have also achieved some excellent results as you can see here by clicking on the short videos from some of our athletes.

Click the images below to hear what our athletes have to say about the National Performance Centre.

“Within a year of being at the National Performance Centre I managed to come out with seven European titles and a new world record.”
Stephanie Slater
Seven-time European Champion and world medallist

Why did you move to Manchester?
What do you like about being in Manchester?
How has being in Manchester improved your performance?

BRITISH PARA-SWIMMING

NATIONAL PERFORMANCE CENTRE PROSPECTUS
“Whatever it is that you want both in and out of the water, we have a package that provides that which is individually tailored to the needs of the athlete.”

Chris Furber
National Performance Director
RELOCATING TO THE NATIONAL PERFORMANCE CENTRE

Athlete registers their interest in the NPC directly to National Performance Director or head coach.
This is part of an open door policy at the NPC where athletes can come and visit, see the facilities, speak to the team/athletes to determine their interest.

PLM liaises with all other practitioners regarding the athlete’s needs – physio, nutritionist, s&c coach etc.

Support team works with athlete to establish best living arrangements e.g. uni accommodation, renting, swim flat tenancy, host family etc.

The coaching staff, National Performance Director (NPD) and swimmer will collectively speak to the swimmer’s current home coach to establish if this transition fits well with their performance plan.

Agree timescales for transition – this can be anything from 2 weeks to 10 months depending on all of the above.
This stage is all about the detail and putting both the swimmers’ and parents’ minds at rest.

Induction process with whole team with significant support in the initial phase as the swimmer gets to know the coaches, support staff, other swimmers as well as their new living accommodation and their local environment.

Performance lifestyle manager (PLM) meets with swimmer and parents/guardians to discuss in detail all the elements involved in any move. This includes:
» Current lifestyle
» Domestic capability
» Medical needs
» Educational plans
» Expectations / concerns
» Contingency plan should it not be a smooth transition
» Budget – living costs etc.

There is an option to do a trial transition if the athlete wishes. This can be a half term or summer holiday placement or an agreed timetable where the athlete trains at the facility once a week/month.

Please note that by law, any under 18s relocating to the NPC will have to live with a host family. In this instance host families apply to support the swimmer and the swimmer and their family shortlist the most appropriate candidates. Once visits have been made and a decision agreed, the relocation lasts for a trial period and only when all parties are happy is the move made permanent.

Watch a short video of National Performance Director (NPD) Chris Furber as he explains the process of relocating to the National Performance Centre.
We take the development of our athletes as people as seriously as their athletic development. Yes, we want our swimmers to swim fast but we also want them to enjoy every part of their life in the city.

For those wishing to further their education, we have created partnerships with local colleges as well as both Salford University and Manchester Metropolitan University. This enables us to provide our swimmers with a full suite of educational pathways. Options include full time and part time courses from GCSEs through to undergraduate and postgraduate study as well as vocational courses and home tutoring.

For more information about relocation to the National Performance Centre, please contact us today:

T: 01509 618700
E: paraswimming@swimming.org