

Millfield Swimming Department
Street
BA16 0LX
October 2018

Dear Millfield Swimming Community,

I must start this letter with a big 'thank you' - thank you to all the stakeholders of Millfield swimming that has made this half term so positive. As always, there have been a few hurdles along the way but the sustainability and proactive nature of Millfield swimming has never been more evident. The team has gone from strength to strength and it has been great to witness so many developments both in and out of the water. This weekend just gone was superb: the Millfield & Street Super Series was the best swim meet we have ever managed to deliver. It was fantastic to watch so many people pulling together to make the event work. A massive shout out to all the officials and volunteers that gave up their weekend to make the event run so effectively. I was really impressed with all the progressions that individuals made both in performance and, more importantly, mindset. The buy-in to the priming process was the best it has ever been; the depth across that board was second to none. The ownership that the students took over their process was phenomenal and provided a great moment for reflection amongst the staff once the dust had settled from a busy weekend.

The squad has been the busiest it has ever been and the positive impact and energy the new students have had across the board has been remarkable. It is always hard to settle into a new environment, but I have been impressed with the connectivity that has been on show across the age groups. We have coined this year 'The Year of Direction' (#YOD) within the swimming department, which recognises the different directions people can go and how swimming can support that. Swimming is such a relentless journey and the more we can build a supportive culture, the more we will be able to holistically support students in whichever direction they decide upon. It is clear to see that progression in swimming can be made at a much later stage than previously considered, which is a message that we strongly promote across our community. The modern generation generally want instant results, but the ability to look long-term is so important to a fulfilled life; a long-term vision is fundamental to physical and psychological longevity and wellbeing. The new leadership team at Millfield has been a real breath of fresh air and they have already started to present some positive shifts in the Millfield environment.

We have had a little bit of movement regarding staffing throughout the half term. Further to my communication at the start of term, Jack Mullins has left Millfield school after 5 years to pursue other interests. We wish Jack the very best in his future endeavours. We have had Arthur Lawlor join us from Thanet as our Prep School Assistant Swim Coach. We have also managed to recruit Regional Triathlon Academy Coach, Alan Ward, who will be running the white squad in the senior school for the foreseeable future. Matthew Puddy (former Head Coach at City of Bristol) will be joining us as an Assistant Swim Coach at the senior school. As I am sure you can imagine, we are excited about the quality of these appointments and we look forward to welcoming them into the Millfield swimming family. The impact they will have on our pathway is going to be exciting to witness over the next couple of years. When we have all the details, we will be sure to publish an updated squad structure so that you have the relative information. If you have not yet accessed the portal on the Millfield swimming website, I would advise that you do so as there is lots of information on there regarding the processes and logistics of Millfield swimming. If you don't know the details to access the portal, please get in contact with our Office Manager, Ellie Devine, on: swimming@millfieldschool.com.

In terms of looking forward, we have the second and third round of Arena League coming up - this is a fantastic team environment which has always added a much-needed fun element to racing. The regional arena final falls on Saturday 8th December, which is one day after we break up. I ask that all students selected are available to race. Please do let me know if you can't make it as soon as possible. We also have the Swim England winter nationals on 14-16th December, which will provide a great end of season opportunity for those who qualify. This sits outside of term time and I ask that all parents/guardians make their own arrangements for this. Some of you may have seen through social media that the British Swimming Championships (16-21st April) and British Summer Championships

(23-28th July) are going to be held in Glasgow. I would advise looking into accommodation etc around these meets at your earliest convenience. I will be sending out detailed information around the British Swimming Championships once more information about the meet has been sent out from British Swimming. We will be looking to hold a summer swim camp around 3rd-12th July for British summer qualifiers as per normal. Again, further information around this will be sent out in due course.

As you are aware, my personal life is exciting at the moment - I have enjoyed sharing weekend stories of Harold with the pupils and he has even ventured to training a couple of times. Harold is turning into a little beast! His ability to pull and tug on absolutely anything that he sees is extraordinary. He goes swimming with Zoe every Monday and is by all accounts the star of the class (at least in Zoe's unbiased eyes)! Joking aside, it is a truly wonderful journey and it has brought the best out of myself - I am caffeine free and even started to get myself fit again, moving my park run time from 25 to 19 minutes. I hope that you all have a wonderful break and enjoy some family time together.

Yours sincerely,



Euan Dale

Director of Swimming

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