

Sport Scholarship programme Swimming at Birmingham



University of Birmingham Sport (UBSport) swimming club has something for everyone, offering performance, development and club squads. The club has eleven hours of pool training a week, as well as land-based work. It is one of the few, if not the only team that regularly races against reigning World, European and Commonwealth Champions at all major meets – thus giving the chance for comparison against the best in the World.



Scholar profile



Philip Hodgson currently studies Sport and Exercise Sciences and specialises in 400/800/1500 Freestyle. Philip has competed at Nationals every

year since the age of 11 and placed in the top 10 at Nationals in the 2009–10 season.

'The swimming club at Birmingham is the best group of swimmers that I have ever been involved with. Having the scholarship has helped me to move my swimming on to the next level, for instance – before coming to university I didn't have much background in nutrition and strength and conditioning, however, due to the great support from the Hi Performance team I now feel confident in both areas.'

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Facilities

UBSport has its own 6 lane, 25m pool on campus located in the Munrow Sports Centre – open for all club members to use. In addition, the performance squad have access to a range of support services provided by the UBSport Hi Performance Centre including sports science and sports medicine support. All swimming club members have access to free physiotherapy triage sessions and discounted treatments.

Competition

The club has three teams that compete in British Universities and Colleges Sport (BUCS) competitions, at long and short course as well as team championships. The club also enters local open meets and district championships, gaining more and more representation at national events each year.

Results

The swimming team are consistent performers in BUCS competitions and have reached the team Championship finals 9 times in the last 10 years, winning bronze medals on four occasions. In 2009–10, the club swam 60 personal bests and smashed 10 club records. The club have already had a great start to the 2010–11 season with the ladies team placing 3rd at the Short Course Championships – their best placing to date. At the BUCS team Championships, the first and second teams finished second and first in their respective divisions – further highest achievements to date and best ever finishing positions.

Coaching



Head coach and development co-ordinator, Gary Humpage, has been with UBSport since 1996 and has produced many commendable

results. Gary has coached many swimmers to national standard, and, in 2008, was awarded Coach of the Year at the annual sports awards dinner – a testament to his tireless commitment to the club and athletes. e: g.r.humpage@bham.ac.uk



Sport scholarships

The University currently fund up to 40 scholarships each year for talented young sports people who have represented their country at International level.

There are different level packages (Gold, Silver, and Bronze) and can be worth between £4,000 to £6,000.

Scholarship benefits include:

- Free Gym and Swim membership at the Munrow Sports Centre and use of training facilities for additional practice
- Weekly strength and conditioning training sessions with our fully qualified staff, regular functional strength assessment and a personalised strength and conditioning programme
- Sports medicine support including musculoskeletal screening, physiotherapy and massage treatments
- Sports Science support including psychology, nutrition, fitness testing and monitoring

- Mentoring and lifestyle support by a member of University sports staff to help combine sporting and academic demands
- Access to a series of lifestyle workshops and scholar resource library
- Funding of between £750 and £1500 towards competition, training and equipment costs
- Funding available for international competitions and/or specialist coaching

Studying at Birmingham

The University of Birmingham was established in 1900 and has long been one of the premier academic institutes in the UK. As a top three university for sport it is an ideal place to combine sport with a well respected programme of study. For more information on undergraduate courses visit www.birmingham.ac.uk/students

www.sport.bham.ac.uk/scholarships