



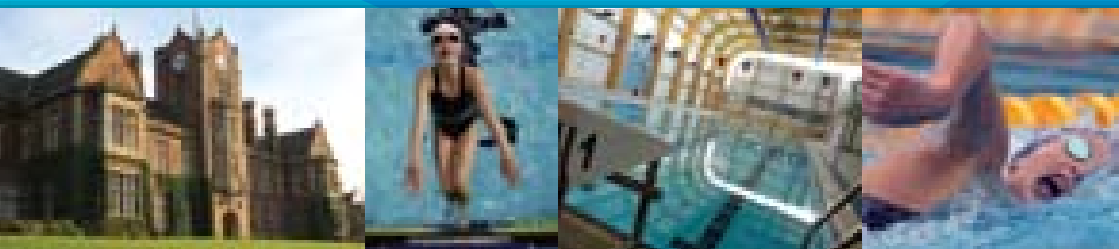
# PERFORMANCE HUB

## ROYAL WOLVERHAMPTON SCHOOL

West Midland Swimming and the Royal Wolverhampton School are excited to offer an opportunity for talented and ambitious young swimmers to combine their athletic abilities with academic success. From September 2009 we will offer a programme aimed at providing quality coaching and academic tutelage in a dedicated environment.

### Swimming Programme Facilities

- Newly refurbished 4x25m pool providing an intimate, high-quality training environment ideal for like-minded athletes.
- Total of 21.5 hours of pool time per week over 10 morning and afternoon sessions. All afternoon sessions will allow for optimal rest and recuperation which will maximise success.
- Land training available Monday to Friday pm to include core stability work, medicine ball work & circuit training. 15 minute pre-pool session with basic stretching and band work.
- Video analysis.
- Support services currently under development with local universities:
  - Management of strength and conditioning.
  - Diet and nutritional advice.
  - Injury prevention and treatment.
  - Sports medicine support.
- Head Age Group Coach assisting in the main programme as well as managing the satellite sessions in the north of the Region.
- 50% scholarships available - see overleaf.



Supported by



# ROYAL WOLVERHAMPTON SCHOOL

The Royal Wolverhampton School is an independent, co-educational establishment for pupils studying for GCSEs and A-levels and is open to both boarders and day pupils.

The Royal Wolverhampton School Programme aims to become one of the best Training & Development Centres in the UK, providing first class opportunities in swimming & education. The swimming programme, supported by the ASA Club & Coach funded project and headed up by the full-time Performance Coach, Nathan Hilton, aims to produce and support world class swimmers.

The Royal Wolverhampton School,  
Penn Road, Wolverhampton WV3 0EG  
Website: [www.theroyalschool.co.uk](http://www.theroyalschool.co.uk)

- Financial scholarships and bursaries for selected athletes to become a pupil at the school (boarders or day pupils) - subject to meeting the school's academic criteria.
- 50% scholarships available for all athletes meeting the selection criteria, plus a means tested bursary awarded on an individual basis.
- Dedicated accommodation on site at the Royal Wolverhampton School for all school pupils.
- Flexibility with academic schedule.

For information on scholarships please contact:

Mrs Meg Orton, Registrar,  
Royal Wolverhampton School  
Tel: 01902 349109 or email  
[mo@royal.wolverhampton.sch.uk](mailto:mo@royal.wolverhampton.sch.uk)



**HEAD COACH**  
**Nathan Hilton**

- ASA Coach (Level 4)
- Skills Coach to North East Regional Talent Programme Level 1
- Head Coach to West Midlands Regional Talent Programme Levels 1 & 2
- Coach to 3 swimmers up to GB Junior international level including European Juniors 2009

If you would like more information on this exciting opportunity please contact:

Nathan Hilton, Head Coach.  
Tel: 07827 368175 or email [nathan.hilton@westmidlandswimming.org](mailto:nathan.hilton@westmidlandswimming.org)

Lesley Hill, Regional Director ASA West Midland Region.  
Tel: 01527 517508 or email [lesley.hill@swimming.org](mailto:lesley.hill@swimming.org)

Meg Orton, Registrar Royal Wolverhampton School.  
Tel: 01902 349109 or email [mo@royal.wolverhampton.sch.uk](mailto:mo@royal.wolverhampton.sch.uk)

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