

INTENSIVE TRAINING CENTRES – AT A GLANCE

What are British Swimming Intensive Training Centres (ITCs)?

British Swimming has set up five Intensive Training Centres of world-class standard, specifically to provide its athletes with a fully integrated training programme at one location.

The 50 metre pool centres chosen as ITCs were put through a rigorous selection process to ensure that British Swimming could provide the best possible facilities, services and environment for its athletes.

Why were ITCs set up?

Intensive Training Centres were already at the planning stage before the Beijing Olympics and were established as part of British Swimming's long-term strategy for London 2012 and beyond.

By providing training programmes using a full range of land and pool training facilities and sports science and medicine support in single locations, the ITC concept is the most effective approach to developing talent to medal success in international competition.

British Swimming opted for network of intensive training centres across the UK, rather than working from a national base. The reasons were two-fold: regional centres mean that more talented athletes can benefit from the services provided and by offering more facilities and a wider range of expertise in ITCs, a talent pool of locally-based young swimmers can be developed over the long term.

How do British Swimming ITCs operate?

Intensive Training Centres operate from within 50m pool centres at British Swimming partner locations.

Each ITC training programme is driven and managed by a British Swimming- appointed, full-time Head Coach and supported by a full-time Senior or Assistant Coach and a Performance Scientist. British Swimming World Class Programme staff also provide guidance for each ITC's programme.

The ITC programmes provide athletes with a fully integrated daily training environment, which includes 25 hours of dedicated pool time training per week, generally comprising two sessions daily over six days' per week. At least 60% of water time is allocated to long course training. A range of land conditioning options is available within the centre, some facilities with dedicated or exclusive access for ITC athletes.

A full range of swimming-specific sports science support and medical services is delivered to all ITC athletes. The sports science and sports medicine programme is an integral part of the daily training environment and is focused on performance improvement. Seven disciplines make up the sports science and sports medicine support programme and each one is driven by lead specialists: performance science, biomechanics, nutrition, psychology, physiotherapy/sports massage therapy, medicine and strength and conditioning.

Intensive Training Centres were specifically selected to provide the best possible living environment conducive to High Performance training. The majority of British Swimming

ITCs are based on prestigious university campuses with a strong focus on Performance Sport. The centres aim to give support to athletes to ensure they achieve an ideal lifestyle/performance balance and offer athlete-friendly study options and benefits such as sports courses, flexible study, stretch degrees, sports scholarships and athlete house accommodation etc.

British Swimming also provides Performance Lifestyle guidance to help ITC athletes manage the demands of training and competition with the other aspects of their lives such as academic study, work, leisure and personal relationships.

Where are ITCs located?

University of Bath
Loughborough University
University of Stirling
Stockport – Grand Central Pools
Wales National Pool Swansea (Swansea University)

Who can train at ITCs?

Athletes who fulfil the following criteria can be considered for an ITC place:

- Athletes identified as having the talent potential to perform at the 2012 Olympics
- Athletes on the World Class Programme
- Athletes included in the Talent Confirmation Programme
- Athletes on the TASS scholarship scheme
- Athletes on a local pathway in a region of an ITC, identified by the ITC Head Coach as being of the appropriate level (or who can be fast-tracked)

I'm interested in training at an ITC – what do I do next?

If you feel a specific ITC best meets your training and lifestyle needs, call at British Swimming, who will arrange a personal visit. You will be able to experience the ITC programme and its facilities, discuss your training needs with the ITC Head Coach, meet other staff and take a tour around the university (where appropriate). Visits may be day trips or extended stays, depending on your own requirements. British Swimming will take care of all travel and accommodation arrangements (including a stay on campus where possible).