

UNIVERSITY STUDENT INFORMATION BROCHURE

We are the
high performance programme
for Nottinghamshire swimming and
one of the UK's top swimming pathways



**WE ARE THE
LEADING
PERFORMANCE
SWIMMING
PATHWAY
IN THE UK**

2 **WORLD RECORD HOLDERS**

18 **OLYMPIANS & PARALYMPIANS**

37 **OLYMPIC & PARALYMPIC MEDALS**

148 **INTERNATIONAL SENIOR REPRESENTATIVES**

164 **INTERNATIONAL MEDALS**



MORE ABOUT OUR HIGH PERFORMANCE PROGRAMME

Welcome to the competitive performance programme of the prestigious Nottinghamshire County Swim Squad. With a rich history as one of the pioneering swimming squads in the UK, we are proud to have set the standard for excellence in swimming training, inspiring countless athletes nationwide. Our mission is to nurture talent, foster ambition, and deliver top-quality coaching to university athletes.

We are based at Harvey Hadden in Nottingham. We provide accessible, world-class training facilities with sessions led by highly qualified coaches. Whether you're aspiring to compete at the highest level or seeking personal growth in the sport, NOVA Centurion offers outstanding training programs and a variety of swimming scholarships to help you achieve your goals.



POLLY HOLDEN
Senior International Athlete
(University of Nottingham Alumni)

NOVA and the University of Nottingham provided me with the environment to thrive as an athlete. The programme and support enabled me to achieve things I never dreamt of achieving.

**BEIJING 2008 OLYMPICS AND PARALYMPICS:
3 GOLDS AND 1 BRONZE MEDAL**

**LONDON 2012 OLYMPICS AND PARALYMPICS:
1 GOLD, 1 SILVER AND 3 BRONZE MEDALS**

**RIO 2016 OLYMPICS AND PARALYMPICS:
2 GOLD MEDALS, 1 SILVER, AND 1 BRONZE**



NOTTINGHAM PERFORMANCE SQUAD

The Nottingham Performance Squad represents the pinnacle of swimming training, designed for athletes striving for elite performance. Our comprehensive sessions emphasise key elements of success, including aerobic and anaerobic efficiency, power development, and mastery of primary strokes and events. These components are tailored to equip swimmers with the tools needed to excel at the highest levels of competition.

SQUAD OBJECTIVE:

To be selected for Junior & Senior International Teams.

ENTRY CRITERIA:

Ranked top 28 in GB in an Olympic event.

SQUADS

NOTTINGHAM NATIONAL SQUAD

The Nottingham National Squad is dedicated to empowering athletes to reach their full potential through a strategic and focused training approach. At the heart of our programme, we emphasize the critical importance of aerobic development while identifying and refining primary strokes alongside medley events. Through meticulous technique improvement, we ensure swimmers achieve maximum efficiency and effectiveness in the water, laying the foundation for long-term success.

SQUAD OBJECTIVE:

To qualify for the British Championships & be selected for Junior International teams.

ENTRY CRITERIA:

Ranked top 58 in GB in an Olympic event.



UNIVERSITY SWIMMING

At the heart of our programme is a unique partnership with Nottingham Trent University and the University of Nottingham, designed to support athletes and athletes with a disability to achieve their full potential. This collaboration provides a world-class training environment, combining elite coaching with access to financial scholarships, to help swimmers excel in their sport whilst pursuing academic excellence.

We are committed to developing the next generation of swimming champions, equipping them with the skills and support needed to succeed at a senior international level. Our holistic approach ensures that athletes are empowered to thrive in the pool, in the classroom, and beyond.

This program is designed to provide a balanced and enriching experience, fostering growth in both athletic and academic endeavors.



A TYPICAL WEEK IN OUR PERFORMANCE PROGRAMME INCLUDES:

- ◇ Up to 10 weekly tailored swim sessions
- ◇ A blend of long and short course training sessions
- ◇ Technique analysis and filming
- ◇ Strength and conditioning support
- ◇ Full-time sports science support
- ◇ Full-time coaching staff
- ◇ Bespoke distance and sprint programmes



Nottingham Trent University

The partnership between NOVA Centurion and Nottingham Trent University (NTU) provides a comprehensive support system for student-athletes, focusing on both their academic and athletic success.

Key features of this collaboration include:

♦ **Customised Scholarships**

Tailored scholarships support that will cover training fees of high-performing student-athletes in achieving their targets.

♦ **Extensive Support Services**

Complimentary sports club membership, sports psychology, and physiotherapy support to help athletes perform at their best.

♦ **Academic and Lifestyle Support**

Guidance on balancing academics with training and potential bursaries or fee reductions to alleviate financial pressures.

Athletes are eligible to become an NTU & NOVA scholar if they can demonstrate the ability to earn BUCS points at the British Universities & Colleges Sport long or short championships.

DAVID COYLE

Irish Medallist (Nottingham Trent University Alumni)



At eighteen, I joined Nova Centurion from Dublin, Ireland, while pursuing an undergraduate degree at Nottingham Trent University (NTU). This pivotal move significantly impacted both my academic and swimming career. I saw massive leaps in my performance within just 12 months, and I know for a fact that I would not be at the same level without taking this step. Both Nova and NTU have welcomed and supported me, helping to balance a full-time student-athlete regime. Their focus on the minor details that lead to major improvements, along with shared values of self-discipline, focus, and goal-setting, has made my journey immensely rewarding. I'm also grateful for the community and friendships I've gained through this experience.

University of Nottingham

The partnership between NOVA Centurion and University of Nottingham (UoN) offer two types of scholarships:

♦ **NOVA Swimming Scholarship**

Up to four annual scholarships are awarded to cover training fees of high-performing student-athletes within the NOVA program.

♦ **UoN Sports Scholarship**

Offers a bronze, silver, and gold scholarship packages. Each package includes free access to facilities including UoN Sport and Fitness membership services, additional strength and conditioning access, physiotherapy, performance lifestyle support with academic mentoring, nutrition, sports psychology, and anti-doping advice.

Athletes are eligible to become an UoN Swimming Sports scholar by an expression of interest to the Director of Coaching at NOVA or to become a UoN Sports scholar by application.

JESSICA SYLVESTER

Olympian, European & Commonwealth Medallist (University of Nottingham Alumni)



I started swimming in a small club in Staffordshire. The opportunity to train under such a great coaching team and the emphasis on developing homegrown talent drew me to NOVA. Highlights of my career include competing at the Beijing 2008 Olympics. I think the impact NOVA Centurion and the University of Nottingham had on me is to always do things with integrity, work hard, be honest with yourself, show up every day and believe you will be rewarded.

NOTTINGHAM STUDENT LIFE

PREDOMINANT AIM OF OUR PROGRAM:

The primary aim of our program is to support athletes in reaching their full potential in swimming while also excelling academically at either the undergraduate or postgraduate level.

SPORTING CULTURE IN NOTTINGHAM:

Nottingham is a city with a deep passion for sports. In addition to swimming, it's home to two top football teams (Nottingham Forest and Notts County), the world-renowned Trent Bridge for cricket, and the Nottingham Panthers for ice hockey. The city's thriving sporting culture means there's always something exciting to watch.

PROXIMITY TO MAJOR CITIES:

Situated in the heart of the Midlands, Nottingham is well-connected to major UK cities by road and rail. It's just a short train ride to Birmingham, London, and Manchester, and with East Midlands Airport nearby, it's easy to travel for national and international swimming competitions.

AFFORDABLE COST OF LIVING:

Compared to larger cities like London or Edinburgh, Nottingham offers a much more affordable cost of living. Housing, transport, and everyday expenses are all budget-friendly, giving students the freedom to enjoy their university experience without extreme financial strain.

DIVERSE AND INCLUSIVE STUDENT COMMUNITY:

Nottingham is known for its diverse, multicultural student population, with over 38,000 students from all backgrounds. This inclusive environment creates a welcoming atmosphere, providing plenty of opportunities to connect with people from around the world.

RICH HISTORY AND CULTURE:

Nottingham is a city steeped in history, from the legendary tales of Robin Hood to its stunning medieval architecture, including Nottingham Castle. There are numerous historical sites, museums, and art galleries to explore, as well as a vibrant cultural scene with music festivals, theatre productions, and live performances.



FREYA COLBERT

European Champion and Commonwealth Medallist

I have a great experience at NOVA, the training was always challenging but I loved doing it with my friends by my side! There aren't many programmes in the country with the level of performance coaching and quality distance training that NOVA has. I don't think I would be the person I am today without the relationships I have at NOVA with my team mates and staff, so a big thank you always.

CHARLOTTE HENSHAW
Double Paralympic Medallist

Being a member of NOVA from age 12 to 29 shaped my swimming career, guiding me to two Paralympic medals, and influenced my life beyond the pool. The lessons learned, discipline instilled, experiences had, and connections forged have been key in building my character and impacting my career.



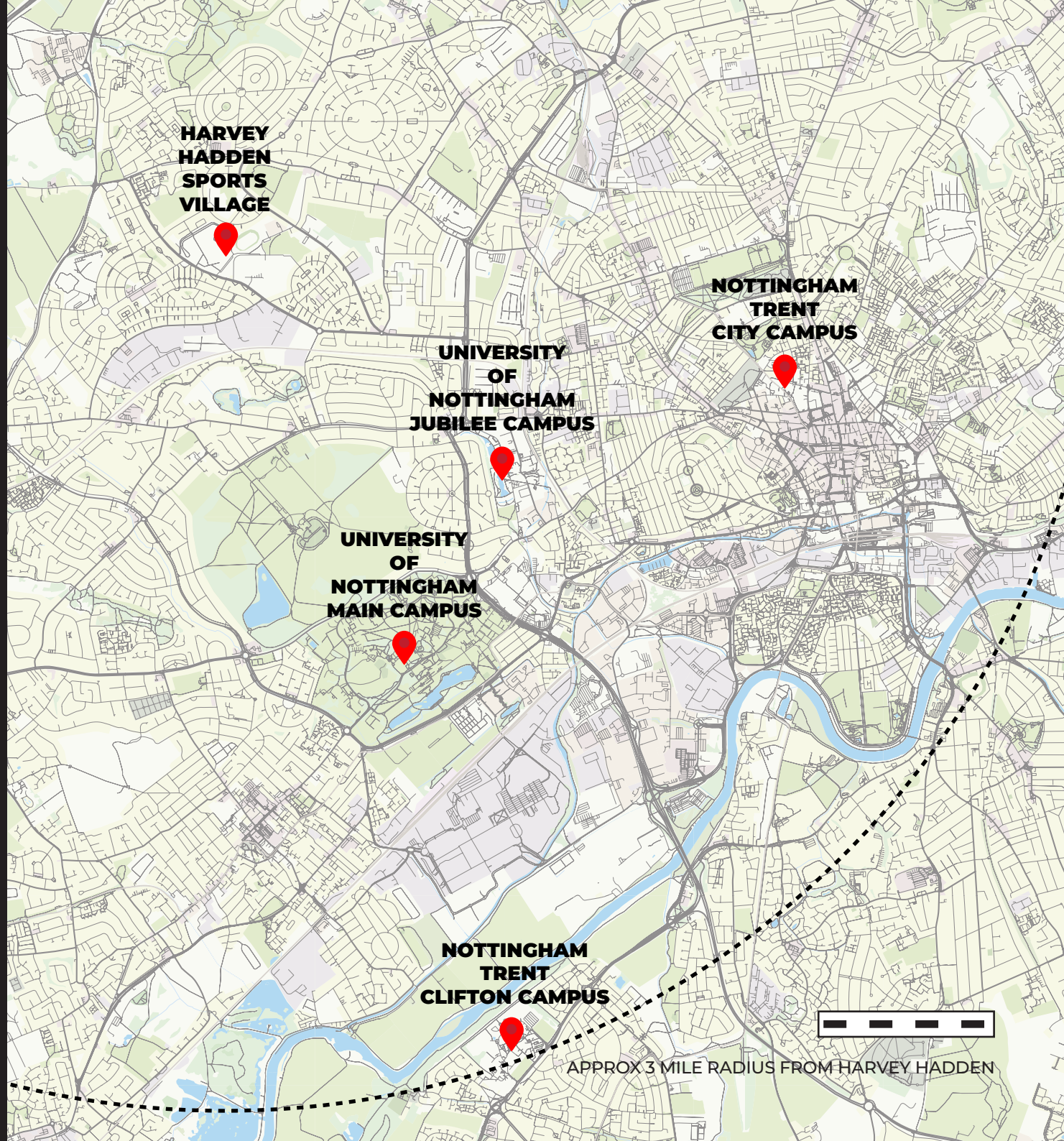
POOL LOCATION

Both the University of Nottingham and Nottingham Trent University have various campuses, with the main ones highlighted on this map.

As a student-athlete at Nova, you'll have access to a variety of convenient transport options for getting to training.

While each individual is responsible for arranging their own transportation, many university athletes choose to use personal vehicles, cycle, or take advantage of Nottingham's excellent 24-hour public transport network.

For those staying in halls of residence, choosing accommodation near key bus routes such as those around Jubilee Campus, can offer even greater convenience.





GET IN TOUCH:

novacenturion.co.uk

joseph.stanford@novacenturion.co.uk

