

B.E.S.T. Centre Academy

The BlueWater Elite Sports Training Centre Academy

A School for Swimmers

Summary Prospectus for the Swimming Academy

- Overview 2
- Education 3
- Swimming 9
- Residence 12
- Application and Admissions 14
- Fees 15
- Summary and Contact 16



Overview

The BEST Centre Academy is where young swimmers of all abilities, combine their swim training with their education. It will be a school for swimmers, opening in September 2012.

The swimmers will be offered the best possible combination of swimming and study, in order to provide them with the skills to excel academically, swim at the national and international level, and to become thoughtful, positive, well balanced people.

The Academy will be based in Mallorca and will comprise a small, English private school, a residence and a swim programme. All three will be situated close together in the town of Colonia Sant Jordi, a small, picturesque, beachside town in the south east corner of the island.

Our goal is to provide an environment where young people can:

- Excel in their swimming career, swimming alongside the best swimmers and coaches in the world at the BEST Centre
- Receive a first class education to prepare for future academic study and adult life
- Grow to become independent, confident, highly performing young adults, who respect other people and contribute positively to the world we live in
- Become fluent in Spanish (and English for those where English is not the mother tongue)
- Live in Spain and experience a new culture

The school will be an accredited British School in Spain, following a British curriculum. Our curriculum will allow transfer at any stage between our school and any other school in the UK.

In the longer term, the Academy will grow to become a school for young sports people. We anticipate a multi-sport academy which caters for the aspirations of swimmers, for tennis players and for footballers. All the students will live and be educated together, and will be coached in their chosen sport.

We believe:

It is not what you win in swimming, but who you become from swimming.



Education

The BEST Centre Academy will be an accredited British School registered with the British Council in Spain and inspected by the National Association of British Schools in Spain (NABBS).

The school will have a small number of pupils and will offer a first class British education for years 9, 10 and 11.

Year 9 is children aged 13 on 1 September 2012

Year 10 is children aged 14 on 1 September 2012

Year 11 is children aged 15 on 1 September 2012



School and Swimming

When thinking about the BEST Centre Academy, the idea of a traditional 'school' needs to be abandoned. The educational content of the classroom will be the same as any school in England and Wales, but that is where the similarity ends.

Our students will be swimmers. They will enrol in the Academy because they want to swim. They will have many talents and the talent they choose to commit to will be swimming.

The Academy will, very simply, be a place where swimmers can eat, sleep, swim and work towards their IGCSE exams. It will be enjoyable and stimulating too of course, but the focus will be on swimming and education.

Within this simple framework is a myriad of educational possibilities. Small class sizes with motivated teachers and cutting edge, online educational support, will result in an educational delivery that inspires students to learning. Just as swimming develops a lifelong habit for an active and healthy lifestyle, so education should develop a lifelong habit for questioning and learning.

Many of the principles of self-directed learning will be present in the educational delivery where the teachers will guide the learning process. Just as in the pool where the coaching will be tailored to suit the individual, so the education will have the flexibility to suit the needs and abilities of each student.

The curriculum within each subject will, wherever possible, use the sport of swimming as examples. Every subject can dive into the swimming world to illuminate the teaching points in the curriculum: from swimming Haiku to the fluid dynamics of streamlining; from human and physical geography in Olympic cities to endless maths calculations on swim sets, water volumes or statistics.

Staff

The head teacher will be responsible for the educational delivery at the Academy. The head will be an experienced educationalist, familiar with the standards required to achieve success in the classroom and foster talent through the creation of an environment for learning.

All staff will be experienced teachers specialising in the subjects they teach.

Core subjects

We believe that IGCSE exams are important and we believe that quality is more important than quantity. We also believe that language qualifications are important. The school will offer 8 subjects that will be studied to the IGCSE examinations. Our core subjects are based on the English Baccalaureate (EBac), with additional subjects listed below, and the number of exams that each student takes will be determined in consultation with staff, students and parents.

The 6 core subjects, will be:

- English Language (or English as a second Language)
- Maths
- Co-ordinated Sciences (Double)
- Spanish
- Geography



2 additional subjects for all students will be:

- Physical Education
- Information and Communication Technology (ICT)

Additional subjects that students can elect to study to IGCSE examination:

- English Literature
- History
- Religious Studies
- French or German

The small number of students allows for a personalised approach to learning. Each student will be guided and monitored as they progress in their studies. At the same time, they will be challenged to think and work independently. The teaching pedagogy will range from formal classroom based lessons, to one-to-one tuition and online virtual learning for some topics or subjects.

Some students will be encouraged to study more than the 8 curriculum subjects. In addition, for those who are particularly good at music, provision can be made for music lessons and music study.

Students who do not have English as their first language will be prepared for the IGCSE English as a Second Language and the IELTS examinations (International English Language Testing System), the English qualification required by British Universities.

The Arts, Personal, Social, Health and Cultural Education (PSHCE)

All the subjects in the curriculum, as well as the daily life at the Academy, will provide opportunities to promote the students' spiritual, moral, social and cultural development. A significant contribution will also be made by the school ethos and from the development of relationships within the school and to our community.

While art and music are not part of the core curriculum, each term will offer a major project for the students. Each project will develop a different set of skills and examples might be: engage a local artist for an art project in the town; design the set and perform in a theatre, music or talent show; a

community project on nature conservation; a science project based on the biochemistry of the area; where each project uses elements of science and technology, design, ICT, human and social dimensions, etc.

Time will also be set aside each week for studying and discussing the range of issues within PSHCE.

When to take exams

Examination entry will be tailored to the abilities and progress of each individual. While the norm will be to work towards 8 IGCSEs (or more) at the end of year 11, early entry for some subjects or a more staggered programme of examinations can be considered on an individual basis. Our aim being to ensure each student achieves their maximum potential in the classroom as well as outside it.

Regular assessment will take place throughout the school year in all subjects studied, with regular reporting of progress to parents.

Parents will receive a student report at the end of each term and can request appointments with the staff any time.

Years 7 and 8

Once the school is established, we expect to offer education to years 7 and 8. This will be available as a residential or non-residential programme.

For those students who would like to board, they will live in the residence. For those students who will move to the island with their families, or who already live on the island, they will enrol in the school and/or swim programme.



Post IGCSE

After the age of 16, there is no requirement to continue in formal education. We anticipate a training group for those swimmers who would like to continue swim training after the age of 16 either with or without formal education, the future path will be:

- 1 or more AS and or A levels at the Academy
- 1 or more A levels at one of the international schools on the island
- Take level 2 and level 3 coaching qualifications
- Study Spanish (or another language)
- TEFL qualifications

Moving on

We at the Academy will always encourage our student swimmers to move on when it is appropriate to do so. We have relationships with all the UK Intensive Training Centres (ITCs) as well as schools, universities and clubs in the UK and the USA. We expect that well educated, high level swimmers will have plenty of choices in front of them after taking IGCSEs at the Academy.

School uniform

School uniform of Academy polo shirts will be worn in the classroom with dark blue, dark grey or black coloured trousers, shorts or skirts. Footwear will be up to the individual student.



School Dates

Term dates 2012-2013

Arrival: 2 September 2012

Autumn term: 5 September – 21 December 2012

Half term break: 29 October – 2 November 2

Christmas break: 22 December – 3 January 2013

Swimmers return home

Spring term: 5 January – 28 March 2013

Half term break: 18 – 22 February

Easter break: 1 April – 12 April 2013

Swimmers stay at the Academy

Summer term: 15 April – 17 July 2013

Half term break: 27 – 31 May



Swimmers return home after the national age group or youth championships in early August.

All swimmers will be encouraged to return home for one weekend per term in consultation with coaches, staff and parents. Parents are welcome to visit their children any time during the year and we will help with accommodation and airport transfers.

The swimming timetable will be the responsibility of the head coach, and the school timetable will be the responsibility of the head teacher.

School Day

The following timetable is only offered as an example of a typical week at the BEST Centre Academy.

A typical week would see double sessions on Monday, Wednesday and Friday, and single sessions on Tuesday (pm), Thursday (pm) and Saturday (am) with no sessions on Sunday.

Swim sessions would be 0700 – 0830 and 1600 – 1800 with landwork, and from 0700 – 0900 on Saturday.

The school day would run from 0930 – 1530 on days of double sessions and from 0900 – 1530 on days with single sessions with no lessons on Wednesday afternoon. Lessons will run on Saturdays from 1000 – 1330.

The evening meal would be at 1900 followed by private study and free time until lights out at 2200. Wednesday afternoons will be supervised private study.

The school timetable with detailed class times, subjects and breaks will be proposed by the head and will be available in the full school prospectus which will also detail the general codes of conduct as well all the processes and procedures that the school will follow.



Swimming

The swimming programme will be run in the outdoor Olympic pool at the BEST Centre. The pool was opened in July 2009 and quickly established itself as one of the elite swim training centres in Europe.



Swimming with the BEST

Swimmers at the BEST Centre Academy will have a unique opportunity to swim alongside the best in the world.

A partnership with British Swimming has brought the British senior team and Paralympic team to the site on many occasions. The quality of the facilities and relaxing surroundings has drawn club teams and national teams from around the world, including the Olympic and world medallists, who currently decorate our Wall of Fame.

The swimmers and staff will benefit from being able to interact with and learn from the top swimmers and coaches that visit the site for their camps. The BEST Centre has welcomed teams from over 20 countries, and provided training facilities for Olympians, world record holders and countless national record holders. You will be in very good company.

Swim programme

The programme at the BEST Centre Academy will develop every swimmer so that they are as well prepared as they can possibly be for a career as a senior swimmer, in whatever programme they move to in the future.

Swimming at the BEST Centre Academy will be far more than just turning up for the sessions. The coaches will help the swimmers understand all aspects of the training they are doing, including:

- Why training works and how
- What are the energy systems used in training
- Why are they important
- Why are drills important
- Why is stroke mechanics important
- What land work do I need to be doing
- How is my year going to be planned
- The importance of nutrition, psychology and goal setting



Winning isn't normal

There are many influences on why people win. Part of the process of improving as a swimmer is to understand as much as we can about the subjects of nutrition, psychology, goal setting, land conditioning, bio-mechanics and the day to day training that we do. All the students at the BEST Centre Academy will spend time understanding the basic concepts on all of these subjects, so that they can start to take control of their own performance.

Competitions

The coaching staff will be responsible for planning all the competitions through the swimming year. Competitions will predominantly be in Mallorca and mainland Spain, as well as in the UK.

The focus of the year will be the national age group and national youth championships in the UK each summer. The year will be divided into 3 cycles where there is one focus meet in each cycle.

Swimmers who come from countries other than the UK will also be encouraged to attend competitions in their home country, as directed by the coaching staff.

As well as training, it is important to foster a competitive spirit. This can be done within the group, and at dual meets as well as at the different levels of competitions.

It is very difficult to give an example of a typical year plan, because every student's training and competition schedule may differ. However, the annual cycle for most will look something like this:

Sep – Dec 2012 – first cycle

October 13/14	Dual meet in Palma
October 26	Home break
November 17/18	Dual meet in Palma
December 1/2	Dual meet or age group open meet Palma
December 15/16	Regional or National age group short course – Focus meet for first cycle
December 22	Return to home programmes for break and low level training



Jan – April 2013 – second cycle

January 2	Training resumes at BEST Centre
January 26	Dual meet in Palma
February 16	Dual meet in Palma or BEST plus home break
March 16/17	Age group meet in Palma
March 30/31	Possible Easter meet in Spain or Home country and training at home
April 13/14	Age group Focus meet for second cycle
April	Return to home programmes for 1 week, dates flexible

April – July 2013 – third cycle

May 18/19	Age group meet Palma or Barcelona or Madrid
June 15	Dual meets in Palma or BEST
July 6/7	Age group meet in Barcelona, Madrid or Valencia
End July, early August	National Age group championships England – Focus meet for third cycle

Coaching staff

Patrick Blake will be the head coach of the programme. Matthew O'Connor and James Parrack will also provide coaching to the swimmers and the three coaches together will be responsible for the overall training programme. Cati Arasa will be the assistant coach.



Pat Blake swam for Torquay and then Wigan Wasps where he was coached by Keith Bewley. Pat swam as a junior international from 1981, and swam on the senior national team from 1985 – 1991, including the 85 and 86 European Cup meets.

Pat swam at the European Open (1990) and Commonwealth Games (1986) and competed in the 200m and 400m IM, 100m and 200m backstroke.

Pat was the assistant coach and then head coach at City of Swansea from 1996 – 2000 producing a national age group champion, senior internationals and a Welsh

national record.

He has a degree in Development Studies from the University of Wales, graduating in 1995.



Matthew O'Connor competed at the 1992 Olympic Games in the 200m backstroke as well as the Commonwealth Games in 1990 (6th) and 1994 (4th). He competed on the junior national team as well as on the senior national team from 1990 – 1995.

Matthew set the British record in the 200m backstroke at the 1992 Olympic trials. Matthew swam at Manchester Aquatics and then at one of the top US programmes at the University of Georgia with US senior coach Jack Baurle and then the City of

Leeds, under Britain's top coach Terry Denison.

Matthew was on the coaching staff in Georgia and was head coach of Maxwell Swimming Club from 1997 – 1999.

Matthew has a degree in Business studies from the University of Georgia, graduating in 1995.



James Parrack competed at the 1988 Olympic Games in the 100m breaststroke, and won a silver medal at the Commonwealth Games in 1990. He swam internationally from 1988 – 1996 including the world championships in 1991 and a second Commonwealth Games in 1994.

James set the British and Commonwealth record in the 50m breaststroke in 1992 and was ranked 3rd in the world in the 100m breaststroke in 1990.

James grew up in Cheltenham and then swam for the city of Leeds from the age of 18, under Terry Denison, swimming alongside Olympic champion and world record holder Adrian Moorhouse.

He graduated in Accounting and Finance in 1989 and completed a Masters degree in Computing in 1998.

James is the swimming commentator for Eurosport and has been the swimming correspondent for the Independent newspaper and a contributor to the Swimming Times.



Cati Arasa is a former junior international for Spain and a level 3 swimming coach and swimming teacher and a level 3 Triathlon coach. Level 3 is the highest coaching level in Spain.

Cati swam for 10 years as part of the Elite Balearic Squad and is a multi-medallist at Spanish national championships and is the former head coach to Voltor swim team on the island.

Cati was born in Mallorca and is fluent in Spanish, Catalan and English. She is currently studying for her degree in sports physiology.

Residence and Pastoral Care

The Residence will be home for the students who do not live on the island and will be located at the BEST Centre.

The residential area will be a small village in the grounds next to the BEST Centre. The village will comprise of bungalows housing up to 4 students, a classroom, multi-purpose common room and school office.

It will follow all boarding guidelines as required by British Schools in Spain as well as local laws for residences that house young people.

The primary concern is that of the safety and welfare of the students. The school village will be safe, as well as meet the needs of young people for their privacy, relaxation and interaction. Students need to know that they can live in a community which also affords each person the space to be themselves.



The head of boarding will be responsible for the pastoral care of the students and their day to day life away from the classroom and pool. The head of boarding will be acting in loco parentis, and as such will have the experience and empathy required for the role. The village will be staffed at all times and if students are ill they will remain at their residence and will be seen by the doctor appointed by the school.

The school village will host up to 25 students. When the Academy grows larger than its first 25 students, a second residence will be added or a new residence and school room will be built.

Every student will take responsibility for the cleanliness of the residence and its day to day running. Students will play their part in laundry, cleaning of their own rooms and when required, cooking for themselves.

The head of boarding will also be responsible for the weekly allowance of each student and each student will have their own ledger.

All students will be expected to respect the ethos of the school and respect the needs and rights of their fellow students, staff and the community in which they live. All the procedures that relate to behaviour, discipline, bullying, complaints, time away from the residence and all other welfare issues will be detailed in the full school prospectus.



A place to grow

We want the young people at the BEST Centre Academy to feel as though this is the greatest thing they can be doing with this time of their life. The residence should be a place where our young people can thrive. Their hopes and dreams should be allowed to take flight as the school, swim programme and daily life at the residence provide our students with the tools and navigational equipment they will need for their onward journey.



We hope some of our students will represent their country at the Olympic Games. We expect all our students to become highly performing individuals who make a positive contribution to the people around them and the world they live in.

Food

Nutrition is an important part of daily life at the Academy. Students will learn about the food we eat and its preparation and will be expected to take responsibility for their diet.

All the food on offer will be healthy and nutritious and will contribute to the energy requirements of the athletic lifestyle.

Wherever possible, the food will be organic, whole food. Lunches and dinners will predominantly be: rice, pasta, grains, fruits, vegetables, salads, lentils and beans. Vegetarian options of all meals will be available.

Some meals will be catered, and for others, the students will be required to prepare meals for themselves and others. Students will take their meals in their own bungalows when they are preparing the meals, and in the common room when the meals are provided.



Applications and Admissions

Academic year September 2012 – July 2013

Applications to the school will open on 1 September 2011 and close on 31 March 2012. Consideration will be given to any applications received after 31 March 2012.

There is no minimum level of academic or swimming achievement required for entry to the school.

Any student who does not speak English to the required level will be placed on an accelerated English learning programme and will join the curriculum when their English is good enough to do so.

Applications to the school are open to students from all countries, races and religions, except Spanish nationals.

Applications to the swim programme are open to all.

We are not able to offer scholarships of any kind, although we hope to be able to do so in the future.

Visits to the BEST Centre can be made at any time through the year by appointment.

For all application and admission questions and visits to the BEST Centre, please contact James Parrack on +33 687 28 73 68 or +44 161 408 2982 and by email to jamesparrack@BESTswimCentre.com

Fees

The annual fees for the Academy, based on 20 students are as follows:

School + Swim Programme + Residence:	24,000 euros
School + Swim Programme:	15,000 euros
School only:	11,000 euros
Lunches (optional):	5 euros per day
Swim Programme only:	4,500 euros
Additional IGCSE subjects:	Prices on demand
Additional tutoring:	Prices on demand

Note: For an intake of fewer than 20 students, the prices may change.

Additionally:

- All students must bring their own laptop
- Students will be provided with a book list and equipment list
- Students will be provided with duvet and pillows but must bring their own sheets, duvet covers and pillowcases (sizes will be provided and students may also bring their own).
- 1 tracksuit, 1 parka, 5 polo shirts, 2 T-shirts, 2 sweatshirts and 2 swimming hats will be issued free as part of the Academy uniform. Any other Academy clothing must be bought.
- Travel to competitions and other excursions are not included in the school fees

Summary

The BEST Centre Academy aims to be a wonderful place for young people to live, swim and be schooled.

The location offers an outdoor lifestyle in Spain, where students will be exposed to a new language and culture.

The ideal setting of the small beach town of Colonia Sant Jordi offers the perfect location to swim, study and relax.

We hope you and the swimmers in your family will consider enrolling in the BEST Centre Academy, a School for Swimmers. You will be very welcome.

Visiting the BEST Centre:

We are available for prospective students and their families to visit us at the BEST Centre by appointment at any time. We will show you the facilities and talk with you in detail about the swimming and education needs of the student and whether the BEST Centre Academy would be the right place for you.

We know you will have many questions. For all questions and visits please contact:

James Parrack
Director, BEST Centre SL
Calle Rода 35
07638 Colonia Sant Jordi
Iles Balears

Tel: +33 687 28 73 68
+44 161 408 2982

jamesparrack@BESTswimCentre.com