



Lucton  
School  
Founded 1708

***Typhoon  
Aquatics***

# ***Performance Centre For Swimming***





[www.LuctonSchool.org](http://www.LuctonSchool.org)





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
 French International Swimmer – National Finalist and Qualifier for Olympic Trials and British Nationals

 British National Qualifiers


 Swim England National Qualifiers

 ISA National Finalists

 Multiple Welsh National Medallists and Finalists

 Multiple Swimmers Selected onto the West Midland Regional Development Camp, West Midland Distance Development Camp, and Worcestershire County Development Camp

 Multiple Regional Medalists

 Multiple County Medalists

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# Performance Swimming with Lucton & Typhoon

Lucton School, through its partnership with Typhoon Aquatics, provides a training environment that nurtures swimmers from their first strokes to elite-level competition.

At the heart of Lucton's swimming success is its state-of-the-art 4-lane indoor heated swimming pool, conveniently located next to the senior boarding house. Officially opened by the Duke of Wessex, this facility ensures year-round training access.

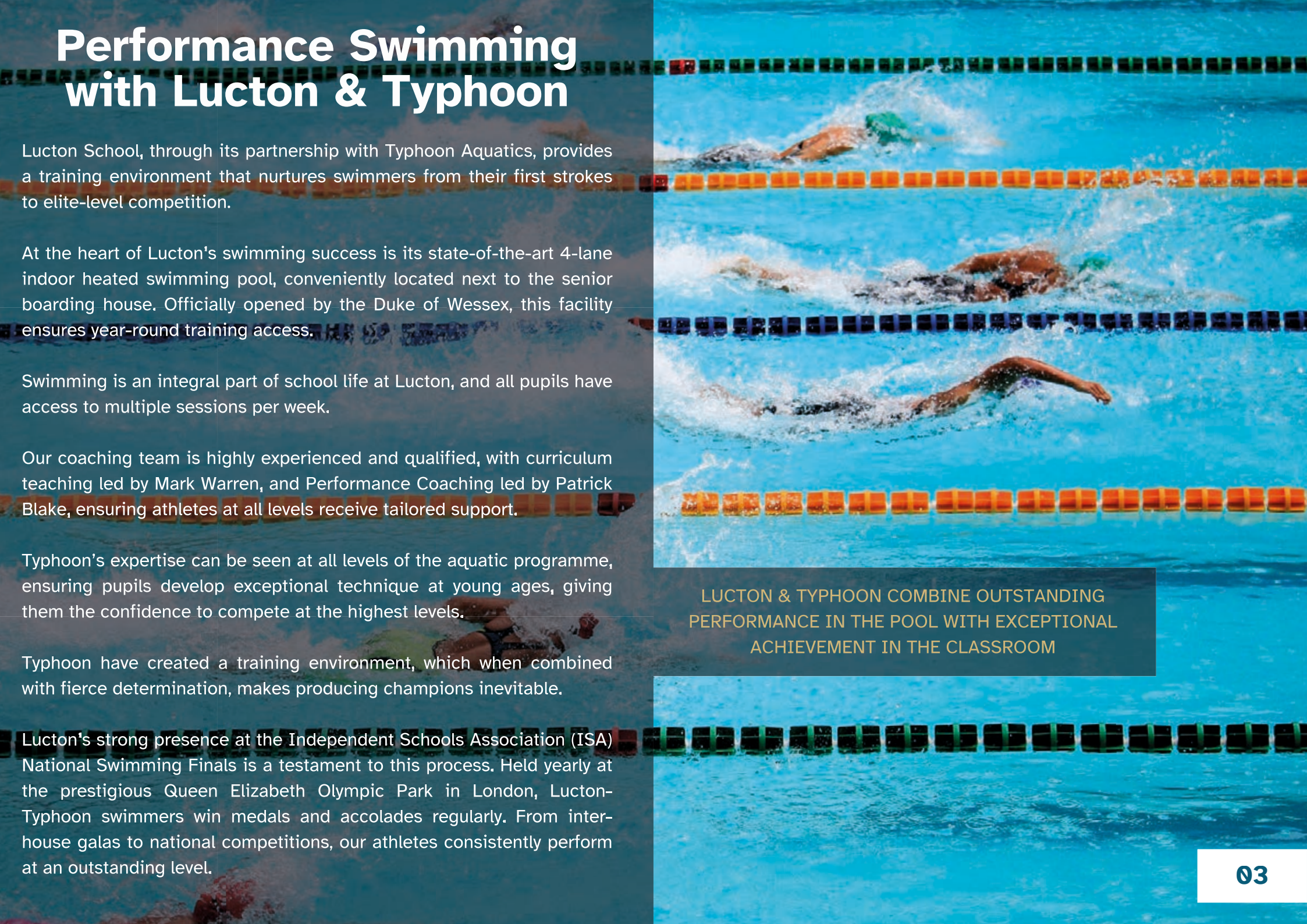
Swimming is an integral part of school life at Lucton, and all pupils have access to multiple sessions per week.

Our coaching team is highly experienced and qualified, with curriculum teaching led by Mark Warren, and Performance Coaching led by Patrick Blake, ensuring athletes at all levels receive tailored support.

Typhoon's expertise can be seen at all levels of the aquatic programme, ensuring pupils develop exceptional technique at young ages, giving them the confidence to compete at the highest levels.

Typhoon have created a training environment, which when combined with fierce determination, makes producing champions inevitable.

Lucton's strong presence at the Independent Schools Association (ISA) National Swimming Finals is a testament to this process. Held yearly at the prestigious Queen Elizabeth Olympic Park in London, Lucton-Typhoon swimmers win medals and accolades regularly. From inter-house galas to national competitions, our athletes consistently perform at an outstanding level.



LUCTON & TYPHOON COMBINE OUTSTANDING  
PERFORMANCE IN THE POOL WITH EXCEPTIONAL  
ACHIEVEMENT IN THE CLASSROOM



# Training & Coaching

24.5 HRS / WEEK: Water Time

We provide an elite training environment with **bespoke, individual swim training** and we are fully aligned with the **British Swimming Optimal Athlete Development Framework**.

Spearheaded by our Senior Swim England Level 3 Head Coach, we provide holistic, effective and ethical training plans for performance swimmers aged 7 and upwards.

## Video Analysis

Our programme uses underwater video analysis to give swimmers detailed feedback on their technique. This allows coaches to identify even the smallest adjustments and ensures athletes refine their performance to the highest level.

50 Meter: Long Course Training

Regular training sessions at 50m Olympic-standard pools, such as Cardiff International Pool and other elite venues. Training in a long-course environment ensures our swimmers develop endurance, race-specific pacing, and the adaptability needed for national and international competitions





*Lucton*

## 5.0 HRS / WEEK: Strength & Conditioning

We provide an elite training environment with **bespoke, individual swim training** and we are fully aligned with the **British Swimming Optimal Athlete Development Framework**.

Spearheaded by our Senior Swim England Level 3 Head Coach, we provide holistic, effective and ethical training plans for performance swimmers aged 7 and upwards.

Our bespoke programmes are designed for swimmers seeking to maximise their potential through personalised Swim and Land Training delivered by our highly qualified coaching staff. These programmes take into consideration the age, stroke and goals of the swimmer.

## Onsite Chefs: Fuelling Performance with Expert Nutrition

At Lucton School, our on-site chefs provide nutritionally balanced meals designed to support the demands of high-performance athletes. We understand that elite swimming requires optimal fuelling, so our menus are tailored to promote endurance, strength, and recovery. Meals are rich in lean proteins for muscle repair, complex carbohydrates for sustained energy, and essential fats to aid overall health and performance.

Our chefs work closely with sports staff to align nutrition with training schedules, offering fresh, high-quality meals that maximise performance in both the pool and the classroom.



# Head Coach: Patrick Blake

Patrick Blake brings a wealth of experience to Typhoon Aquatics, both as an elite swimmer and a dedicated coach. As a competitor, he swam for Mount Kelly, City of Hereford, and City of Bristol, securing multiple county records, regional golds, and national championship finals. He also qualified for Olympic, World Championship, and Commonwealth trials.

Patrick began coaching at City of Hereford SC, leading junior squads before moving to Bristol, where he contributed to the City of Bristol Performance Programme and coached at Keynsham Swimming Club—all while competing at national and international levels. After retiring in 2016, he returned to City of Hereford as Head Coach, where he delivered record-breaking results in county, regional, and national competitions, restructured the club, and expanded its membership.

He has coached Worcestershire County teams, contributed to the Swim England Coaching Pathway, and worked on national development programmes. Since joining Typhoon in 2022 as Head Coach of Lucton Typhoon Swimming Club, the club has achieved record county and regional qualifiers, national success, and multiple medals. Each year, the club continues to build on its achievements, with 2025 already delivering outstanding results.



## A Bespoke Offer

Our bespoke swimming programmes are designed for athletes looking to maximise their potential through expertly structured Swim and Land Training, tailored to their age, stroke specialisation, and individual goals. Delivered by our highly qualified coaching staff, these programmes integrate cutting-edge training methodologies to develop speed, endurance, strength, and technical precision.

To ensure optimal performance, our annual training plan follows a structured periodisation model, incorporating macro, meso, and micro cycles to systematically build and peak at key competitions throughout the season. Training loads are carefully planned to align with the competitive calendar, ensuring swimmers are in peak condition for championship meets. This approach balances high-intensity work, technical refinement, and strategic tapering phases to enhance race-day performance.

We also prioritise recovery and academic balance, with two weekday and weekend evenings off, allowing athletes essential rest to prevent burnout, promote adaptation, and maintain focus in both their studies and training. This structured approach creates the perfect equilibrium between elite performance, academic excellence, and long-term athlete development.



# Sacha Poirat

Year 10 Pupil

French National Championship Swimmer

*As a pupil at the Swim Performance Centre, I can honestly say that the environment here is incredibly supportive. It's amazing how seamlessly school life and training are integrated; I never feel like I have to choose between my education and my passion for swimming. Since joining, I've seen a remarkable improvement in my performance, and being part of the Lucton Typhoon Programme has only fuelled my motivation. I'm excited to compete as a National Qualifier in 2025!*

Event	Personal Best	Improvement Since Joining
50 Free	25.65	12.6%
100 Free	56.44	8.2%
50 Breast	32.71	11.5%
100 Breast	1.12.48	10.3%



# Scholarships

Applications are invited for entry into all year groups throughout the year.

We are looking for swimmers with proven success in the last 24 months at either County, Regional or National levels.

All applicants will have a technical swimming assessment at Lucton School by our Head Coach. We will also ask for copies of your most recent school report.

We operate a transparent scholarship programme, to ensure all swimmers are treated fairly!

- County Swimmers: **20% scholarship**
- Regional Swimmers: **25% scholarship**
- National Swimmers: **30% scholarship**
- National Swimmers (GCSE & 6th form): **50% PLUS scholarship\***

*\*additional academic terms apply*

Termly fees for the academic year 2025 - 2026 are:

Year Group	Full Termly Rate	20% Scholar	25% Scholar	30% Scholar	50% Scholar
Year 3 to Year 6	£4,395	£3,516	£3,296	£3,076	N/A
Year 7 to Year 13	£6,154	£4,923	£4,615	£4,307	£3,077
Prep Weekly Boarding	£9,545	£7,636	£7,158	£6,681	£4,772
Senior Weekly Boarding	£11,210	£8,968	£8,407	£7,847	£5,605
Prep & Senior Full Boarding	£13,855	£11,084	£10,391	£9,698	£6,927



# School Life: Unmatched Convenience

Lucton School's swimming pool is at the heart of the campus, just a 10-second walk from the boarding house and easily accessible from all classrooms.

This unparalleled proximity allows our swimmers to maximise their training time without compromising their academic commitments.

Our academic, pastoral, and swimming staff work closely together, meeting regularly to ensure each athlete maintains a healthy balance between rigorous training and academic excellence.

This integrated support system enables our swimmers to excel both in the pool and the classroom





# Outstanding Academic Excellence

Students at Lucton School regularly celebrate exceptional A-Level results, reflecting our Sixth Form leavers' dedication and hard work. Our recent results include outstanding grades, with 33% of all results at A or A\*. Notably, Physics saw a 100% A grade success rate, while 60% of Maths and 66% of Chemistry results were A or A\*.

Among the many impressive achievements, standout performances include (A\*, A, A), (A\*, A, A), and (A\*, A, C).

These results are a testament to the commitment of our students and staff. Lucton continues to produce excellent academic outcomes and well-rounded young men and women, ready to take on the next stage of their journey with confidence.

We aim to create an environment where swimmers excel in the pool and classroom. Our coaches collaborate closely with academic staff to provide the support athletes need to succeed in both areas. We take great pride in our students' consistently strong public examination results.

Our swimmers regularly earn places at top sports universities such as Bath and Loughborough, as well as international Universities, reflecting both their academic dedication and athletic excellence.





# Co-ed 7-18 Day & Boarding

For many students, boarding is central to their life at Lucton. Based in the heart of the school, we have two boarding houses: School Cottage and Croft House.

For some, boarding may appear a daunting experience and the first occasion that many of them have spent time away from home; however, both School Cottage and Croft House have a strong family feel, both with live-in houseparents, who are on hand to provide help, support and guidance whenever it is needed.

Both houses feature communal lounges where students can relax, chat, watch television and play games, and for older students, Croft House also has its own Cinema Room as well as American Pool and Table Tennis tables and a large kitchen café where students can perfect their culinary skills. During the evenings, they are also able to access teacher-supervised homework sessions, allowing them to get the most from their education.

On weekends, boarders enjoy a fantastic programme of activities which typically include cultural trips, theme parks, visiting major cities and attractions like Cadbury's World, go-karting, ice-skating, bowling, paintballing and much more.

Lucton offers a variety of boarding options including full time and weekdays only, as well as flexi boarding packages, which are ideal for parents with busy working schedules during the week.





The background image is a photograph of a grand, multi-story building with classical architectural features. It has a light-colored stone or brick facade, arched windows, and a prominent entrance with columns. In the foreground, there is a statue of a person sitting on a pedestal. An American flag is flying on a tall pole to the left of the building. The sky is overcast.

# Pathway to American University Swimming Scholarships

For students aspiring to continue their swimming careers at top universities in the United States, we offer tailored support to navigate the competitive recruitment process. Our expert assistance with scholarship applications, university selection, and compliance with NCAA, NAIA, and NJCAA eligibility requirements maximises your chances of success.

Through personalised athlete profiling, we help swimmers showcase their academic and athletic achievements to college coaches, increasing their chances of securing a scholarship.

Our support includes video analysis to highlight racing and training performances, assistance with SAT/ACT preparation, and guidance on the admissions process.

We also facilitate direct communication with university recruiters and provide advice on scholarship negotiations, ensuring students find the best fit for both their academic and athletic goals.

By leveraging our expertise and connections, we help swimmers maximise their opportunities to train and compete at an elite level while earning a world-class education.





## Become Part of the Lucton Typhoon Family



Swimmers who would like to apply for a place in the Lucton Typhoon Performance Centre are encouraged to get in touch with us here



✉ Email: [Admissions@LuctonSchool.org](mailto:Admissions@LuctonSchool.org)

☎ Phone: +44 (0) 1568 782 000

🌐 Website: [LuctonSchool.org](http://LuctonSchool.org)



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