

TuksSport High School Swimming Programme



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

TuksSport

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sport, science, knowledge

The University of Pretoria places significant importance on sport. TuksSport is the unit that is responsible for sport on campus, under the Directorship of Mr Kobus van der Walt. Club members are serviced from the foundation phases through to Olympic / International levels. All clubs are administered by a TuksSport manager and technically driven by a Head coach / Technical director.

Swimming is classified as a priority sport at Tuks due to the highly successful overall programme and the dynamic swimming academy (sport school). The TuksSport High School Swimming programme has specific developmental objectives which forms the integrated long term athlete development programme, unique to Tuks.

The Tuks coaches are accredited members of the American Swim Coaches Association and the World Swim Coaches Association.

The Sport Science and Medical Unit provides scientific support and expertise to the coaches and swimmers in the Academy programme.

Team Tuks has enjoyed tremendous success by winning the following competitions repeatedly:

- NTS Provincial Championships
- SSA Level 3 nationals
- SA Short Course championships
- SA Senior Nationals





TuksSwimming Academy and TuksSport High School

The implementation of the international long term swimmer development model is possible due to the flexibility of the TuksSport High School. The school day is structured to accommodate the high volume of training.

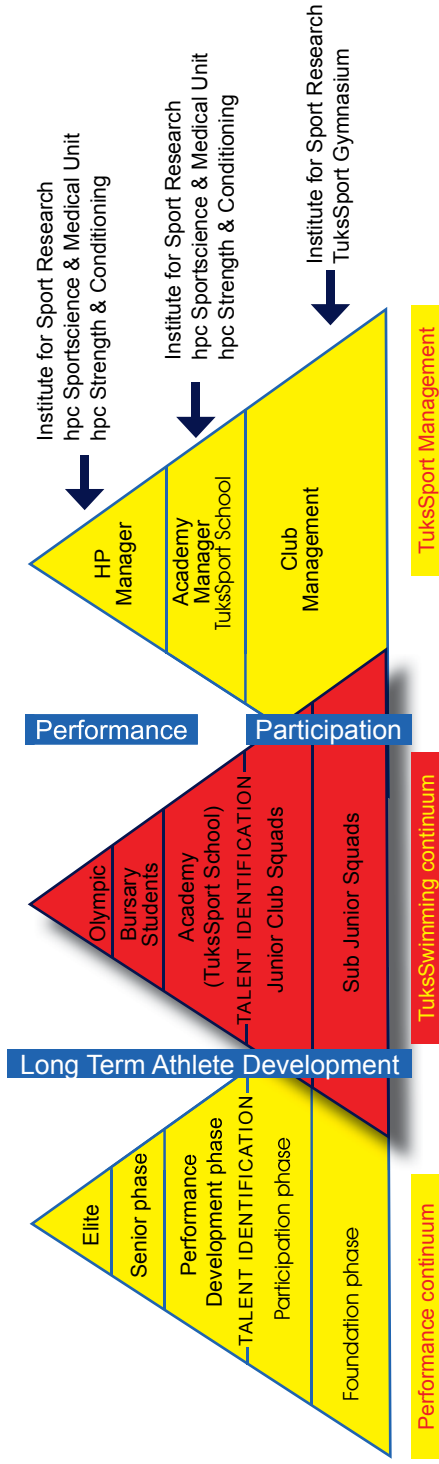
Swimmers have the option of going into residence on the sports campus. Academy swimmers apply to the Academy manager and Head coach for acceptance into the day or residential programme.

TuksSwimming University bursaries

Swimmers apply annually to the Club manager and Head coach for a sports bursary. Applicants must be in possession of a student number and thus qualify for university study. TuksSport provides an academic advisor and a bursary athlete manager to assist with student affairs.



Schematic outline of the University of Pretoria swimming programme



Sample Weekly Performance Programme

(Academy and bursary swimmers)

Swimming: 20 hours long course training in a 50m pool.

Functional Strength and power training:

Swimmers enjoy a multi-disciplinary approach, instructed by specialists, with the head swimming coach integrating all services, namely;

- Bio-mechanical analysis
- Physiological testing
- Strength and conditioning coaching
- Mental toughness and Sport psychology
- Nutrition and Supplementation
- Recovery

Contact Details

TuksSport Academies

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Application: www.hpc.co.za click on

TuksSport High School & Sport programmes

