

# Robin Brew

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British and Scottish Swimming Team Captain 1983-86 and Olympic Record holder in the 200m Individual Medley, Los Angeles, 1984.

#### CONTACT DETAILS

109 Broad Park Road  
Bere Alston  
Yelverton  
Devon  
PL20 7DX

Tel: 01822 840067

Mobile: 07808 582589

E-mail: [robin.brew@btinternet.com](mailto:robin.brew@btinternet.com)

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## Career History

2001 - PRESENT

### **Kelly College, Tavistock Director of Swimming and Triathlon**

#### **As Director of Swimming and Triathlon I currently manage**

- 3 Full time and 3 part time staff
- 5 Coaching and training groups which include
- Performance Squad (International and Olympic Athletes)
- National Squad
- County Squad
- Development Squad
- Triathlon Squad ( International Athletes)

#### **My responsibilities include**

- The coaching, planning and evaluation of performances from Junior through to Senior International development in swimming, disability swimming and triathlon
- Management and co-ordination of medical and sports science services
- Implementation of the strength and conditioning programme
- To liaise with Kelly College management team, parents and teaching staff
- Club and staff development through the ASA Swim 21 Scheme – currently awarded the Performance Club Award and Sport England Club Mark

#### **Other area's of responsibility include**

- Initial Programme Director of BTEC and HND Sports Performance and Leisure Management Courses which started in Sept 06
- Co-ordination of information for local and national media including TV
- Management of Budget
- South West Region Coaches Committee member
- Devon County Coach (2003-2007)

#### **British Coaching Commitments**

Beijing Paralympic Games – Coaching Staff (2008)  
European Junior Open Water Championships – Coaching Staff (2008)  
World Class Age Group Programme – Coaching Staff (2005-6)  
World Class Performance Disability – Coaching Staff (2005-8)  
World Class Performance Triathlon – Consultant Coaching Staff (2000-6)

#### **Awards**

Devon Sports Awards 2006 – Coach of the Year  
Devon Sports Awards 2006 – Outstanding Services to Sport in Devon  
British Swimming Coaches and Teachers Association – South West Disability Coach of the Year, 2006, 07, 08

#### **Further Training**

1. ASA Coach (2000)
2. First Aid at Work

#### **Publications**

220 Triathlon Magazine,, Triathlete Magazine, Tri News, Ultra Fit, Watermarks, Zest, GQ



*Over nearly three decades  
Kelly College Swim Squad has  
produced more than 55  
International Athletes of which  
24 Represented GB at the  
Olympic Games – the School  
has 375 pupils!*

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## Career History

1998-00

### **ASFGFB National High Performance Swimming Centre, Bath Assistant Coach**

- Assistant Swimming Coach to Ian Turner ( Head Coach to the HPC and also to the GB Senior Olympic Swim Team).
- Assisting and supporting Ian Turner in the planning, implementation and periodisation of weekly swim programmes.
- Introduced and developed the concepts of specific land training for swimming. Directly responsible for the individual programmes and coaching of all HPC swimmers at Bath.
- Responsible for measuring and monitoring the improvement of the core strength and stability along with specific stroke related strength tests for the HPC swimmers at Bath.
- Liaise with sports science and sports medicine support services.
- Shared responsible for sponsorship and marketing of the HPC and Swimmers. Acquired financial contracts for Individual Swimmers and a clothing contract for the HPC.
- GB Senior International Swimming Coach
- Representation 1999 – Imperia & Gelshurnkirken World Cup .

#### **HPC – Related projects**

- Responsible for the management and organisation of the British Speedo Grand Prix Open Swim Meet at Bath
- Presentation on “The development of the concept of specific land training for swimming” at the National Swimming Coaching Conference in Coventry January 2000
- Regular contributor to various publications on Swimming and Strength & Conditioning.
- Member of the International Register of accredited Strength & Conditioning Coaches
- Employed, extra contractually, to provide specialist swim coaching on a weekly basis to the HPC Triathlon Squad.

#### **Further Training**

- 1 Prof Eric Newsholm - Seminar – Bio Chemistry of energy systems.
- 2 Jan Olbrecht - Seminar – Physiological Testing for International Swimmers & Periodisation of Training
- 3 ASA Club Coaching qualification
- 4 Begun ASA Coaches Course

*The NHPC at the University of Bath placed 9 swimmers on the Sydney 2000 Olympic Team*

1989-CURRENT

### **Professional Swimming and Triathlon Coach**

- Coaching Director of UK and overseas Swimming and Triathlon camps and courses
- Provided Professional Specialist Swimming & Triathlon Coaching services to National Associations (BTA,WTA & ITA) Clubs & Individuals. Over 5000 people have attended coaching courses.
- Assisting in the development of junior & senior International Triathletes in Ireland & appointed as consultant to the Irish National Team 1997.
- Designing and implementing coaching programmes both in the UK and abroad for International Triathletes.

#### **Further Training**

- 1 National Coaching Foundation - Sports Psychology
- 2 National Coaching Foundation - Sports Anatomy & Physiology
- 3 National Coaching Foundation – Nutrition
- 4 London School of Sports Massage - Sports Therapist - Diploma
- 5 Irish National Sports Council, Psychological Profiling for athletes

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1994-98

### **BBC Grandstand Specialist Sports Commentator**

- Commissioned by the BBC to act as Specialist Commentator for World Championships and International Triathlon Events.

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## Career History

1989-90

### Aylesbury Vale District Council (AVDC) Senior Sports Development Officer

- Responsible for the implementation of the Sports Development programme as outlined in the AVDC Leisure Strategy.
- Management of AVDC Sports Development Department staff
- Responsible for departmental budgets

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1987-89

### Aylesbury Vale District Council (AVDC) Sports Development Officer

- Established the first ever National Triathlon Coaching Centre.
- Responsible for marketing and development of regional sporting facilities.
- Established a joint initiative with the British Paraplegic Sports Society at Stoke Mandeville to raise profile of sports facilities.
- Responsible for increasing the AVDC Gymnasium membership by over 50% in one year. Developed new Coaching and Teaching Techniques along with a full compliment of and Exercise classes.
- Introduced personal fitness programmes which included sports science and physiology testing. The project became so successful a joint initiative was set up with Aylesbury Vale Health Authority to continue the programme at outside locations for members of the Public and employees of the NHS.

#### Further Training

- 1 Day Fitness Assessors Course - Oxford University - Diploma

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1984 -87

### Royal Air Force, RAF Halton Physical Training Instructor

- RAF Halton Swimming Team Coach
- Responsible for the organisation and administration of more than 100 sporting events annually.
- RAF Halton was one of the premier sporting facilities in the Royal Air Force. Responsible for the organisation and management of major interservice swimming competitions and other sports.

#### Further Qualifications Gained

- 1 RAF Promotion Exam Part 2
- 2 ASA Advanced Swimming Teachers
- 2 BCU Canoeing Instructor

1983-84

### Royal Air Force, RAF Mount Batton Physical Training Instructor and Kelly College, part-time Swim Coach

- Responsible for the management and provision of Health & Fitness and Sports Coaching activities for the 200 personnel at a RAF Sea Survival Unit in Plymouth.
- Organisation of adventure training such as Canoeing & Mountaineering.
- Appointed as a part time swimming Coach to the Kelly College Swim Team.

#### Further Qualifications Gained

GST 2 – Sergeant promotion exam  
Course included; Management Training, Leadership, Administration & Communication Skills.

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1981-83

### Royal Air Force, RAF Cosford Physical Training Instructor

- First posting as a Corporal PTI.
- Responsible for re writing the Swimming sports coaching syllabuses to assist in the improvement of the RAF training personnel's performance in sport.
- Responsible for the implementation of a Swimming Coaching & Strength / Fitness.

#### Further Qualifications Gained

- 1 RAF Promotion Exam Part 1
- 2 ASA Preliminary Swimming Teachers
- 3 ASA Preliminary Swimming Coaches
- 4 ASA Swimming Teachers

## Education

1972-2008

### Loughborough University

School of Sports & Exercise Science, MSc Coaching  
2006-2008

### RAF School of Physical Education

RAF Cosford, Shropshire 1980 -1981

### Kelly College

Tavistock, Devon 1978 - 1980

### Bay House School

Gosport, Hampshire 1972-1978

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## National & International Coaching Experience

### International Coaching Representation Swimming

#### World Class Programme 2005, 2006

- Team Staff - Age Level 2

#### World Class Performance Programme 2005-8 – Disability Swimming

- Team Staff – Paralympic Games, Beijing 2008
- Team Staff – IPC World Championships, Durban
- Team Staff - World Cup, Manchester
- Team Staff – German Open, Berlin

#### European Junior Championships, 2008

Team Staff – GB Team, European Open Water Championships 2008

#### Senior British Swimming Team 1999

- Team Staff - World Cup Gelsburnkirken
- Team Staff - World Cup Imperia

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### International Coaching Representation Triathlon

#### 2004 Overseas Training Centre – Noosa

- Swimming Skills Coach pre Olympic Selection

#### 2003-4 World Cup and Pre Olympic Coaching – Kelly

- Swimming Skills Coach to World No1 and No 3

#### 2003 Olympic Orientation Camp - Athens

- Swimming Skills Coach to Olympic Squad

#### 2001 World Class Potential Training Camp – Cyprus

- Triathlon Coach

#### 2000 Olympic Games , Sydney

- Olympic Holding Camp Staff
- Swimming coach to Simon Lessing

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### Major National & International Coaching Achievements Swimming

#### 2008 Paralympic Games, Beijing

- Claire Cashmore 100m BR, 200mIM, 100mFly, 100mBK
- Louise Watkin, 50m,100m, 400mFC, 200mIM, 100BR
- Lauren Steadman 50m,100mFC,

#### 2008 European Open Water Championships

- Jeff Hill – (15min 58.32 - 1500m to qualify) 5k & 10k Freestyle

#### 2006 IPC World Disability Swimming Championships

- 4x Silver medals

#### 2006 Commonwealth Games - Melbourne

- 2 representative – Jakie Wellman (Zambia) 50m,100m,200m Freestyle

#### 2005 World Championships – Montréal

- 1 representative – Jakie Wellman (Zambia) 50m,100m,200m Freestyle

#### 2004 Olympic Games - Athens

- 1 representative – Jakie Wellman (Zambia) 50m,100m,200m Freestyle

#### 2004 Paralympics - Athens

- David Hill Aged 15 year (S9) - Paralympics Final100m Backstroke

#### Multi World, European and British Disability Records 2003-2006

- David Hill ,Claire Cashmore, Louise Watkin (S9)Disability Swimmers

#### 2002 Commonwealth Games – Manchester

- Elaine Reyes ( Gibraltar) 100m & 200m Freestyle, 200m Individual Medley

#### National Championships

- National Age Group Championship Finals and Medals 2001 – 2007
- National Open Water Champions 2006-2007
- National Speedo League Final 2005

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### Major National & International Coaching Achievements Triathlon

#### 2008 Olympic Games, Beijing

- Flora Duffy – Women's Olympic Distance Triathlon
- #### 2006 Commonwealth Games – Melbourne
- Flora Duffy, Age 18 years – 8th position Women's Triathlon

#### 2005 European Junior Championships

- Sophie Reynolds Age 17 years



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## Personal Sporting Achievements - Swimming

1982

### Silver Medal 200m Individual Medley Commonwealth Games Brisbane

- Broke David Wilkies British Record which stood for more than 8 years

1983

### European Championships Rome

- Equalled British Record
- 5th Place 200m Individual Medley

1984

### National Championships Darlington

- New British Record
- 3rd Fastest Time in the World
- 200m Individual Medley

1984

### Olympic Games Los Angeles

- 200m Individual Medley New Olympic & British Record
- Olympic Final 4th Place
- British Olympic Team Captain
- Over 1,300 miles Swam in training & racing during 1984

1984

### British Swimming Coaches (BSCA)

- Voted Swimmer of the Year

1985

### European Championships Bulgaria

- 5th Place 200m Individual Medley
- British Team Captain

1986

### Commonwealth Games Edinburgh

- Scottish Record 4x100m Freestyle Relay
- 200m Individual Medley 1st Place B Final
- Scottish Team Captain

1985

### 1985 Two way Channel Relay (England, France, England)

- World Record 15Hrs 35min
- Member of a Team of 6 Swimmers.
- Raised more than £20,000 for charity

1997

### British Masters Swimming Championships

- Set 4 New World Records in the 100m, 200m and 400m Individual Medley and the 1500m Freestyle

*Between 1978 and 1986*

*I was honoured to compete Internationally for Scotland and Great Britain.*

*Not being a natural talent, I had to work harder than most paying particular attention to technique and skill. I was fortunate to receive some of the very best coaching available during my career which to this day continues to remain an inspiration to me.*

*With the help of dedicated coaches I managed to win over 30 National Titles and established 12 New Scottish records, 4 British senior records and 1 Olympic Record.*

*Scottish & British Team Captain between 1983-1986.*

*Olympic Team Captain, Los Angeles 1984*

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## Personal Sporting Achievements - Triathlon

1987

### World Championships Nice, France

- Long Distance 4km/120km/32km
- 14th Place - Fastest Time by a Briton

1988

### British Championships

- Olympic and Middle Distance
- 2nd Place in both events

1989

### European Championships Stein, Holland

- Middle Distance 2.5km/90km/20km
- 7th Place

1989-92

### British Championships

- Olympic Distance 1.5km/40km/10km
- 2nd Place

1992

### European Championships

- Olympic Distance 1.5km/40km/10km
- 7th Place

1993

### European Grand Prix Series

- Olympic Distance 1.5km/40km/10km
- 10 Race Series
- Five 1st place European wins
- Finished 2nd Overall

1993

### World Championships

- Olympic Distance 1.5km/40km/10km
- Team Gold Medal
- British Team Captain

1994

### British Championships

- Sprint Distance .75km/20km/5km
- 1st Place
- After 7 years I won my first ever British Title

1994

### Hawaii Ironman

- Ironman Distance 2.4mile/112mile/26mile
- Finished!!

*Following the Commonwealth Games in 1986 I decided to put all the years of training to good use. Starting at the bottom of the ladder was appealing and I quickly worked my way up.*

*Triathlon by nature is a very technical sport which requires a terrific amount of attention to detail. Learning new skills and putting them into practice was what I enjoyed most.*

*To become an accomplished Triathlete took many years of dedicated training and although I have competed in many other sports Swimming and Triathlon are the sport in my opinion which taxes the bodies physical and mental ability to the limit and reminds us all of just what the human spirit is capable of achieving. A valuable commodity which is greatly underused.*

*The Hawaii Ironman has to be the greatest leveller of all time.*

*British Team Captain  
1993-1994*