



2026

# SELBORNE COLLEGE



HEAD OF SWIMMING: MRS S MINNAAR

# SWIMMING



PALMA VIRTUTI



# SELBORNE COLLEGE

## SWIMMING MORE THAN A SPORT

Selborne College operates a specialised dual pathway system for its competitive swimmers. Recognising that elite swimming requires high volume technical training, the school integrates private club participation with school representation.

Selbornians who compete at a high level are encouraged to remain with their professional clubs, allowing access to year round coaching and the training volume required for Swimming South Africa national events. While much of their technical preparation may occur off site, these athletes form the core of the Selborne A Squad and represent the College with distinction.



Swimming is regarded as a master sport that underpins broader athletic success and the personal development of the Selborne learner. The Selbornian who balances early morning training sessions with academic demands and afternoon commitments develops discipline, self regulation and effective time management. He learns that success is not accidental, but the result of structure and consistent effort.



The solitary nature of swimming teaches focus and resilience. A swimmer learns to persevere through physical discomfort, to remain composed under pressure and to refine performance through marginal gains.

Small technical adjustments in stroke, turn and start produce measurable results. Through this process, the Selbornian develops patience, precision and mental strength.



## THE SELBORNE APPROACH

The Selborne approach recognises both performance excellence and holistic development. Competitive swimmers benefit from structured collaboration between school and club environments, ensuring that academic responsibilities remain aligned with training commitments.

Coaches and teachers maintain open communication to support balance between sport and studies. The emphasis is on disciplined preparation, responsible scheduling and pride in representation. Swimming is not viewed in isolation, but as part of a broader culture of excellence within the College.

Athletes are expected to model commitment, humility and respect, particularly in team settings such as galas and inter school competition. In this way, competitive swimmers contribute positively to the wider Selborne sporting culture.



## EXCELLENCE IN ACTION

Selborne College has a proud history of producing high calibre aquatic athletes.

The Honours Board in the school hall reflects decades of achievement and dedication.

Each year, Selbornians qualify for Swimming South Africa National Age Group and Senior Championships.

The programme has produced swimmers of national and international standing, including Jonty Skinner, former world record holder in the one hundred metre freestyle, and Brett Petersen, Olympic finalist and All Africa Games gold medallist.

These achievements are the product of disciplined training, structured support and a culture that values perseverance and excellence.



## BEYOND THE POOL

The impact of competitive swimming extends beyond physical performance. The discipline of early mornings and sustained training builds mental toughness and self discipline. Time spent in focused repetition provides clarity and balance within a demanding academic environment, contributing positively to long term wellbeing.



Within the House system, competitive swimmers play an important leadership role. During the Inter House Gala, Selbornians guide and encourage their peers, strengthening house spirit across Crewe, Fuller, Malcomess, Rees and Perry.

Competitive swimming at Selborne forms young men who are disciplined, resilient and committed to excellence in every sphere of school life.





**SELBORNE**  
COLLEGE

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# THE SELBORNE MAN

At Selborne College, we are not merely preparing boys to pass examinations, win fixtures, or collect accolades. We are forming young men.

## **A Selborne man is:**

- **Intellectually Disciplined**  
He thinks carefully. He questions respectfully. He pursues understanding rather than surface familiarity. He is not afraid of rigour.
- **Morally Grounded**  
He understands responsibility. He acts with integrity when no one is watching. He knows that character is revealed in pressure.
- **Courageous in Effort**  
He does not withdraw from difficulty. Whether in the classroom, on the field, or on the stage, he learns to persist.
- **Articulate and Thoughtful**  
He can express his ideas clearly. He listens as well as he speaks. He engages the world with curiosity rather than cynicism.
- **Committed to Brotherhood**  
He understands that strength is built in community. He supports others. He leads by example.
- **Prepared for the Future**  
He leaves Selborne adaptable, capable, and ready to contribute meaningfully to society. Every subject, every sport, every society exists to shape these qualities.

That is the Selborne standard.

