

Megan Mills – Swimming Reference

My name is Joshua Spencer, and I am the Head Coach at York City Baths Swimming Club, located in York, United Kingdom. I have been the Head Coach at the club for ten years. I am writing this letter as a recommendation for one of my elite athletes, Megan Mills.

I have been coaching Megan for five years, starting in 2020. Megan demonstrated to me very early on that she was a focused and attentive individual who was willing to work exceptionally hard. She quickly progressed through the ranks, and within 18 months, I promoted her to the National Squad at the club. From that point, Meg's development accelerated, and she became the Yorkshire and Regional champion within the next swimming season.

Megan has made the National Championships every year since 2022 and made the British Summer National 2024 Final in the 16 years 50m Breaststroke. She achieved junior short course finals in December 2024 in all three Breaststroke distances and went over 700 FINA Points for the first time when posting a 1.09.54 SCM. Although Megan's 'A Stroke' is Breaststroke, she has continued to train and race across all four strokes and is very strong at the 100 and 200m IM events. She reached the short course junior final at the 2024 Winter Nationals. This makes her a versatile prospect, and she would be capable of competing across a wide range of events.

In September 2024, I selected Megan as the Female Club Captain. She thoroughly deserved this based on her qualities as an athlete and as a person. She is kind and considerate to her fellow athletes, and she has earned their respect through the way she conducts herself.

Out of the 30 swimmers in my top squad, Megan has the furthest distance to travel to attend our sessions, yet she has had the best attendance in the squad over the last three years. She has consistently demonstrated high levels of commitment every season that I have coached her. Megan currently attends eight pool sessions (14 hours per week) and two to three gym sessions per week. At certain times in the swimming season, she has independently added circuits and running training at home to ensure she is in the best condition possible.

Since Megan decided that she wanted to swim at a US College, we have focused on developing her underwater kicking and turns further to ensure that she is well prepared for short-course yards swimming. She already possesses excellent underwater speed on both her front and back.

I believe that Megan would be an excellent athlete to have within a collegiate program. She possesses all the attributes and characteristics of a top-level athlete and teammate. She has taken ownership of her swimming and is always looking for ways to improve and find the next marginal gain.

I have listed some of Megan's achievements below:

Achievements

Won the swimmer of the year award two years in a row for 2022 and 2023 (awarded in January 2023 and 2024)

Female Club Captain for 2024-2025

County and Regional Junior Champion on numerous occasions in the 50m, 100m, and 200m Breaststroke events

Achieved British Championships qualification times in 2023, 2024, and 2025

At the 2024 Swim England Winter Short Course Championships, Megan reached four finals; one final was a senior B Final and three were for the Junior Finals

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