

## **YOUNG TITAN WINS GOLD AT WELSH NATIONAL CHAMPIONSHIPS**

At the 2009 Welsh National Age Group Swimming Championships, which were held in the Swansea National Pool on the 11<sup>th</sup> & 12<sup>th</sup> April, Ellesmere College Titan swimmer Naomi Craig, aged 11, bagged a fabulous haul of 6 medals.

Swimming against some of the best swimmers in Wales Naomi stormed to victory, taking gold in the 11/u 400m Individual Medley (IM) in a new personal best time of 5:49.36. She also won silver medals in the 200m IM, and the 100m & 200m breaststroke and took the bronze in the 100m backstroke and 400m freestyle events.

Naomi recently joined the Titans highly successful development academy from her previous club Wrexham. She is also part of the Swim Wales Skill Squad and now qualifies to be a member of the Regional Development Squad Team.

Commenting upon her success Naomi said "I'm on the crest of a wave. My cousin Nick Woodbridge competed in the Modern Pentathlon at last years Beijing Olympics and his achievement has ignited a flame inside me. Joining the Titans has been absolutely brilliant. I'm now swimming with some of the best young swimmers in the UK and the level of expectation is infectious. I've developed a belief that anything is possible".

Titan head coach Jon Pardoe commented "It is great news for both Naomi and the Titans. As a club we are increasingly being approached by some of the best young swimmers in the region and I look forward to helping Naomi achieve her swimming goals".

Other young Ellesmere College Titan swimmers will be in action over the coming weekends at the Midland Age Group Championships which are held in Coventry.

Further details about joining the Ellesmere College Titans can be found on their website [www.ellesmerecollegetitans.co.uk](http://www.ellesmerecollegetitans.co.uk) or by telephoning Jon Pardoe on 07903 641668. Further details on scholarships and places at Ellesmere College can be obtained from the College Admissions Secretary on 01691 622321 or by email at [admissions.secretary@ellesmere.com](mailto:admissions.secretary@ellesmere.com).

**Photo: Naomi Craig holding her collection of 6 medals from the 2009 Welsh Age group Championships.**

**Notes to Editor**

The Ellesmere College Titans Swimming Club was established in 2008, as a meeting of minds, between Ellesmere College – a school with a great sporting heritage and the parents of some of the top young swimmers in Shropshire, united in their desire to create an ambitious, positive and competitive swimming club.

The result: A centre of swimming excellence in the heart of the North Shropshire countryside.

To maintain this standard the Club adopts and implements a selective membership policy, to ensure that all swimmers share the same goal of achieving swimming success at the highest level. The emphasis is on quality not quantity of swimmers, with the Club limiting its total swimming membership to 24 - ranging from children as young as 8 upwards.

In such an environment a great deal of one to one coaching can be given to individual swimmers, and productive use can be made of underwater video analysis and specialist training equipment

Ellesmere College was founded in 1884 and is part of the Woodard Group – the largest grouping of public schools in the UK. Over the years it has been responsible for producing some of the British sporting greats including ex-England Rugby captain Bill Beaumont. It is hoped that it will produce the next generation of British swimming greats.

Issued on behalf of Ellesmere College Titans Swimming Club (The Titans). For further details please contact Jon Pardoe on 07903 641668 or email [jonpardoe@hotmail.co.uk](mailto:jonpardoe@hotmail.co.uk). Further details on scholarships and places at Ellesmere College can be obtained from the College Admissions Secretary on 01691 622321 or by email at [admissions.secretary@ellesmere.com](mailto:admissions.secretary@ellesmere.com)

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