

Ellesmere College Titans Swimming Club Press Release – 14th July 2008

YOUNG TITAN IMPRESSES OLYMPIAN

Jessica Thomas, aged 8, a pupil at Farndon Primary School in Cheshire and one of the youngest members of the Ellesmere College Titans Swimming Club secured the much coveted award of top 8/u girl at this years Holywell Junior Sprint Swimming Gala.

Particularly impressive was her 100m IM race where she notched up a personal best and new Ellesmere College Titan Swimming Club 9/u record time of 1:39.81 winning the gold medal. She also won Gold in the 25m freestyle.

As part of the Ellesmere College Titans impressive coaching set up, Jessica has recently received some swim coaching and tips for her future success from British Olympic swimmer Darren Mew who is now a consultant coach at the club. Darren, one of the fastest 50m and 100m breaststroke swimmers in the history of the event and an Olympic finalist at both the 2000 Sydney and 2004 Athens Olympics has been very impressed with Jessica's swimming. Seeing her in action over the last week he said "Jessica shows a lot of promise. All her strokes are technically good and most importantly she is swimming fast".

Further details about joining the Ellesmere Titans can be found on their website www.ellesmeretitans.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.

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 28 - 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.

Photos: 1) Jessica Thomas with her Holywell Junior Sprint Gala medals
2) Jessica Thomas with other Ellesmere College Titan swimmers with Darren Mew.

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. 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

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