

Titans Welcome Top Sports Nutritionist

Last Thursday, Ellesmere College Titan swimmers and their parents listened attentively to the advice from Ian Freeman, one of British Swimming's top sports nutritionists.

Speaking to the Titans in the majestic surroundings of the Ellesmere College Arts Centre, Ian talked about the nutrition and hydration needs of competitive swimming and in particular those required by young swimmers. He warned them of the dangers of eating "junk" fast food and exploded a number of myths regarding so called "Sports" Drinks. Conducting an experiment with swimmers on one particular famous brand of "Sports" drink he demonstrated that it actually had the effect of de-hydrating the body.

Commenting upon his visit to the Titans Ian Freeman said "It was great to witness so much enthusiasm. I'd heard and read a lot about the Titans but it was great to see their ambition first hand. Even Jamie Oliver would have received a positive reception. The Titans are a serious club, with serious swimmers, with serious intent. I'm looking forward to working with them again in the future."

Commenting upon Ian's talk Titans Coach Jon Pardoe said "Success in swimming is dependent upon a number of factors, of which correct nutrition and hydration are key ingredients. It was fantastic to see so many of our swimmers showing an active interest and asking so many questions".

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

Photos: Ian Freeman conducting an experiment with young Titan swimmers on a famous brand of "Sports" drink.

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 – open to both pupils and non pupils of the school.

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. 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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