

## Ellesmere College Titans Swimming Club Press Release – 25th October 2010

### **Titan Swimmers Excel at Majorca Training Camp.**

15 top young Titan swimmers have just returned from a week long training camp at the International B.E.S.T Centre in Majorca,

Titan swimmers Alfie Pardoe (age 12), Llawen Rossell-Smith (age 13), Poppy Evans (age 16), Naomi Craig (age 13), Beatrice Roberts (age 13), Lucy Rowland (age 12), Hector Pardoe (age 9), Michael Doyle (age 10), Luke Parker (age 11), Luc Jarzynski (age 11), Anouska Gwilliam (age 13), Tom Lloyd (age 12), Elinor Haworth (age 10), Kate Haworth (age 9) and Elliot Hughes (age 13) all benefitted from 4-5 hours per day of long course pool and dryland training.

The Camp was hosted by the British 50m Breastroke record holder and Olympian Darren Mew and Titans head coach Jon Pardoe.

Titans head coach Jon Pardoe said “The spirit amongst the swimmers within the Camp was excellent. This is one of three camps we have planned for the year. We’re off to Italy in July and Slovenia in August.”

On the 29<sup>th</sup> January 2011 the Titans will be holding an Open Day to which the best young local and national swimmers will be invited. Swimmers can apply for an invitation by registering online at [www.ellesmerecollegetitans.co.uk](http://www.ellesmerecollegetitans.co.uk).

Photograph:. 0060 = Titan Swimmers Poolside in Majorca; 0052 = Titan swimmers on the beach in Majorca.

Further details about joining the Ellesmere 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).

#### 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 40 - 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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