



Ellesmere
Co-ed 7-18 day and boarding

SWIMMING Academy



World Class Swimming at Ellesmere College

The Ellesmere College Titans Programme identifies, brings together and develops the best aquatic athletes in the UK. We are committed to realising the full potential of each individual and enabling them to achieve aquatic medals on the world stage. Part of the secret of our success is that we create talent hotspots, designed to encourage and develop the most promising swimmers of today to become the future stars of tomorrow. Our mission is Olympic podium success.

At Titans, we understand that it's not enough to simply dream, you have to dream big! That anything is possible if you believe that it is. The Titans programme is unique in that it trains the mind as well as the body.

The Titans Programme is World Class and we achieve success in and out of the pool by:

- Providing the best possible living environment conducive to high performance training and education
- Organising our training programme to dovetail with our students' academic timetable
- Supporting our athletes in achieving an ideal lifestyle and performance balance
- Creating a perfect blend of individual competitiveness and team support
- Demanding 100% commitment to effective training
- Instilling a great work ethic in our Titans
- Ensuring that Titans have a "can do, will do" attitude
- Creating respectful, humble and positive individuals

Facilities

Many of the onsite facilities have recently been refurbished and include:

- Two excellent training pools – A 25m pool and a 20m pool
- The latest block and start equipment
- Outstanding open water facilities on Ellesmere Mere
- A fully equipped cardio and weights room
- Video Analysis (underwater and above surface)
- Onsite sports physiotherapy
- Onsite camps
- Running and conditioning routes
- 2x Sports Halls and all weather pitches

Swimmers who think that they are up to the challenge of becoming a Titan and would like to apply for a place in the Titans Performance Programme can make an appointment with the Director of Swimming, Alan Bircher, by emailing coachbircher@gmail.com. Alan will then allocate time for an assessment with one of our outstanding coaching team.

A World Class programme requires a world class coaching team - people who understand what is required to achieve world class performance and how to motivate, support and enable their swimmers to achieve it. The Titans Programme is the only programme in the UK to provide Level 3 Coaches for every Performance Squad and each member of the coaching team is recognised and involved within the England Talent Programme for both pool swimming and also open water.

World Class performance is not simply a scientific recipe that can be applied by anyone, it also requires an art to make it happen. The Titans coaching team is not just a team of experts in swimming performance, they are also human alchemists that have found the secret to making Gold!

Coaching Team

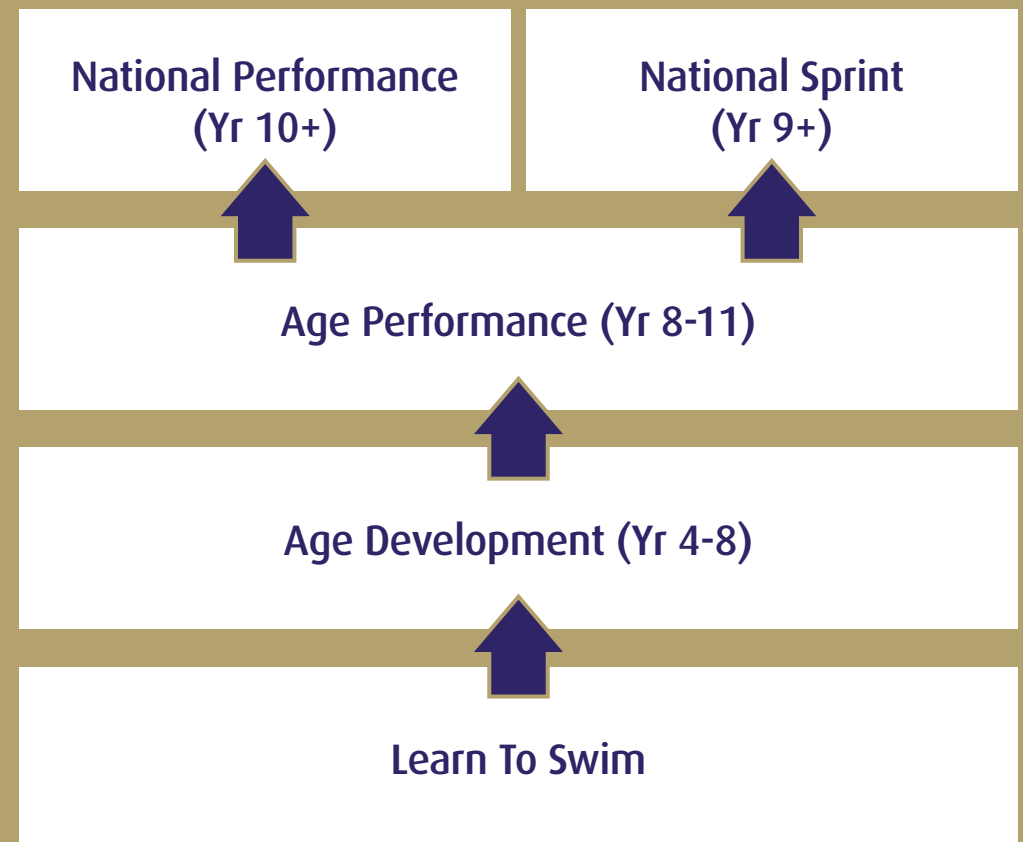
Director of Swimming – Alan Bircher

Head of Age Performance – Marc Foster

Head of Development – Danny Proffitt



Ellesmere College Titans - Performance Structure:



Recent Highlights:

As a club and despite being an elite programme, we have consistently outperformed larger and less focused programmes by being awarded the 'Top Club' at many of the key national and local events that we compete in. In doing so we consistently have swimmers win international caps and break World, National, Regional and County records. As a result we boast a range of champions on the World, National and European stages.

Being a Titan, even if you are only 11 years old, you will regularly train, compete and learn from the very best swimmers in the country and the world.

Please refer to our website, ellesmerecollegetitans.co.uk to see how successful we are and have been.

Recent Achievements:

- World Championships - Semi-Final
- European Championships - 2x Gold / 2x Bronze
- Commonwealth Games - 2x Bronze
- World Junior Open Water - 2x Bronze
- Commonwealth Youth Games - 4x Silver / 2x Bronze
- European Youth Olympics - 1x Silver / 2x Bronze
- World Junior Open Water - 2x Bronze
- European Junior Championships - 2x Gold / 7x Silver / 6x Bronze



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Ellesmere College, Ellesmere, Shropshire, SY12 9AB

www.ellesmerecollegetitans.co.uk

Email: coachbircher@gmail.com **Tel:** 01691 622 321

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