



# Ellesmere

Co-ed 7-18 day and boarding

# SWIMMING Academy



# World Class Swimming at Ellesmere College

The Ellesmere College Swimming Academy caters for students from Year 5 to Year 13 and combines sport and academic studies in unison, allowing for a disciplined approach to manage the demands and expectations of both areas. We are a smaller focused programme of approximately 50 athletes, that is driven on providing the best possible support physically, mentally and academically for our athletes.

Our athlete centred approach and attention to detail has enabled athletes in their time at Ellesmere College Swimming Academy, achieve World Senior Medals, International Junior Medals, British Age Group Records, National Medals and many more. Whilst we are extremely proud of the fantastic achievements, we have had at Ellesmere College Swimming Academy, the programme is and will continue to be centred around our athletes, supporting them as individuals and helping them to achieve their goals.

The programme is set up for success in and out of the pool by:

- Providing the best possible living environment conducive to high performance training and education
- Organising training schedules to dovetail with students' academic timetables
- Teachers, Support Staff and Coaches working collaboratively to ensure athletes balance the demands of both sport and academic studies
- Creating an environment that instills commitment and great work ethic to be successful 'hard work beats talent when talent doesn't work hard'
- Focusing on the individual athlete, their needs, and personal goals

## Facilities

Our facilities include;

- Two training pools (25m and 20m)
- Open water facilities
- Fully equipped gym and weights room
- Video analysis technology
- Onsite physiotherapy
- Two sports halls and all-weather pitches

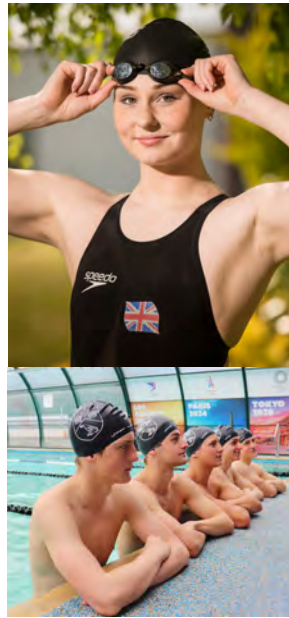
Swimmers who would like to apply for a place in one of the Ellesmere College Swimming Academy Programmes can make an appointment with Head Coach, Guy Worrow, by emailing: [admissions@ellesmere.com](mailto:admissions@ellesmere.com). Guy will then allocate time for an assessment with one of our outstanding coaching team.

Our Swimming Academy is led by our Head Coach Guy Worrow, supported by Performance Swimming Coaches Danny Proffitt, Mikey Hire and Alex Nash. We are also fortunate to have Strength and Conditioning Coach, Darren Ruff working with us throughout the week; ensuring the delivery of the gym programme complements the swimming training and helps our athletes achieve their specific goals.

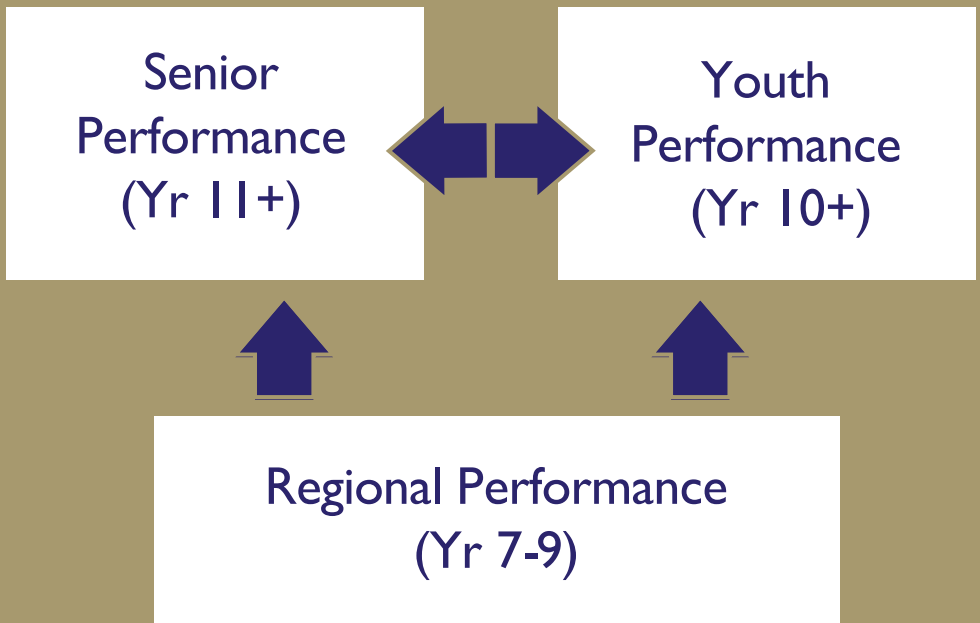
Each of the squads within the programme is coached by a qualified Level 3 Coach. This ensures that all athletes get the highest quality coaching available right from the start of their swimming journey. Our coach to athlete ratio operates at approximately 1:15 which allows for individual focus, development, and progression.

### Coaching Team

Head Coach: GuyWorrow  
Performance Coaches: DannyProffitt  
Mikey Hire  
Alex Nash



## Ellesmere College Swimming Academy Performance Structure



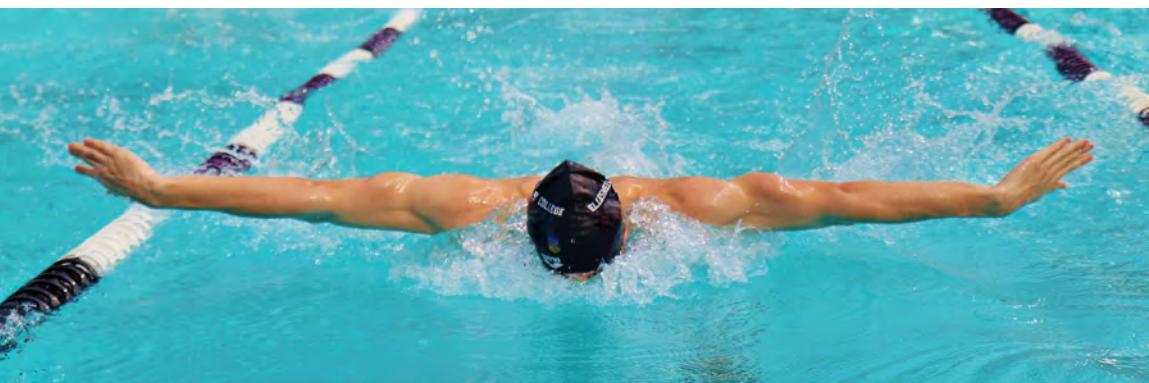
## Recent Highlights:

Our athlete centred approach has enabled us to consistently outperform larger programmes at many key national and local events that we compete in. We frequently have athletes winning 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. Becoming part of the Ellesmere College Swimming Academy will provide athletes the opportunity to learn, train and compete with some of the best up and coming athletes in the country.

Please refer to our website and social media platforms for further information.

## Recent Achievements:

- World Championships - Semi-Final
- European Championships - 2x Gold / 2x Bronze
- Commonwealth Games - 2x Bronze
- World Junior Open Water - 2x Bronze
- European Youth Olympics - 1x Silver / 2x Bronze
- Commonwealth Youth Games - 4x Silver / 2x Bronze
- World Junior Open Water - 2x Bronze
- European Junior Championships - 2x Gold / 7x Silver / 6x Bronze
- 1 x Commonwealth Games Qualifier
- 2 x European Junior Championships Qualifiers
- 2 x European Youth Olympic Festival
- 3 x Tokyo Olympics 2020 Swimming Team members
- Olympic Gold Medal Tokyo Olympics 2020



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