



Dave Ellis Prepares for Beijing

Derventio eXcel swimmer Dave Ellis competes in Berlin this weekend with the GB Paralympic team, which is being used in preparation for Paralympic Games, which take place in Beijing in September. This competition is an ideal opportunity for the team to get together to train for a few days & to compete early after the Olympic trials. Dave will be swimming in the 50m & 100m freestyle, 100m backstroke, Breastroke & Butterfly as well as the 200m Individual Medley, which are his Olympic qualifying events.

Derventio Head Coach, Mark Rose is keen for Dave to compete well and race hard, now that he is back into the tough training regime within Derventio. Times at this event are unimportant, as his current programme has not been designed to prepare him for this competition. It is the race tactics and skills that he wants Dave to concentrate on.

Derventio eXcel is a partnership between all Derbyshire Swimming Clubs, Derby City Council, South Derbyshire District Council, North East Derbyshire Council, Amber Valley Borough Council, Chesterfield Borough Council, Derbyshire Amateur Swimming Association, British Swimming, Derbyshire Sport, the University of Derby and Derby College. It is one of a select number of squads that are endorsed and supported by British Swimming.

Swimmers at Derventio eXcel train for up to 27 hours per week, with six sessions starting at 5 30am. They train in a wide range of facilities over the county including: John Port School, Manor College, Middlecroft, Moorways, Queens, Queens Park, Ripley, Eckington & Sharley Park Clay Cross Leisure Centres

For further comment regarding this press release or to discuss any aspect of the Derventio eXcel programme, please contact Mark Rose – Head Coach on: 07956 516618