Junior Section Newsletter

East Midlands Inter-Club Champions 2009!

4Life Tri Club

Issue 3

June 2010

Headway – Charity Weekend

Well done to all the juniors who came along to the sponsored turbo and cake sale. Thanks to all your hard work and generosity we have been able to make a £600 donation to Headway.

the brain injury association

Racing – Mallory Park Triathlon

Fifteen hardy juniors braved the cold conditions to compete in the first East Midlands Event of the season – an open water triathlon on May 3rd at Mallory Park race track. The weather was grim and whilst the spectators were clad in multiple layers, hats and gloves the athletes did themselves proud. A particular well done to Ollie Clay, Finn Moffatt and Tom Gribbin for having the courage to choose an open water event for their first ever triathlon!

Racing – Charnwood Triathlon

We had a record number of forty seven juniors entered, eleven of whom were competing in their first triathlon…The sun shone and five first places ensured the juniors extended their lead in the Inter-Club Junior Championship. Well done to everyone who raced and for all of you who didn't please try and join in next time; the sense of satisfaction when you cross the finish line really does make it worth it ☺

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Training/Coaching

As well as the usual Tuesday and Thursday sessions, we now have a 15+ coached swimming session at Keyworth on a Thursday evening 6.30pm – 7.30pm. Parents are welcome to join in on this (providing you are/become club members) Lesley will be around most weeks to coach and she has loads of experience of both coaching and competing; including winning medals for GB! Have a look on the website at the coaches profiles if you'd like to know more….

Over the last couple of months cycling sessions have started at Prestwold (8-19s). This is an exciting opportunity for the club to develop its junior riders in a safe (closed road) environment with the focus being on skills, group riding and racing. Do try and come down if you haven't already.

For the early risers, there is also the opportunity for open water swimming and coaching at Market Bosworth on some Saturday mornings. See the Members Area of the web-site for details of pre-requisites and prices – the club do have wet suits that the juniors can borrow. A range of other training materials can be found at the same location.

Upcoming Diary Dates

Prestwold Cycling – Road Racing Skills/Coach Led Racing

Wednesdays 9th, 23rd,30th June, 7th, 21st July, 4th, 18th August all 6.30pm-8.00pm.

Coached Open Water Swimming

Saturday 12th, 26th June and 3rd July – Market Bosworth

Triathlons

- Sunday 6th June - Leicester Flashman Triathlon
- Sunday 27th June - Derby Junior Triathlon
- Saturday 10th July - Lincoln Children's Triathlon
- Saturday 17th July - Pactrac Children's Triathlon
- Saturday 13th September – Nottingham Children's Triathlon

Mallory Park Closed Road Racing

There is cycle racing at Mallory Park on a Tuesday evening; use the forum to let others know if you are going.

More diary dates can be found on the web-site in the members area including a Summer Club Aquathlon series. Email me for a password if you need one, Helen☺

Getting Involved

If you have any ideas for the next newsletter or would like to contribute something I would love to hear from you. Or if you would like to get more involved in any aspect of the club come and have a chat.

Thanks Helen☺

Club League

This year Dave (Tuesday coach) is compiling a Club League. Points are predominantly awarded for racing with a few other categories. Please update the ***4Life Triathlon League*** thread under ***Events*** in the Forum with your races results or anything else that you think deserves recognition/points (like contributing to the newsletter!). Check out the Members Area for the latest standings.