



Junior Section Newsletter

East Midlands Inter-Club Champions 2009!
Welcome to the latest issue of the 4Life Tri Club Newsletter

As the season draws to a close it doesn't seem long since we were getting ready for the first event, and here we are half way through September and the nights are drawing in.....

This year we have seen a significant rise in the number of juniors competing, many for the first time. We have had glorious sunshine, put the gazebo up and down more times than we like to remember, seen lots of smiles (and a few tears), played lots of cricket, got to know each other better, forgotten what it's like to have a lie in, eaten lots of ice-creams and most importantly had fun!!

With the last junior event of the East Midlands Series due to take place at Clifton we are currently in the lead in the Inter-Club Championship. Individual juniors in the club have achieved a total of twenty two first places, twenty eight second places and twenty three third places plus twenty juniors have completed their first triathlon this year. What a year - well done to all of you ☺



Junior Social

To celebrate the end of the season and have fun together we are having a junior social on Sunday 31st October at East Leake Leisure Centre. The pool, with inflatable, is booked from 4.30pm-5.30pm and following this Sophie Coldwell is going to talk (and answer questions) about her experience this summer training with and representing team GB.

For those of you who don't know Sophie, she is an elite youth who has been in the club almost since it started. She's a great speaker and I sure the kids will get a lot out of chatting to her - parents are welcome too! .

No doubt everyone will be hungry after the swim so please could you bring some yummy food to share - we will bring the drinks, plates etc.



Thank you to the Co-Operative Group who have awarded us £600 to subsidise junior tri-suits. I hope you enjoyed watching the film....

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Websites:

www.fourlife.com
www.britishtriathlon.org
www.britishcycling.org.uk
www.nottsaaa.org

British Triathlon Volunteer Workforce Awards

Dean has been nominated for children's coach of the year. If you are a member of British Triathlon please vote for him! You can do this on-line at www.britishtriathlon.org from Tuesday 14th September.



Club Clothing

Thank you for your on-going patience regarding club kit! We hope to have green technical shirts available again very soon (and tri suits for next season!) In the meantime hoodies and swimming hats can be ordered from Debbie Botting deb.botting@ntlworld.com

Presentation Evening

Later on this term we will be holding our annual presentation evening.

For those of you who have joined the club in the last year this is an opportunity for everyone in the club (with their families) to get together to celebrate the year's achievements.

In advance of this, the children will be given the opportunity to vote for who they consider should be given different awards. It would be great if all of the children could try and return these nomination forms as we do want the awards to reflect the whole club not just a small minority.

More information will be put on the web-site nearer the time.

Upcoming Diary Dates

Schools Cross-Country takes place on Saturday mornings at Berry Hill, Mansfield. There are usually three dates in the Autumn Term. If your school isn't participating you can enter as an individual. The dates are not published yet so we'll put them on the web-site when they are.

Saturday 2 nd October	Cyclo-Cross at Allestree Park, Derby.
Saturday 16 th October	Cyclo-Cross at Alfreton Park, Alfreton.
Sunday 31 st October	Junior Social, East Leake Leisure Centre. 4.30pm onwards.
Saturday 23 rd October	Cyclo-Cross at Bingham Leisure Centre, Bingham.
Friday 5 th November	Schools Biathlon

Details, or links, to all of the above can be found in the junior section of our web-site under events. www.fourlife.com



Club League



Autumn Training

The league runs until the end of October so make sure you post any results on the forum. Thank you to everyone who came to marshall or support at The Outlaw, Dave, Jenni, Andy and Rory really appreciated the support.

Autumn and winter sees us move from race specific sessions to more technique based sessions. This will allow the body and mind recover from the stresses of racing. This time of year also enables triathletes to dip their toes into other endurance sports. Cycling events and training encourage good bike handling as well as improving core strength. Also good for the core is trail running/cross country especially as the paths get muddier. These races/events tend to be dead cheap and have a fun atmosphere. Swimming however, has to be done indoors this time of year and as mentioned above now is a good time to really focus on technique before starting to build your endurance in the spring. Dave

**If you have any ideas for our next Newsletter please let me know.
Helen☺**

4Life Tri Club

Triathlon in South Nottinghamshire

