



Junior Section Newsletter

East Midlands Inter-Club Champions 2010!
Welcome to the latest issue of the 4Life Tri Club Newsletter



**4Life Tri
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4Life Academy Launched!

4LTC have been developing young athletes for over 8 years now and having been awarded **East Midlands Inter Club Champions** for the second year running it seems appropriate to announce the launch of the **4Life Academy**. 4Life Academy is an athlete centered coaching support programme, which provides the opportunity for young athletes to prepare and progress through to regional academy level and beyond. It will also work to inspire younger club members to aspire to be a part of the 4Life academy programme when they reach the age of 14/15 (as of 31 Dec 2011). This exciting opportunity is not only for our young members at 4Life Tri, but also for any young talented athlete within the Midlands area, no matter what sport discipline. Successful applicants will form A & B squads and will have the opportunity to attend monthly Academy training/classroom sessions and benefit from customised monthly training plans (planned and periodised around your life commitments).

The 4Life Academy have already secured their first sponsor - <http://www.purpleharry.co.uk>

Comments from the experienced 4Life Academy coaching team:

Dan Salcedo (*Olympic Triathlon Head Coach 2008, Coach to Elite and Age Group World and European Champions*) 'Helping talented young athletes achieve their potential is something I am very passionate about, so I am really looking forward to working closely with the athletes selected to the 4Life Academy.'

Dean Hughes (*4LTC Acting Chair, Head Coach, National BTF Coach of the Year 2007*) 'This has been a vision for a few years and now we have the structure and expertise in place to provide talented young athletes with this unique and exciting opportunity to maximise their athletic potential. I'm delighted to have Dan on board with a wealth of experience at elite level....'

If you want to apply, find out more or have any questions then please contact 'Head Coach' dean-hughes@hotmail.co.uk

Dean Hughes - Regional BTF Children's Coach of the Year 2010!

With our junior members once again winning the Inter-club Series as well as a record number of fifteen individual awards, it was no surprise to discover Dean had won the Children's Coach of the Year Award - Congratulations 😊 and thank you to all the coaching team for the hard work you have put in this year.

Congratulations to the following 4Life individuals who received awards for the East Midland's Children's Series.

Upcoming Diary Dates

Most Improved Junior Girl Steph Cobb
Tristart Boys 1st Xavi Salcedo, 2nd Finn Moffatt, 3rd Ollie Clay.
Tristart Girls 2nd Emily Whitfield, 3rd Alice Gingell.
Tristar 1 Boys 1st Tom Dussek, 2nd Will Barker, 3rd Joss Moffatt.
Tristar 2 Boys 2nd Nick Hobbs.
Tristar 2 Girls 2nd Nicole Goulding.
Tristar 3 Boys 3rd James Whitfield.
Tristar 3 Girls 2nd Hannah Clay, 3rd Ellen Hobbs.
Youth Girls 1st Sophie Coldwell.

Wednesday 29 th December	British Cycling holiday coaching @ HPP 11am-3pm
Tuesday 4 th January Thursday 6 th January	Junior courses begin (pre book only)
January 2 nd , 3 rd and 22 nd February 5 th and 19 th	Notts and Derby Cyclo-cross (various venues see link on our web-site – Junior Events)
Saturday 8 th January	Notts and Derbyshire AAA Cross-Country Championships
Wednesday 19 th January	Nightrider Go-ride and club riders race @ Abbey Road Primary
Sunday 27 th February	Mini London Marathon Trial HPP
Details, or links, to all of the above can be found in the junior section of our web-site under events. www.fourlife.com	

And Congratulations to these athletes who received awards at the 4Life Awards Evening.

Junior Triathlete of the Year Tom Dussek.
Most Improved Junior Triathlete of the Year Georgia Viggers.
Rookie of the Year Finn Moffatt.



Club League 2010

Female - Ellen Hobbs.
 Male – Tom Dussek.



Winter Racing

Many of the juniors are using local cyclo-cross and Go-ride races to maintain their bike fitness and improve their bike handling skills over the winter months. Some are also busy with cross-country running and swimming. It's been great to see so much 4Life kit out and about with some great results too.

Well done in particular to Ellie White, Nicole Goulding and Jess Tomlinson who have qualified to run in the Schools National Cross-country finals.

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

Club Clothing

Currently Debbie has green t-shirts and swimming hats in stock and hoodies can be ordered.

Please contact Debbie by email deb.botting@ntlworld.com.

Dean is dealing with tri suits and cycling clothing. Cycling jackets have arrived and we are waiting for other orders. Please keep an eye on the web-site for any updates.

4Life Tri Club

Triathlon in South Nottinghamshire

