



Junior Section Newsletter

East Midlands Inter-Club Champions 2009 & 2010

4Life Tri
Issue 8
October 2011

Welcome to the latest issue of the 4Life Tri Club Junior Newsletter. This will hopefully keep you informed as to what's been going on within the club as well as letting you know about future opportunities: in particular the launch of our Junior Winter Race Series, which we hope all our junior members will take part in (see next page for dates and details); and the next 4Life Academy Selection Trial (see below).

Useful Contacts:

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Race Results

Sophie Coldwell (pictured showing the secret of her success...) has had another fantastic season, winning both the British Elite Youth Super Series and the European Cup.

Four of our other athletes (Hannah Clay, Nicole Goulding, Ellie White and Tom Dussek) joined Sophie and nine other East Midland's athletes in the Inter Regional Championships. Racing against the best junior triathletes in the country the team were delighted with their third place overall.

East Midlands Series

With nine out of the ten events in the East Midlands series having taken place, we are currently comfortably leading the Inter-Club Championship. Well done to all the juniors who have raced this year. The last event in the series, Charnwood Aquathlon on Sunday 30th October, is now open for entries at www.entrycentral.com. The East Midlands Regional Presentations take place the following weekend on Sunday 6th November at Loughborough University commencing at 1:00 pm.

4Life Presentation

Our annual club presentation evening is taking place on Saturday 10th December. 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 – more details to follow nearer the time – please try and join us if you can.



Half-term Training Opportunities

British Cycling - Go-Ride, MTB/Cyclo-cross Skills and Racing. www.britishcycling.org.uk
Shiple Park 24/25 Oct
Holme Pierrepont 27 Oct

4Life Triathlon Club – Academy Selection on Friday 14th October 2011

Who is it for? You are welcome to attend if you are a member or potential member of 4Life Triathlon Club, 13-18 years of age (as 31 Dec 2012), wanting to improve your triathlon performance and on the verge or currently attending the East Midlands Triathlon Academy.

Timings for the evening:

6-7pm: Run Time Trials - Loughborough University outdoor track: 13-16 years 1500m 17+ years 3000m

7:10pm: Travel to East Leake

7:45 – 8:30pm: Swim Time Trials - East Leake Leisure centre: 13-16 years 200m 17+ 400m

8:30 - 8:45pm: Q & A

Selection: Successful applicants will be invited to the first 4Life Academy Session - TBC.

ALL Athletes will be provided with individual feedback on why they have or have not been selected.

How do I apply? Apply in writing to Head Coach dean-hughes@hotmail.co.uk explaining why you want to be a part of the 4Life Academy, 2011 race and time trial results, details of your current training schedule/programme, mentors and coaches and YOUR goals for 2012.



4Life Junior Winter Race Series

Participation in the summer triathlons this year has been fantastic with the vast majority of Tues and Thu night athletes taking part in all local events. Unfortunately triathlon is a summer sport so there are no racing opportunities through the winter. Thankfully we are very lucky in our region that there are plenty of accessible winter racing options. We are going to build toward some of these events as part of our winter coaching programme. This will provide the athletes with a focus, ensure that they stay in touch with racing and build their skills so they are all much better prepared for next summer.

As a club we are proposing the following schedule. The races are based around 2 fantastic local racing leagues that cater for young athletes age 8 and upwards, the Notts and Derby Cyclo Cross League (NDXCL) and the Notts Mini League (Cross Country) the latter that the club has just joined specifically to enable us to put this series of winter races together. All races are amazing value with the Mini League being free (!) and the NDXCL charging £1 for U9 and U12's and £5 for U16. Our aim is to have 1 focus event per month (December excluded) through the winter, that we would like all athletes to try and attend, these have been chosen specifically as they are the most local and accessible. We are hoping to have a large club presence at each race so all athletes will feel part of a big team and get well supported along with having the opportunity to spend some time with clubmates. The other events, not marked in bold, we are still hoping that you will be able to fit in and are very much expecting to have a good club presence at.

Race Programme

16th Oct	Notts Mini League – Harvey Haddon Stadium, Nottingham
22nd Oct	Notts and Derby Cyclo Cross League – Bingham
19th Nov	NDXCL – HolmePierrepont
27th Nov	Notts Mini League –Retford
18th Dec	Notts Mini League –Worksop
21stJan	NDXCL – Long Eaton
4th Feb	NDXCL – Darley Moor Nr Ashbourne
26th Feb	Notts Mini League – Newark
3rd March (TBC)	Thrussington Fun Run (details to follow)
4th March (TBC)	Rushcliffe 2k Fun Run (details to follow)

The Notts and Derby Cyclo Cross League (NDXCL) is a well established race series that offers great racing on off road grass based multilapcircuits. Riders can use mountain bikes or cyclo cross bikes. **All abilities attend.** Do not worry if you haven't done one these races before the ability range is very wide. Entry is on the day. Age groups are U9 - 7min race 12pm £1, U12 15min race 12.30pm £1, Youth (U14/16) 1pm 25min race £5 (Girls/Boys go together). Warm up time is available before each race (aim to arrive 45m to 1hr before) and more info including maps and directions can found out at <http://ndcxl.org.uk/>. Don't forget to give your number back after the race!

The Notts Mini League has races for U11/U13 and U15s (single sex races) and are standard cross country events. First race is 11am. You will need to run in a club t shirt/vest or cycling top if you have one/can borrow one. The League has been very supportive of our joining and we are hoping that we as a club can reciprocate this by getting as many athletes as possible to each race! More info at <http://www.notts-minileague.co.uk/>

If you have any further questions please contact one of the coaches or Helen on either a Tuesday or Thursday night.

If you have any ideas or information for our next newsletter please let me know. Helen©

