



Junior Section Newsletter

East Midlands Inter-Club Champions 2009!

Headway – Charity Weekend

A few of our enthusiastic juniors have got together to organise some fund raising. Linking up with East Leake Triathlon they have chosen Headway as their charity so on Saturday 27th March and Sunday 28th March we are holding a sponsored 12 hour turbo ride and a cake sale. The turbo will take place outside the Co-op in East Leake on the Saturday. Ideally lots of juniors will come along and take turns to pedal the bikes – otherwise there are going to be some very tired legs! While we are there, we will also give out flyers inviting people to come and watch the triathlon that is taking place the next day at East Leake Leisure Centre. At the triathlon we are going to hold a cake sale to raise more money.

It would be great if all of the juniors could get involved in some way. It's a great opportunity to hang out together and improve fitness (Sat not Sun!) whilst doing something that will help others at the same time. Sponsor forms will be given out at training – if you are not able to make it please ask your parents if you can still collect sponsorship on behalf of the club or maybe you could bake some cakes for Sunday. More details will appear on the web-site www.fourlife.com as the events approach.



the brain injury association

Easter Holidays

We are holding a two day Easter Camp at Keyworth Leisure Centre on 6th and 7th April. Running from 10am to 3pm, with time for swim, bike and run this should be a priority for anyone wanting to improve their skills, fitness and have some fun! Booking forms will be put on the web-site (Junior Introduction).

Dean/Steve (British Cycling) are also delivering local Go-Ride coaching sessions, details will be posted on the forum.



**4Life Tri Club
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Websites:

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Thank you to everyone for returning the course forms so efficiently. From now on they will be posted on the web-site well in advance. Please do not expect an email reminder. Annual membership is due at the beginning of April. Details of how to renew will be put on the web-site, thank you.

Upcoming Diary Dates

Coaches Corner

After months of cold weather training, x country running races, cyclo cross races, spring is finally around the corner and most of you will be planning your races for the season ahead and will soon be racing in your first triathlon of the year!

It's great to see so many of you making up teams of 3 for the East Leake Triathlon, this is the first Triathlon on the local calendar & promises to be a great day for all the family. For those of you that don't know the minimum age for the swim leg is 11 and 13 for the runner. Age for the bike leg is 15. Still a few places left so get your parents involved kids & make some teams!! Over the next few sessions on a Tues/Thurs you will see more speed work introduced into your sessions as we enter the pre competition phase of training to prepare you for the race season.

Hopefully soon we will be able to use the grass track at East Leake & get the bikes out at Keyworth for those all important bike/run sessions!

To help you organise your weeks & ensure you stay focused on your season ahead we have been giving out some Athlete diaries; keeping a diary of your weeks activities not only helps the coaches work more closely with you but it is really important for you to lead a balanced lifestyle! A copy can be downloaded from the members area of the website.

Saturday 27 th March	Sponsored Turbo Ride
Sunday 28 th March	Cake Sale @ East Leake Triathlon
Tuesday 6 th and Wednesday 7 th April	Easter Tri Camp (<i>pre book only</i>)
Tuesday 13 th and Thursday 15 th April	New junior courses start (<i>pre book please</i>)
Beginning of May	Open Water swimming begins (<i>keep an eye on the web-site for details</i>)
Monday 3 rd May	Mallory Park Triathlon (<i>open water</i>)
Sunday 6 th June	Leicester Flashman Triathlon (<i>a good event for first-timers</i>)

More diary dates can be found on the web-site. Keep an eye on the Forum, Junior Section and Members' Area. Email me for a password if you need one, Helen©



Club Clothing

We would like to see all juniors wearing club colours. The club kit comprises of a green shirt, a grey hoodie, a tri suit (for racing) and swimming hat.

We will be ordering junior tri-suits once the adult one have arrived. If you need one in the meantime post a request on the forum as someone may have grown out of theirs. Please shout if you have one to sell or lend.

Club League

This year we are running a club league table. Points will be won for competing in triathlons and other events as a 4Life competitor. Points can be topped up by marshalling, assisting coaches with time trials etc or (more topical) completing the half-term quiz, deadline extended to Easter to give you a chance. It starts 1st March and runs until October, standings will appear on the web-site and various other circulations. Keep Tri-ing!!

4Life Tri Club

Triathlon in South Nottinghamshire

