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Welsh Triathlon

NEWSLETTER **March 2007**

WELCOME

As the new seasons draws ever closer hopefully your preparations are going well?

This edition includes news from the AGM, the regional sections, new race opportunities and details of the Grand prix series for 2007.

COACHING WORKSHOPS

Welsh Triathlon are running a series of workshops for coaches and potential coaches. The three workshops will be led by high performance coach Chris Jones and feature a number of guest speakers. Covering a range of topics the series of workshops are free to all individuals from Wales. A leaflet regarding further information is attached to this e-mail.

there is still room on the final 2 workshops, to book a place please contact Gareth Hall, (garethhall@britishtriathlon.org or 07834542083)

www.triathlonwales.org.uk

AGM

Welsh Triathlon had their AGM on 24th february at the Welsh Institute of Sport, Sophia Gardens, Cardiff. Sarah Springman OBE, the President of the British Triathlon Federation, was unable to attend but sent an address to Dean Hardie, Chairman of Welsh Triathlon. Norman Brook, the Chief Executive Officer of the BTF, was in attendance and gave a presentation about the new structure of British Triathlon, the modernization process, the Corus Elite Series events and Kids of Steel events for 2007.

Dave Hart, the Vice-Chairman, presented the only resolution. This was a global constitutional change which was needed to reflect the new structure of the BTF. This resolution was passed unanimously and the new constitution can be viewed on the Welsh triathlon website.

Following the election process the Welsh Triathlon executive committee is as follows;

Dean Hardie – Chair
Dave Hart – Vice chair
Bridget Heath – Secretary
Tony Goddard – Treasurer
Terry Jones – Executive Officer
Tom Roberts - Executive Officer
Andy Bartlett - Executive Officer
Steve Butler - Executive Officer

The Committee thanked Claire Davies for her contribution over the previous year as Executive Officer and wished her and her family well for the future.

The date for the next AGM will be Saturday 23rd February 2008

EAST WALES COACHING CONFERENCE

Two OLYMPIANS are presenting the East Wales Coaching Conference at UWIC on Saturday 31st March 10am-1pm.

Neil Adams MBE is the most successful British Judoka ever, having won the first ever World Men's Championship and twice winning Olympic Silver medals not to mention 7 times European Champion. He also holds 21 British Champion titles to his name. He combines this experience with the skills that are required to overcome and manage extraordinary stress as well as the drive, determination and perseverance it takes to succeed.

Niki Adams, an Olympian herself for the Canadian Olympic Judo Team joins Neil in their corporate Health organisation. She has 15 years of physical fitness experiences, possesses a degree in Communications /Cultural Studies and a Diploma in Wellness and Lifestyle Management. This combination provides her with an all round practical and theoretical knowledge base.

They will be discussing a variety of topics including;

- ◆ The transition period between being an athlete and becoming a coach.
- ◆ The development of the coach and methods used to nurture athletes in preparation for competitions.
- ◆ Taking time to prepare successful coaching sessions.
- ◆ Maintaining a healthy lifestyle.
- ◆ Time management.

Few of us are full time coaches and therefore we have to balance coaching with our work, social and home lifestyles which can be very challenging. Consequently, some of the discussion areas will be aimed at how we can deal with these pressures.

This coaches conference should give coaches the chance to raise some interesting points, listen to some very experienced speakers, learn from their experiences and indeed share and learn from each others.

For further information and to book your place on this day contact Andy Lane via email: eastwalescoaching@britishtriathlon.org or phone. 07749470716.

EAST WALES

Hello and welcome once again to the East Wales Coaching Development section of the newsletter. Since the last installment at Christmas a number of key events have happened and a more are planned. As you are aware with the ever increasing modernization of all sports and particularly ours, triathlon is continually growing and moving from strength to strength. One major area that clubs growth is limited by is that of finance. An increasing number of clubs are applying and receiving grants, such as the Community Chest, to help with the cost of coaching courses and equipment. However, future grants shall be given to clubs showing aspiration to develop. One area of my work which can help clubs with this is the STAR and Un, Dau, TRI accreditation schemes. A number of clubs have registered for this and are close to completion.

One criteria required to complete the schemes is having at least two club members attending the Running Sport 'Club for All' course. February saw the first 'Club for All course' organized by Welsh Triathlon and held at UWIC. It was a very enlightening course and provided attendees information on how to make their clubs more accessible to potential members amongst others equality topics. I know everyone took a number of interesting points away from the course and shared ideas around the room on how to improve triathlon clubs.

Another criterion required for achieving the accreditation schemes is to have a strong and organized coaching network within a club. Running in its normal, successful slot at the end of February and early March was the new 1st4sport Level 1 Coaching Triathlon Assistance Coach award. As usual this course was fully booked, and had a long waiting list, with numerous Welsh clubs and a few English sending future coaches to it. Coaches who attended have said they picked up some good techniques, made some new friends and gained some great ideas to take back into their clubs to help other more experienced coaches deliver sessions to their athletes.

In line with the recent focus on coaching there will be an East Wales Coaches Conference held at UWIC on Saturday 31st March between 10am and 1pm. We have two Olympic athletes and coaches presenting. They come from outside of the triathlon community but hold such an impressive wealth of experience and fresh approach to coaching that it should be a great day.

There will also be a Focus Group meeting where each club can send representatives to discuss Triathlon issues, success stories and ideas. This will provide East Wales Triathlon clubs the chance to become a little more united and bounce ideas off one another. An email will be sent out and an advert placed on the Welsh Triathlon website early next week with specific details of this event.

As usual if anyone requires any information, would like further details of any of the projects I have briefly mentioned or has anything they would like to include in the next newsletter then please feel free to email me.

Best Wishes

Andy Lane

eastwalescoaching@britishtriathlon.org

www.triathlonwales.org.uk

A stylized illustration of a triathlete in red and green, positioned behind the website URL.

NORTH WALES

Carneddau Juniors have made a good start to the winter series, with competitors at the Wirral Aquathon and Salt Ayre Duathlon doing extremely well. The club has recently registered for Un, Dau, TRI and is busy working towards the accreditation, a big thank you to all involved helping to achieve this.

During March and April, Erias Park will be hosting the first coach education course in North Wales for a number of years. A number of the local clubs look set to gain new coaches from the course which will also see the first people in North Wales benefit from the Welsh Triathlon student Bursary scheme.

In Partnership with the local council work is underway to establish a Junior Triathlon presence in 12 local schools around the Bala area. Material is being sent round the schools group with a view to getting interested parties to join a club and also to find volunteers willing to help. Bala has excellent swimming, running and cycling amenities available so hopefully the scheme will prove very popular.

Other news includes the first successful meeting of a North Wales focus group which proved a good forum for discussion and sharing of ideas. Also pencilled in for 21st April is a North Wales coaching conference.

If you would like further information on anything featured here or would like to volunteer please contact me at the e-mail address below.

Best Wishes

Mike Catherall

northwalescoaching@britishtriathlon.org



WEST WALES

POSITION AVAILABLE

Regional coaching coordinator – West Wales £4,000 pa (part time position)

The post holder will work towards the recruitment and development of coaches through education and professional development in a club and regional environment. Plan, organise and monitor a co-ordinated programme of high quality, professional triathlon coaching activities that are progressive and reflective of the needs of Welsh triathlon. Work towards club accreditation and appropriate coaching structures in clubs.

Closing Date: Friday 23rd March 2007

For more details and an application pack contact the Regional development officer.

NEW EVENTS

Kid of Steel, Newport – 12th July 2007

Part of the Kids of Steel series, Newport International sports village will play host to the fun, mass participation event for 8-13 year olds.

Corus Elite series event – Bryn Bach Park, 9th June 2007

One of a series of three elite events Bryn Bach park will see elite athletes from across Britain, Europe and the world competing at the highest level.

RAF St Athan Tristar and youth triathlon – 1st July 2007

A new childrens event that will also double as a qualifier for Welsh athletes to the 2007 National inter-regional championships in Scotland.

Parc Bryn Bach triathlon – 29th July 2007

Set in what is probably one of the best natural venues in Britain, Parc Bryn Bach triathlon looks set to make a name for itself for year one. For full details of the event go to www.blaenau-gwent.gov.uk. An entry form is attached to this newsletter.

NEW JUNIOR SECTION

Newport and East Wales Triathlon (NEWT) are to launch a new junior section. Open to 8-16 year olds the junior club will meet once a month. During the session children will have the opportunity to practice their swimming, cycling, running and transition skills in a fun environment.

Session run between 10am and 2pm, generally being the second Saturday of every month. For further information please contact the regional development officer.

WELSH GRAND PRIX SERIES 2007

1st April 2007 Llanelli Waterside Duathlon
(incorporates Welsh Duathlon Championships)

3rd June 2007 Bala Middle Distance Triathlon
(incorporates Welsh Middle Distance Championships)

1st July 2007 Pembrokeshire Triathlon
(incorporates Welsh Standard Distance Championships)

15th July 2007 Tuska Triathlon
(incorporates Welsh Sprint Distance Championships)

29th July 2007 Parc Bryn Bach triathlon

19th August 2007 Aberavon Beach Aquathlon
(incorporates Welsh Aquathlon Chamionships)

16th September Bala Standard distance triathlon

The Welsh Grand-Prix series consists of 7 events with the best four results to count towards the competitors final total. The 2007 Welsh Grand-Prix series will incorporate all five of the Welsh National championships and two other races. Entry is free and automatic to all full members of Welsh triathlon, current point totals will appear on the website after each round.

Prizes include a one year Red Bull ambassadorship, which includes full product support for 12 months.



ACCREDITATION

Would you like the quality of your Triathlon club to be publicly recognised?
Would you like the club to benefit directly and indirectly from your hard work?

If so, Welsh and British Triathlon are committed to supporting you in attaining club accreditation

STAR

Star mark is an accreditation scheme for senior triathlon clubs. Achievement of the criteria will indicate that the Club has reached certain standards and be recognised as a quality Triathlon Club.

To gain accreditation, clubs must fulfil criteria in the areas of:

- ★Club Management
- ★Coaching and Competition
- ★Sports Equity and Ethics
- ★Health and Safety.

Un, Dau, TRI

Un, Dau, TRI is an accreditation scheme exclusively for junior clubs based within Wales. Its overall objective is to enhance junior clubs and clubs with junior sections by providing a clear structure and pathway for club development. Obtaining the accreditation scheme will signify that Club has satisfactorily met a minimum level of standards, recognised by triathletes, parents, coaches, Welsh Triathlon and British Triathlon as a quality Triathlon Club.

If your club is interested in either or both of the accreditation schemes please contact your regional coaching coordinator who will be available to help you through the entire process, from registration to completion



FUTURE NEWSLETTERS

The Welsh Triathlon newsletter will arrive with you as follows;

W/c - 14th May 2007

W/c - 16th July 2007

W/c – 10th September 2007

W/c – 12th November 2007

If you would like anything to go out in any editions or would like your club to be the 'focus on club' could you please send it no later than one week before.

Please feel free to forward this newsletter on to as many people as possible. If you or someone you know would like to be included on its distribution list please contact the development officer and let him know.

CONTACTS DETAILS

Development manager

Gareth Hall
garethhall@britishtriathlon.org
07834542083

Regional Coaching Coordinators

East Wales - Andy Lane
eastwalescoaching@britishtriathlon.org

North Wales - Mike Catherall
northwalescoaching@britishtriathlon.org

West Wales - Vacant
westwalescoaching@britishtriathlon.org