



[absolutetriathlonclub.co.uk](http://absolutetriathlonclub.co.uk)

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## Welcome to Absolute Junior Triathlon Club

**Absolute Triathlon Club is a not-for-profit community sports club based at Southglade Leisure Centre, Bestwood, Nottingham and Bingham Leisure Centre in Bingham.** Our Juniors' (8 – 14 year olds) will have the opportunity to learn or develop the skills needed to participate in Triathlon whether to compete or simply have fun and make new friends in a safe, supportive and encouraging environment.

### Beginners Welcome

Our emphasis as a club is on inclusion; therefore we welcome a range of abilities however you do **need to be able to competently swim 100 mtrs freestyle without stopping** (frontcrawl) and have your own bike (and be able to ride it). Any child is welcome to come along for a free trial so you can meet us and so we can see your ability, particularly in the swim.

### Training Squads

We have 3 separate training squads; **General Squad Southglade, General Squad Bingham, Academy Squad.** Places in the Academy squad are based on the child's ability and mean a greater level of commitment. Our squad's means that we are able to cater for all abilities at the club from those at entry level through to developing talent. Before you are able to join the club you will be asked to come for a **trial**; don't be alarmed by this it simply means that we need to see your swim, bike & run ability so we can place your child in a group that is most suited to their ability.

**Triathlon** is an exciting multisport event consisting of swimming, cycling and running continuously over various different distances meaning your child will develop a good all round level of fitness as well as having fun in the training sessions. Triathlon is also one of the friendliest sports around as people across all abilities and all walks of life compete in races and join clubs such as Absolute Triathlon Club. We actively encourage all the children to take part in races as it's great fun and they can put what they have learnt into practice.

### Your Club Coaches are:

Head Coach & Chairman	Steve Lloyd (Level 3 Tri Coach)
Junior Coach and Co-ordinator	Julie Whaley (Level 2 Tri Coach)
Coach	Simon McCarthy (Level 2 Tri Coach)
Coach	Karl Glendenning (Level 2 Tri Coach2)
Coach	Jon Collins (Assistant Coach)
Coach	Matt Waterfield (Assistant Coach)
Coach	Chris Woods (Assistant Coach)
Coach & Swim Teacher	Kate Long (Level 2 ASA Swim Teacher & Level 1 Tri Coach)

All coaches are experienced, qualified and CRB checked.

### Training Sessions

Once your child has been to a trial session they will be offered a place in one of the squads, if they have been offered a place in the **Academy** squad place you do not have to take it if you don't want to or can't commit to the training sessions, they can just join the general squad. We train for 47 weeks of the year.

All sessions must be paid for by **standing order on 1<sup>st</sup> of every month** if your child joins the club part way through a month we will ask you to pay cash or cheque pro rate for the remainder of the month before your standing order starts. Juniors **must** be a club member to take part in sessions and membership is £10 for the year.

### What equipment will my child need?

1. Clothing suitable for running & cycling outdoors in e.g. running trainers, t-shirt & shorts
2. Bike (any bike will do) & **helmet** (essential)
3. Secure bike lock – we always recommend the D ring style as these are the most secure
4. Bottle of water & a light snack such as a cereal bar (if it is a long session)
5. Sun cream / warm clothes / wet weather gear – however if the weather is too bad we train inside

*Absolute Tri Stars are very kindly sponsored by Langdale Lightweights bike shop*



- Swim session – swim suit / trunks, 50 p piece for the lockers (returnable) and goggles

**As your child gets more experienced you may want to upgrade kit to include things like a racing bike, wetsuits, tri-suits etc but you won't need these for a while.**

### Uniform

Whilst we don't insist that our juniors wear a 'uniform' for the Club we do try and encourage members to wear club kit wherever possible. Our casual wear consists of a t-shirt (free when you join) and club hoodies (£16). We offer club 'tri-suits' (a specially designed suit which they would race in and is worn in the swim, bike and run) at a subsidised rate as well as other items such as cycle jerseys, jackets, kit bags etc. these are all in easily identified club colours. All kit can be purchased from the club.

### Membership

Your child must also become a club member which is just £10 per year (May – April, however reductions apply after Nov 1<sup>st</sup>). For this your child will receive:

- A club t-shirt with their name printed on the back
- Club swim hat
- Club window sticker.

The club is affiliated & insured through the British Triathlon Federation (BTF). Please note that club membership does not include individual membership through the BTF, this is separate and more details can be found at <http://www.triathlonengland.org/membership/join>

### Reasons to tri!

- Have fun and improve fitness
- Make friends & be part of a team
- Learn new skills & gain confidence
- Improve balance & coordination
- Variety across training over 3 disciplines
- Anyone can take part regardless of age, ability, gender etc

### News & Updates

We have a regular newsletter that goes out, a club forum [www.absolutetriclub.co.uk/forum](http://www.absolutetriclub.co.uk/forum) with a specific junior section, our website is updated regularly at [www.absolutetriathlonclub.co.uk](http://www.absolutetriathlonclub.co.uk) and we keep in touch via e-mail. We have a **Facebook group**, just search Absolute Tri Stars and request to join <https://www.facebook.com/groups/absolutetristars> . The main club contact details are listed at the top of this document.

### Your Club Contacts

#### Juniors:

Junior Coach  
Kit Coordinator

Julie Whaley  
Antonia Whitaker

[julie@absolutetri.com](mailto:julie@absolutetri.com)  
[antonia@thehazels.org.uk](mailto:antonia@thehazels.org.uk)

#### Main Adult Club:

Chairman  
Vice Chair  
Club Kit Coordinator (race kit)  
Club Secretary

Steve Lloyd  
Mick Green  
Jayne & Chris Woods  
Matthew Waterfield

[steve@absolutetri.com](mailto:steve@absolutetri.com)  
[m.green24@btinternet.com](mailto:m.green24@btinternet.com)  
[jcscamping@btconnect.com](mailto:jcscamping@btconnect.com)  
[info@mjwaterfield.com](mailto:info@mjwaterfield.com)

### What is Triathlon?

Triathlon is one of the fastest growing participation sports in the UK and one of the most exciting. It is an endurance race covering 3 disciplines: swimming, cycling and running continuously over various distances. By training in 3 disciplines you develop an all round level of fitness as well as the variety of training in more than one event.

Although many triathlons include open water swimming in lakes etc. most of the beginner events are swimming pool based. Also a lot of people will use mountain bikes at first so you needn't worry about purchasing a racing bike if your child doesn't have one. It's also the friendliest sport you will come across with races having a wide range of abilities but a central focus on participation and enjoyment.

### Transition

In racing this is the part where you change from the swim onto the bike and the bike into the run. You can do all sorts of fancy things to make this part quicker but when you are first starting out you will simply put your sports kit that you will bike and run in over your swimming costume, put your trainers on and then leave the transition area with your bike and helmet. After cycling the course you will then put your bike back into the transition area and go of and do the run course before crossing the line having finished your first race.

**If you're not sure what Triathlon race involves we have broken it down for you:**

**Stage 1 – Swimming**

The Triathlon race always starts with swimming, beginner races are always in a pool, later some people to progress to “open water” swimming in a lake or the sea. Most triathletes use a front crawl for speed, however you will see people in races doing breaststroke.

**The Change Over – “Transition”**

Get out of the pool and head for your bike as quickly and safely as you can. Put you trainers, t-shirt and shorts on and start peddling!

**Stage 2 – Bike**

No helmet = no racing. Make sure you always bring a helmet with you, if you don't have one we can lend you one. Also don't worry if you only have a mountain bike, lots of people will use them when they are starting out. In a race situation there will be marshals around the course to show you which way to go.

**Transition**

Cycle into the transition area, get off your bike and take off your helmet, leave them there and run!

**Stage 3 – Running**

This is the last part of the Triathlon, if you feel tired take your time, the most important thing is to finish the race not winning.

There are many races you can enter during the year, the club will recommend races to you so you can race with people from your club, this way it is less daunting! If you are unsure about anything at all, please just ask!

**Typical Race Distances for Juniors**

Race	Age	Swim	Bike (Grass/Tarmac)	Run
Tri Star Start	8 years	50m	800m/1.5km	600m
Tri Star 1	9-10 years	150m	2km/4km	1.5km
Tri Star 2	11-12 years	200m	4km/6kmkm	2km
Tri Star 3	13-14 years	300m	6km/8km	3km
Youths	15-16 years	400m	10km	5km

**If you have any questions or concerns about any of the above, please just ask.**





## Junior Training Squads

**General Squad - Southglade or Bingham Leisure Centre**

**Cost is £24.00 per month per child**

**10% discount for 2<sup>nd</sup> child (monthly total £43)**

**Train 2.25 hours a week 47 weeks of the year at Southglade Leisure Centre or Bingham (depending on what you have chosen)**

Session	Day	Time
Swim Session	Thursday	17:00 – 18:00
Spin or Bike Session & Run Training (Southglade)	Thursday	18:00 – 19:15
Swim Session (Bingham)	Friday	17:00 – 18:00
Track Session (Run) & Bike	Friday	18:00- 19:15

### Academy Squad

**The cost of the Academy is based on the number of sessions your child will do and this will be based on conversations between the coaching team and parents /athletes but to come to all sessions the maximum cost is £60 per month. This includes**

- **5 swim sessions**
- **3 run sessions**
- **1 bike session**