



## RYTON TRI JUNIORS

We feel that we now have a great Junior section to Ryton Tri Club. With help from some secured funding back in 2015, we have lots of coaches qualified or in the process. As a trial, we planned an initial 12-week programme of coaching in the hope that this would become self-funding and would continue after the first 12 weeks. The sessions which started 1<sup>st</sup> August 2015 were very successful and we have gone from strength to strength: so much so that we now have a waiting list. The attendees are in the 8-13/14 age group. Coaches have all attended an Emergency First Aid Course and the majority (with the exception only of a couple of parents who are helping out) are DBS checked.

At the end of 2017 we have developed further and are offering the children the chance to advance through the club as they get older. When they reach the second year TS3 category they can move into the T3/Youth section. This session runs alongside the North East Academy and involves a Saturday afternoon coached swim 3-4pm followed by either track work or indoor S&C at the Leisure Centre.

### COACHING FORMAT IN SPRING/SUMMER MONTHS

Coaching will be on Saturday afternoons at Blaydon Leisure Centre, Shibdon Road, Blaydon on Tyne, NE21 5NW. It's easier to park nearer to the track area towards the back of the building. Registration for each session will be inside the Centre in the corridor between the Walk-In Centre & the Pool from just after 3:00pm. On the first visit, a Parental Consent Form should be completed and the child should then be signed in for that session. On subsequent visits, parents are required to sign in their child at registration. The cost per session will be £5. Due to the need to organise skills groups and race preparation groups, sometimes we ask for confirmation of attendance during the week running up to the session. It would be helpful to arrive by 3:15pm

Your child will need to be ready to cycle and run. Helmets are compulsory and they should have a drink with them. We aim to be trackside ready to start the session by 3:30pm. For this part, they will be divided into groups of similar ability (not necessarily by age). Groups will work on bike skills and running. They will rotate roughly every 15-20 minutes between the skills groups. We may make the session run focussed so if bikes are not required, we would let you know. On some weeks, they will then be selected into teams hopefully with an even split of ability and will replicate a tag relay run/bike race. This is where teamwork and awareness come into play. We also have an awareness of upcoming events and make every effort to plan sessions to simulate these events to prepare them for race day. At approximately 4:45pm, this part of the session ends and they will be able to put their bikes into a secure outside store at the rear of the building and head off to get changed quickly for the swim session.

They will need to be poolside ready to swim at **5pm** as we only have a slot of 30 minutes to swim so we do try to keep to these times. With regard to the swim section, we are not equipped to actually teach them to swim. We therefore will need proof that they have passed ASA Level 7 as a minimum and/or that they are swimming club members. We will test every new recruit over 100m front crawl so it is essential that this is within their capabilities. If your child is interested in joining in with the run/bike section of training but is not yet ready to take part in the swim this is also possible.

It's fine to drop your child off after registration and collect them up when the session ends at **5:30pm**. However, we must stress that if they need any help getting changed to swim, then you must be there to assist. It's also worth mentioning that the toilets are inside and coaches will not be able to leave the session to take them.

#### COACHING FORMAT AUTUMN/WINTER MONTHS

As it becomes darker and colder in the afternoons, we need an alternative coaching strategy in order to continue providing the children with good quality sessions. We have booked the Sports Hall, which is on the site of the old Blaydon Swimming Pool (just along the road from the Leisure Centre). If the session is to be there, you will be informed and the kids should be brought here for registration and we will hold an indoor or in/out session including run drills, strength, conditioning, and flexibility along with some relay team events. At the end of the session, we will ask them to get coats on and gather belongings together and re-group in the hall for a head count. They'll be put into pairs with some wearing hi-viz bibs and will be accompanied by coaches back to the pool.

This winter we do also plan to brave the weather and hold some sessions at the usual time on the track at The Leisure Centre with floodlights. This is so that we maintain the momentum of run training. Again, you will be kept informed of the session plans.

**Summer or Winter: once the pool session is finished at 5:30pm. It will be the responsibility of parents to ensure that they collect their children.**

Because we would like to maintain and continue to build on the bike skills they're learning sometimes we would move time & venue. This session will be bike focus only and may be held on an unused part of Newburn Industrial Estate (map will be provided) or at Thorneyford Farm, Ponteland. The session could run from 1:30pm to 3:00pm and on this day, there will be no swim session due to logistics. We would request that parents ensure that their children are dressed appropriately for bike only sessions in warm clothes and gloves etc. This is very weather dependent!

Unfortunately there are no toilets or changing facilities at Newburn, at Thorneyford Farm there are toilets but no changing rooms (and a lovely cafe).

In the event of inclement weather at any time, we may decide to make late changes to the planned session. Please check emails or Facebook for any last minute information. I have created a Facebook Group - Ryton Tri Kids. This is a closed group so you will need to request to join. We appreciate that not everyone uses Facebook so we will always send an email too.

We understand that you might wish to take photographs of your child but would request that none are taken when any of the children are poolside. Lots of photos are taken at races (and sometimes at training) and these inevitably are posted by us on social media. We will operate 'an opt-out' policy. If you absolutely do not want photos of your child then we need you to let us know.

Our goal is for children to try out the sport of Triathlon, to develop strength and fitness but above all to have a great time.

We appreciate that children coming along for the first couple of times need to try the session out before making a commitment to join Ryton Tri Club but as the club is developing youth and junior sections, we would like that they join the club for a minimal fee of £12 after 3 visits.

On any session, we can legally only have 48 in the pool. Whilst it is highly unlikely that all members would turn up at a session, we must allow for that possibility. Because of this we initially capped membership at 48 and started a waiting list. When/if attendance drops off consistently over a period of weeks, we do re-visit the waiting list and invite kids to come along and try out.

Club T-Shirts, hoodies are available online at [Saltouk.com](http://Saltouk.com) are ordered directly from them. We have a supply of swim caps and triathlon suits which we buy in bulk and sell on at cost price.

We have had an amazing 2016 and 2017 with lots of podiums and lots of great achievements by all of the children who have taken part in events. We are extremely proud of all of them.

Lots of them will be moving up into the next age category in 2018 so our training will try to work towards the new distances required.

Onward & upward!!!!