



RYTON TRI JUNIORS

A little bit of the history of how we created the Junior Section of Ryton Tri Club: With help from some secured funding back in 2015, we now have lots of coaches qualified with British Triathlon and we are continually looking at CPD to develop their areas of expertise. In addition, we are now fortunate to have a British Cycling Coach on board along with swimming instructors. 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 1st 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 attended an Emergency First Aid Course and they are all (with the exception only of a couple of parents who help out) DBS checked.

As it became apparent that we had something good going on, we realised that there was a need to plan for progression as the children became older and we needed to take in more little ones. Chairman Colin was able to acquire more funding to allow for more coaches, more pool and facility hire and the second session was created. When they reach the second year TS3 category they can move into the T3/Youth section. For more advanced athletes, we are able to move some first year T3 athletes and those T2s who qualified for IRCs. This is their choice and they don't have to move. 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.

MAIN GROUP 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 £7. 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

When advised, your child will need to be ready to cycle and run. Helmets are compulsory and they should have a drink with them. It is essential that bikes are safe, functioning, tyres blown up etc. There isn't time within the session to fix any major bike issues. 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. Our swim focus is to prepare children for triathlon in both pool and open water environments. We, therefore, will need proof that they have passed ASA Level 7 as a minimum and/or that they are swimming club members attending on a regular basis in a competitive standard squad with an understanding of lane etiquette. Irrespective of this, all new recruits will undertake swim testing to confirm their ability to safely join in with the swim element of the session. This test will include aspects of the ASA Level 7 certificate plus the addition of a test in front crawl of 8 lengths over 8 minutes. This can be done with a rest each length or all in one go, whatever they feel comfortable with. Anyone who doesn't meet these criteria, will be given feedback and an opportunity to re-test at a later date. Meanwhile, they would be able to attend the main part of the session.

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. We would request that you make your child aware of good behaviour in the changing areas.

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 and will be accompanied by coaches back to the pool. It would assist if they wore a Hi-Viz item of clothing for this.

On some Saturdays in the winter we do also 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). The session could run from 1:30pm to 3:00pm and on this day and if this happens, 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.

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. We 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 taken 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 £15 after 3 visits.

Maximum club membership is limited by pool space in the interests of safety. 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 approximately 50 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 and 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.

Last year surpassed all of our expectations with regard to achievement, dedication and determination at all levels. From the little ones braving open water for the first time to our most decorated young athlete, Daniel Dixon, competing in Europe for GBR. We achieved so many podiums over the season and our club contributed 8 of the 16 athletes selected for the IRC's where the North East came away with a silver medal for the individual events and a bronze for the relays.

Lots of them will be moving up into the next age category each year so our training will work towards the new distances required so that they will be ready, prepared and excited for next season!!