



## **LBT JUNIOR END OF YEAR NEWSLETTER**

**JON HENDRY JUNIOR COORDINATOR**

**We are now at the end of our first year of being Leeds & Bradford Triathlon Club Juniors. It has been a great year, with numbers attending growing each week. We average over 20 athletes attending most weeks. Junior triathlon is growing very fast. I feel that the athletes have trained really well this year and they all have learned so much. It is good to see them develop the skills that they need for the sport.**

**Our own Aquathlon at Leeds Grammar school in May was full again with 120 junior athletes racing. I am biased but I thought it was one of the best junior races of the summer. Thanks to everyone who helped and to our sponsor the Yorkshire Building society. Next years race is booked for the 18<sup>th</sup> May 2008 at Leeds Grammar School and this time will be a fully inclusive event and will take athletes with a disability. I will be forming a small race committee after Xmas. If you want to help just let me know.**

**On the social front this year the athletes have enjoyed trips to Leeds wall , open air swimming at a cold Ilkley Lido, bowling and a very interesting morning sailing and BBQ at Otley sailing club. If anyone has any ideas for social activities next year just drop me an e mail.**

**Looking forward to next year we are looking to improve the club even more. We have now got a firm booking with Carnegie so this gives a great base to train from .Early in the new year we aim to become a British Cycling Go ride registered club, This will give us access to better cycling coaching, racing and more cycling activities. We are looking for a kit sponsor and will try to offer some more subsidized LBT race kit. I would like to see more junior athletes racing in the regional race series in 2008 and also to be proud to race for team LBT. At some point over the next few months we would also like to be able to offer another training session per week for the athletes, This is something that I will have to keep working on as training facilities are very hard to get.**

**I would just like to finish by saying a big THANK YOU to everyone who has helped out this year; your help is invaluable and much appreciated.**

**We think you are all a great bunch of athletes and a pleasure to coach. With hard work you all deserve to reach your goals what ever they are.**

**Enjoy the rest and see you all on the 16<sup>th</sup> December for the Duathlon or at the first session on the 5<sup>th</sup> January 08**

**Louise Hanley [Head Coach]**

**I hope you have all enjoyed the Saturday sessions this year and it is great that many of you have been coming regularly to develop your skills, ability and confidence.**

**All the coaches have seen much improvement in each discipline and that is because you come with a positive attitude and enthusiasm. It is also because you work hard and want to improve which is very important. Let's hope we can do the same (and better) in 2008!!**

**Next year we are going to ask you what you want to improve and what your goals are. So get thinking and we will try and set you**

**some targets to work to. As Jon has mentioned- we are always looking to improve our club and sessions. If you have any ideas – let us know!!**

**Many LBT juniors have taken part in the Yorkshire and Humberside Junior Series with good results from everyone. Some of our athletes won prizes from the series – Morag Hockey, Natalie Brown, Euan Hockey, Edward Brownlee, Clare Mack, Tom Warren and Amy Affleck. Well done!! All results can be found on [www.yorksandhumbertri.org.uk](http://www.yorksandhumbertri.org.uk)**

**And it was great to have Natalie, Euan, Tom and Clare represent our region and the Inter-regional Championships in Glasgow in September.**

**So –let’s get out there for the Winter Duathlon Series – you know the cycle track well and have done some duathlon training there. Most of you attending the Richard Dunn Cycle Track have improved your time trial times over the year and that comes with effort, technique and regular training.**

**I’ve certainly enjoyed coaching you all and I would also like to thank all the other coaches and parents that bring you and help out – we couldn’t run the club without them.**

**Triathlon is a great sport – enjoy it!**

**MERRY CHRISTMAS AND A HAPPY NEW YEAR FROM JON,  
LOUISE AND STUART.**