



LBT JUNIOR END OF YEAR NEWSLETTER

JON HENDRY JUNIOR COORDINATOR

I hope you have all enjoyed this year at the junior club. This has been a great year for the sport of triathlon, with all the interest in the Olympics we have seen a huge rise in numbers coming along on a Saturday morning. We have averaged 25 athletes each week from July onwards. We now have over 50 athletes registered with the club [please don't all come along together]. It is great to see so many juniors wanting to take up the sport. I hope you all enjoyed the Christmas event at the sailing club. To say it was the first time we have held the event it went very well and some of the estimations of time were very close to the actual times. The winners were Cobi, Callum and Ewan. We also had a prize presentation for the junior athletes of the year.

Triathlete of the year boy Michael Knight

Triathlete of the year girl Jess Daly

Most improved triathlete Fraser Murray

Club person of the year Charlotte Hampton

Well done to you all

In 2009 we are looking to build on what we have achieved so far as a club.

As a trial we have booked 3 coached swim sessions at JCC with a Leeds City swim coach.

The first of these will be on the 25th January 09 from 2pm – 3pm.

We are hoping these will help everyone with their swim

technique and stroke. Leeds city council are very kindly paying for the coach and we will hire the lanes for the session. If you are interested in the sessions the 2nd one is on the 22nd February and the 3rd is on the 22nd March

please email me to book a place.

As from 1st January the session cost will rise to £5 per session. As you can appreciate it is very busy at 8.30am on a Saturday morning so to get the sessions underway on time we have drawn up a rota of parents to collect the money each week . I will email this out to everyone , if you cant do the collecting on your week please arrange for someone else to do it..If you aren't on the list but would like to help out please let me know. Coaches will always be available after the session for any questions or concerns that you may have.

The junior section will be organising the junior aquathlon at Leeds Grammar school The date for this is the 10th May 09 . This event was very successful last year and we would like to make it even bigger and better this year. Like last year we will set up a race committee . I will set a date for a first meeting early in the new year. Please try to help ,it is a good way to put something back into the club and new ideas for the event are most welcome.

Some other dates of races so far in the Yorkshire & Humberside race series are Child line Harrogate triathlon 14th June & York triathlon 27th June

More dates of races will appear soon on the regional website <http://www.britishtriathlon.org/triathlonengland/yorksandhumber/index.php>

For the new year I have booked another climbing wall session and I am trying to get the older junior members a ride at the Manchester velodrome . We will also look at some mountain & road bike rides and we will hopefully be able to offer some open water swimming in the summer months.

If anyone has any ideas of trips or sessions that they would like to see the club do please let us know.

Leeds & Bradford triathlon club AGM will be on the 14th January 09 at 7pm at the Lord Darcy Pub .

Report from Louise [Head Junior Coach]

All the coaches would agree that they enjoy coaching at the junior sessions because the athletes come along with the right attitude to learn new things and keen to develop and improve skills. We have been very pleased to see a continuing number of new members of all ages. As a result, we have lengthened our morning sessions to accommodate everyone and we hope to make changes to make the training better.

We always welcome suggestions and ideas to help us plan weekly, monthly and for the year.

Well done to all the Triathletes of the Month and we will continue with this in 2009 and again, a well done to the Triathletes of the Year, Club person of the Year and Most Improved Triathlete of the Year . Could any of these awards be given to you in 2009???

Also, we have a number of triathletes that are on the Yorkshire and Humberside Regional Academy : Euan Hockey, Morag Hockey, Natalie Brown,Clare Mack, Tom Warren and Katherine Coupland. Euan , Morag and Clare represented the region at a very warm Inter-Regional Championships at Aldershot in August . So onto 2009 – let's get some good training in and have a go at the events in the region this year!!

Finally I would just like to say on behalf of all the coaches a big thank you to everyone who has helped with the junior section this year .without your support the club would not be as successful as it is.

Also thanks to the athletes and remember to set those goals for 2009.

Happy New Year to you all

From all the LBT Junior coaching team.

