



OTTER NEWS

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Hello again and Happy New Year! The coaches and helpers hope that you enjoy taking part in the Otters' activities during 2006 – we are all very impressed at the high turn out each week so far this winter when it's been dark and cold. **IN THIS EDITION THERE IS IMPORTANT INFORMATION ABOUT A CHANGE IN THE SESSION TIMES** as well as details about the coaching programme for the next 10 weeks. If you have any questions please contact Otters HQ or ask a coach.

Age Groups

The British Triathlon age group categories for junior triathletes aged from 8 to 14 years, who are known as Tristars, are given below:

Tristar Start = 8 yo Born in 1998
Tristar 1 = 9/10 yo Born in 1997 or 1996
Tristar 2 = 11/12 yo Born in 1995 or 1994
Tristar 3 = 13/14 yo Born in 1993 or 1992

The Otters also cater for the next age group up:
Youth = 15/16 yo Born in 1991 or 1990

The guide dates of birth relate to events that take place in 2006. For triathlon events it is your age at 31 December in the year of the competition that decides which group you are in. So, although you may only be 12 on the day of a race in May if you turn 13 in November you will be a Tristar 3 and not a 2. Race distances are different for each Tristar category in order to take account of the athletes' age and the terrain they are competing over.

2006 Competition Programme

For those interested in putting their fitness & skills to the test here are some competitions we think it would be fun to take part in. To give them added interest we will use them to hold a club championship. More details later but here are the dates:

29 April *Worthing Otters Aquathlon*
28 May *Hamble Aquathlon*
17 June *Arun Triathlon* (Bognor Regis)
25 June *Sussex Youth Games Aquathlon* (Eastbourne)
02 July *Crawley Triathlon*
09 July *Portsmouth Aquathlon*
13 August *Brighton College Aquathlon*
27 August *Fareham Aquathlon*

Apart from the Youth Games which is a selection event anybody can take part in any event. There is an entry fee and forms for the events in italics are available on the Internet at www.britishtriathlon.org/regions/southeastregion.php

TRAINING GROUPS FOR WINTER PERIOD

Group 1		Group 2		Group 3	
Lewis	Morton	Elissa	Flynn	Sarah	Blacker
Lewis	Baker	Jack	Watson	Peter	Flynn
Ellie	Howard	Becky	Rodemark	Sam	Maloney
Maia	Coates	Millie	Rodemark	Bethany	Taylor
Polly	Reymond	Ella	Coates	Kevin	Chan
Reece	Baker	Max	Felton	Nikki	Gatland
Sam	Poppeliers	Dan	MacDonald	Alastair	Hardinge
Iain	Taylor	Louise	Maloney	Fiona	Hardinge
		Amy	Rodemark	Toni	Harris
				Luke	Helmer
				Nina	Reymond
				Victoria	Seth
				Hannah	Seth
				Ash	Thompson
				Jenny	Whiteside
				Alex	Wood

WORTHING OTTERS TRAINING PLAN – 1st QUARTER 2006

All sessions take place at the Aquarena on a Saturday unless otherwise advised

PLEASE NOTE THE CHANGE IN THE RUN & BIKE SESSION TIMES

These changes are on a **trial basis** as we wrestle with how to accommodate all the disciplines with the facilities we have available during the winter period. Your comments on how this is working are very welcome. Please contact Otter HQ. If the weather is very poor on a scheduled cycling session you can still swim in the public session at 09.00 but you will need to pay the normal fee. Running will take place whatever the weather. Bring appropriate clothing including a change (see the check list on the last page). If you are unable to run or cycle because you have an injury or your bike is in for repair you can still come swimming at 08.00 even though you are not scheduled to do so. **Please remember to pay your £2 session fee when you go swimming.**

Date	Swimming 08.00 – 09.00	Running 09.00-10.00	Cycling 09.00 – 10.00	Training
28 JAN	Group 2	Group 1	Group 3	Swimming – All strokes, drills, water skills. Running – Basic skills, drills. Cycling – Basic skills, drills (if weather suitable)
4 FEB	Group 3		Groups 1 & 2	Swimming – Mainly Front Crawl and build endurance up to 400m.
11 FEB	Groups 1 & 2	Group 3		
18 FEB	Group 3	Groups 1 & 2		Running – Build endurance up to 3k. Cycling – Build endurance, running mount/dismount, puncture repair.
25 FEB	Groups 1 & 2	Group 3		
4 MAR	Group 3		Groups 1 & 2	Swimming – Mainly FC and improve speed, transitions.
11 MAR	Groups 1 & 2		Group 3	
18 MAR	Group 3	Groups 1 & 2		Running – Speed work Cycling – Brick sessions, transitions.
25 MAR	CLUB AQUATHLON Timed swim followed by timed run			

See the panel above for which training group you are in. Chronological age (i.e. based on your year of birth) is only one factor in deciding how we group young athletes because we all grow at different rates. Equally training age (i.e. how long somebody has been doing a sport) will also have an influence. For now we are going to base the coaching programme (see above) on swimming experience / ability. If you are really not happy about your group let one of the coaches know.

West Sussex Fun Run League 2006

Jan 29	10.00	Splash Point	1 mile	Worthing seafront by rowing club
Mar 19	10.30	March Hare	1.1 mile	Ricardos, Shoreham
Apr 05	10.30	Tilgate Forest	1 mile	Gainsborough Rd Playing Fields, Crawley
Apr 17	10.45	Lewes	2 miles	Lewes Leisure Centre
May 24	19.00	Trundle Hill	1 mile	Lavant Village Hall, East Lavant
Jun 11	11.00	Hove Park	1.1 mile	Hove Park
Jul 05	19.40	Round Hill Romp	2 Km	Steyning High Street
Jul 09	10.15	Batchelors Farm	1 mile	London Meed School, Burgess Hill
Sep 16	16.15	Seven Stiles	1 mile	Henfield Leisure Centre
Oct 15	10.30	Lancing Manor	2 Km	Lancing Manor Leisure Centre

The above runs are usually just before the senior fun runs so there is lots of adult support and of course parents are very welcome to run the senior races. Members of Worthing Harriers can enter as part of the club's team but anybody can enter as an individual. When we are a bit more established we could enter an Otters team in the league as the distances are good practice for triathlon. If you need an entry form for any race let Julian know as he can get hold of them through Harriers.

Helpers always needed for supervising training sessions

The membership of the club now stands at over 30. Whilst we have sufficient coaches to look after this number, and take on a few more athletes, the coaches are not always able to attend every session. If any parent can help by just being present at an activity area to assist the duty coach with supervision, it would be greatly appreciated. Please let Julian know your availability or contact Otter HQ.

Storage Required

The Steering Group has decided to go ahead and buy 7 Turbo Trainers to support the cycling programme. Members of the group have agreed to look after 5 of them. Is there anybody who could take responsibility for one of the 2 homeless ones? They take up very little room and are perfectly housetrained but could live happily in a garage or other secure outbuilding. The upside for any foster parent is that you get to use it but the down side is you will need to bring it along when a turbo session is planned, but this won't be every week. Please contact Otter HQ if you can provide a home.

Team Kit Manager Wanted

Peter Eldridge is looking into getting a team t-shirt sorted out so that we can fly the Otters flag at events. We would need to sell the shirts in order to re-coup the cost and so having somebody to hold the stock and collect the payments would be very much appreciated. Please contact Otters HQ if you can help. Please note the job does not involve washing loads of smelly kit!

Winter Training Check List

To avoid rushing about in the early morning and forgetting things because you are only half awake ***get your kit together the night before***. Then all you have to do is roll out of bed and grab your bag.

Bring swimming and running items to every session even if your group is not scheduled to do these activities. Bad weather or illness may prevent us from doing what is planned and we can fall back on swimming and running if necessary.

Bring plenty to drink to EVERY SESSION.

Swimming

Swim wear	
Towel	
Goggles	
Water bottle with plenty to drink	

Running

Base Layer Top (T-shirt, long sleeve thermal)	
Mid Layer Top (Rugby shirt, Sweatshirt)	
Outer Layer Top (Waterproof jacket)	
Base Layer Bottom (Shorts, thermals)	
Mid Layer Bottom (Tracksuit bottoms)	
Outer Layer Bottom (Waterproof trousers)	
Socks	
Trainers	
Hat	
Gloves	
Socks	
Water bottle with plenty to drink	
Complete Change of Clothing Top, trousers, shirt, socks, trainers etc*	

* If it is wet - either underfoot or raining – you may need to change into dry clothing before going home. Please make sure you come prepared to do so.

Cycling

The same clothing as for running	
Helmet	
Bike!	
Water bottle with plenty to drink	