



OTTERS NEWS

Hello again, A massive welcome to **Abigail Downham** who joins us in the Tristar Start group and to her Dad, **Robert**, who is a member of Worthing Excelsior Cycling Club and has offered to help with some of the training sessions. Easter is nearly here and with it looms the start of the main competition season for triathlon and multi-sport events. This issue we highlight the main races in our area and enclose application forms for them. We announce a competition to design a poster that will help us publicise the club and there are details about the Spring training schedule. Whatever your involvement with the Otters this summer all the coaches and helpers hope that you enjoy taking part. Finally, a huge thank you to **Alan Matthews** who has played a major part in helping us set the Otters up. Alan is going to stay in touch with the club but a new business venture means that he won't be able to come along to sessions like before – all the very best, Alan, and thanks for your cheerful and enthusiastic help at the bike sessions.

2007 Competition Programme

We published most of the race dates a few weeks ago but here they are again along with a couple of others that were not known at that time:

| | | |
|--------|----|-----------------------------------|
| April | 28 | Otters Sponsored Spring Aquathlon |
| May | 12 | Crawley Aquathlon (MS) |
| June | 03 | Hamble Aquathlon |
| | 16 | Arun Triathlon (TS) |
| | 24 | Brighton Aquathlon (MS) |
| July | 07 | Crawley Triathlon (TS) |
| | 28 | Farnham Triathlon (TS) |
| August | 26 | Fareham Aquathlon (MS) |

Where an event has MS in brackets after it, it means it is part of the Regional Multi-sport Series and TS means it is part of the Regional Triathlon Series. Athletes wanting to be included in the Series competitions must take part in at least 3 of the designated races.

Top Otter Group Awards – once again we will be seeking the best Otter in each Tristar age group based on performances in these competitions plus any intra-club events we put on this summer. After each race we will award points in each age group according to where each member finishes in relation to the other club members. (1 point for the 1st Otter, 2 points for 2nd Otter etc.) The club age group title will go to the athlete with the lowest score based on his/her 3 best results. There will be a boy and girl winner for each Tristar age group. You can do more than 3 events and drop your worst scores but you do need to compete in at least 3 races to qualify for the TOGA.

Included with this ON are entry forms for the various events. Please note that the Crawley races can only be entered via the internet. To simplify things please send off your entry(ies) directly to the race organisers because numbers and instructions will be sent to you but please remember to specify the club as there are team competitions as well. The coaches would like to make sure that somebody from the staff is present when an Otter is in action so please would you indicate on the enclosed form, which races you plan to take part in.

More about the competition programme on the next page.....

2007 Competition Programme continued

We are also investigating organising a triathlon for club members and invited guests at Christ's Hospital before the end of the summer term. The details are still being finalised and will be published as soon as they are agreed. The provisional date is 22 July with the start at 2.00 p.m.

Our policy continues to be to help everybody to be the best that they can be and want to be. For some competition is exciting and great fun but for others it is less important. If you are not interested in doing races, you are still very welcome at training sessions and if you do decide to participate in a race remember it's the taking part that counts first and foremost. Give it your best shot and be proud of what you achieve. After all how many people do you know at school that have actually done a multi-sport event?

Poster Competition

We want to spread the word about what the Worthing Otters can offer young people in the area and one way is to run a poster campaign but before we can do that we have to have a poster and that's where **you** come in. We are inviting anybody in the club to put pen to paper or use their desk top publishing skills to come up with an eye catching design that will encourage people to find out more about us.

The design should be submitted on A4 paper or electronically. You can use colour and photos - although if these are of individuals you need their permission to use them. Remember to include your name with the entry.

Here are some things to bear in mind when doing your design:

Keep it simple – too much information can hide the real message.

Think about what you like about triathlon and use this as the hook to get others involved.

Think about what you hope somebody will do once they have seen the poster – have you made that possible?

Don't worry if you aren't much good at drawing. It's your ideas that we need so a really good design idea poorly drawn could still win as we'll find somebody to work with the designer to produce a great end result.

All entries will be judged and voted for by the club members and adult helpers.

Get your entries in to Otters HQ or a member of the management group by **21 April 2007**.

The winning entry will receive a **Running Vest** in the club's colours.

Congratulations, Niki!

Following Niki's success in passing the practical assessment for her Level II Coach Award before Christmas, she has now completed successfully the written assignments she had to do and is now a fully fledged Level II Triathlon Coach. Well done, Boss!

Club Kit

There has not been much interest to date from members wanting to buy a trisuit or t-shirt in club colours. However, since the last edition of ON when we first suggested the idea TAF has met (see below) and decided to apply to the West Sussex County Council's Youth Opportunity Fund for help with the cost which may be putting some people off. Meanwhile, thank you to those that have returned the forms we will keep you informed about what is happening.

The Athletes Forum (TAF)

TAF was set up in January and its members are Alastair Hardinge, Luke Helmer, Bethany Taylor, Maia Coates and Iain Taylor. Many thanks to them for attending the meetings and especially to the Helmers who provided the meeting venue and refreshments. If you have anything you want raised about the running of the club please speak to one of TAF reps.

At the first meeting TAF reps. discussed what improvements could be made and we print them below with some comments from the Management Group. Do you have any other ideas etc?

Later training times (Saturday morning bike & run sessions)

We have made the start time 09.45 for most of the land based Saturday sessions in the new schedule. Coach availability and use of venues by other people does affect when we can hold our sessions.

More training as a whole club

Finding a way to cater for a broad age range with mixed abilities and a limited amount of venue time especially in the pool is challenging. Niki's new schedule attempts to address this but we're always open to suggestions.

More tips on techniques & one to one advice from coaches

Our programmes are group based but within the sessions we try to give individual advice where we can. In the new schedule you can pick the discipline you want to work on the most.

Practice discipline we are worst at

Each person has a responsibility for their own performance and should practice their weakest discipline if s/he wants to improve. The new schedule should provide greater choice for individuals to choose what to concentrate on.

Involve the older athletes in taking the training sessions

This is a great idea but often the older athletes are involved in a session and we don't want them to miss out on training. We'll be looking at how we can do this with TAF in the future but it is definitely something we want to encourage.

Ask the athletes what they thought of a session

This shouldn't need saying really and all the coaches have been asked to finish each session with a feedback slot. Of course, you don't have to wait to be asked, if something is brilliant or pants let us know!

Use different places for training e.g Downs

The latest schedule does introduce new venues as well as use old favourites. Much depends on how willing or able everybody is to travel to places outside Worthing.

Evening running

The mid-week evening running sessions last summer were not well attended although there was a dedicated few that came regularly. Some of this may be down to The Gallops being difficult to get to. We're looking at other possibilities for a venue but in summer a lot of the parks get very busy with other people.

Use the leisure centre track more

We're able to use the track free of charge on Wednesdays thanks to Worthing Harriers. They don't mind if it's not too frequent but as they pay for the hire we have to be careful not to take liberties.

Swimming in the sea

British Triathlon does not endorse open water swimming sessions for children so our insurance does not cover us for this.

Fun days / Fancy Dress runs

The Southwater Christmas & Easter bike rides this winter have both had a fancy dress theme. We'll continue to keep this in mind when the programmes are written.

More cycling - Long bike rides - More on-road cycling

We will be offering an additional road ride for older members who have a road bike on some Sundays this year but we are unable to offer many because races are often on a Sunday.

Provide racing bikes

TAF looked at this as part of the YOF application but whilst it's a great idea there are practical problems linked to storage and what size frames to buy. Not to mention cost!

Enter more competitions as a club

We are promoting 7 local races this year but you have to enter them as an individual although there are sometimes team prizes as well. We are targeting the Crawley Triathlon on 7 July as our club championship and it would be great if as many members who want to compete this year could focus on this one and we have a really big turnout.

TAF Comments continued

Race kit - T-shirts - Club tracksuit (cool style)

TAF is working on putting a bid to the YOF to help fund a race kit. Some work on possible suppliers and styles has been done already.

Sponsorship

Cold calling companies for financial help is always tough but we must do it. We have already received some offers of help from Eurotherm and South Down Bikes

Money raising schemes (for race kit etc) e.g. car boot sales, sponsored swims/runs

Our Spring Aquathlon will be a sponsored event and we'll be looking at other ways to raise funds.

Advertise the club more

The poster competition will help us do this and we want to produce an information leaflet about the club. We already feature on the Worthing Swimming Club website and we have had some of our results printed in the local papers. Remember word of mouth is the best advertising so our members can do a good job on getting friends and school mates involved.

Link to schools

At the last Management Group meeting we agreed to approach Durrington and St Andrews High Schools during the Summer Term about offering them some after school tasters and coaching in duathlon (run/bike/run) with an option of inviting interested athletes to the club for an aquathlon session. We'll let you know what the schools say and if it is positive we'll try to involve anybody who goes to one of them in the programme if they want to be. If this goes well we'll roll it out to other schools in the future.

Christmas fun session or party – Summer BBQ

We are very keen to have a busy social programme and these 2 are great ideas. If there's anybody out there who fancies organising one or other please get in touch with Otters HQ.

Athletes' input into Otter News

Yes, please! If you've got anything to say about the club and its activities we'd love to hear it. Contact Otters HQ. We're particularly interested in hearing from those taking part in races as to how they found the experience.

Top Winter Attender Prize

Thanks to everybody who supported the training sessions this winter despite some quite grim weather and ground conditions at times. Before Christmas we averaged 14 to each session and after Christmas it was down slightly to 12 per week. Congratulations to **Hannah Seth** whose attendance record since last September has been 81% and she wins a pair of elastic shoe laces donated by John Scott. Well done to **Iain Taylor** who was Top Attender last summer and was only just behind Hannah this time. Special mention too to **Nina Reymond** who at Christmas had the best attendance record but a bit of illness this term stopped her from coming along for a while. Thank you to all 3 for their special dedication and to everybody who struggled out from under a warm duvet on a Saturday morning to come training this winter – adults included!

St Andrews Bike Session Fees

Following a review of our budget we have decided that we must raise the session fee for the bike sessions at St Andrews to **£2 per person** with effect from 1 April 2007. We appreciate that this is a huge hike in price but we are not covering the cost of hiring the facility at the moment and our finances don't allow us any scope for subsidising the fees.

OTTERS TRAINING SCHEDULE - 14th April to 7th July 2007

We are trying a more flexible programme with some *AND/OR* sessions. You can choose which session to attend or even go to BOTH !! **Please note** the new slightly later start time for venues away from Worthing for extra travel time. Do choose a session you will enjoy, BUT remember, if you want to race faster or improve your fitness choose something you are not so hot at, and, if you already swim loads, maybe choose something else.

We are also introducing a few Sunday road bike rides (on 15th Apr, 22nd Apr and 20th May). For safety reasons though you must be 14 or older and have a road bike. Tristar 3's who are not yet 14 may be considered subject to coaches assessment of bike handling. Please contact Niki.

| DATE | TRAINING SESSION(s) or RACE | |
|---|--|--|
| Sat 14/04 | Swim <i>AND/OR</i> 8am Aquarena | Run 9.30am Aquarena |
| <i>Sun 15/04 (age14+ only)</i> | <i>9.30am Road ride, Aquarena</i> | |
| Sat 21/04 | Swim/run/transition 8am Aquarena | |
| <i>Sun 22/04 (age14+ only)</i> | <i>9.30am Road ride, Aquarena</i> | |
| Sat 28/04 Otters Club Aquathon | SPONSORED RACE 8am Aquarena | |
| Sat 05/05 | Bike 9.45am BMX Track Shoreham Airport | |
| Sat 12/05 Crawley Aquathon | RACE (no training) | |
| Sat 19/05 | Swim <i>AND/OR</i> 8am Aquarena | Run - Paper chase 9.45am The Dover car park |
| <i>Sun 20/05 (age14+ only)</i> | <i>9.30am Road ride, Aquarena</i> | |
| Sat 26/05 | Bike & Run 9.45am St Andrews | |
| Sat 02/06 OR | Swim <i>AND/OR</i> 8am Aquarena | Run 9.30am Aquarena |
| Sun 03/06 Hamble Aquathon | RACE | |
| Sat 09/06 | Swim <i>AND/OR</i> 8am Aquarena | Bike & Run 9.45am The Dover car park |
| Wed 13/06 | Transition training for Arun Tri 6.00pm The Gallops | |
| Sat 16/06 Training or Arun Triathlon | Swim/run/transition 8am Aquarena OR RACE | |
| Sat 23/06 OR | Swim <i>AND/OR</i> 8am Aquarena | Run 9.30am Aquarena |
| Sun 24/06 Btn Aquathon | RACE | |
| Sat 30/06 | Swim <i>AND/OR</i> 8am Aquarena | Bike & Run 9.45am St Andrews |
| Wed 04/07 | Transition training for Crawley 6.00pm The Gallops | |
| Sat 07/07 Crawley Triathlon | RACE (no training) | |

What Tristar Group am I in?

For competitions your age group is based on how old you are on 31st December of the year of the race not on the day of the race. So somebody born in November 1994 who takes part in a race in May 2007 is in Tristar 3 (13/14 year olds) because s/he is 13 on 31 December even though s/he is only 12 on the day of the race. Tristar Start = 8yo; Tristar 1 = 9/10 yo Tristar 2 = 11/12 yo; Tristar 3 = 13/14 & Youth = 15/16 yo. Race distances will vary according to what the organizers can provide at each site but the **maximum** for each age group and discipline are:

| Triathlon | Swim | Bike(Grass) | Bike (Tarmac) | Run |
|-----------|--|-------------|---------------|----------------|
| TS | 50m | 800m | 1500m | 600m |
| T1 | 150m | 2km | 4km | 1,200m |
| T2 | 200m | 4km | 6km | 1,800m |
| T3 | 300m | 6km | 8km | 2,400m |
| Y | Up to & including Sprint Distances which are 750m | | | 20km 5,000m |

but don't panic the local events are not this long!

| Aquathlon | Swim | Run |
|-----------|--|--------|
| TS | 50m | 600m |
| T1 | 150m | 1500m |
| T2 | 250m | 2,000m |
| T3 | 400m | 3,000m |
| Y | As for triathlon – check individual races for the actual distances | |



OTTERS 2007 COMETITION PROGRAMME

So that we can make sure that we have a coach at every event in which an Otter is taking part please would you indicate which if any of the races listed below you are planning to enter:

Family Name _____

| Athlete's First Name → | | | |
|---|--|--|--|
| Crawley Aquathlon | | | |
| Hamble Aquathlon | | | |
| Arun Triathlon | | | |
| Brighton Aquathlon | | | |
| Crawley Triathlon (Club Championship) | | | |
| Farnham Triathlon | | | |
| Fareham Aquathlon | | | |

Please hand to Niki, Ann or Julian or return to Otters HQ by **28/04/2007**

Thank You!