

ABSOLUTE TRI  
STARS!  
NEWSLETTER  
WINTER 2012.

**Welcome to the winter term at Absolute Triathlon Club!** Christmas 2011 now seems a distant memory but we trust you are all refreshed and ready for a new year of exciting training sessions and preparation for the forthcoming race season. A warm welcome to Absolute's newest junior members, and we hope you enjoy being part of this enthusiastic and friendly team! Any questions you have please don't hesitate to ask your Junior Club captains, Andrew and Hayley or any of the coaches who will be more than happy to help!

***In this issue.....***

Andrew and Hayley look forward to the year ahead!

A message from your Head Coach, Steve Lloyd.

Proposed changes to the Junior training sessions.

Provisional race dates for 2012.

Introducing your Junior Co-ordinator, John Currie.

Annual Awards evening 2011.

Triathlete Profile.

Junior kit and casual wear.

Introducing Absolutes new Junior Coach, Julie Whaley!

***Male Junior Club Captain, Andrew Frettingham.***

It is nice to see you all back and enjoying triathlon in 2012. Yes, another year has passed and the club has grown bigger and stronger through 2011. We were even recognised as the most improved club in the East Midlands with many of our athletes competing in races, improving their times and some of us being highly placed. I cannot wait for the 2012 season and hope that everybody will take the opportunity to compete in at least one triathlon-to those of you who haven't yet competed in a triathlon there is nothing quite like it!! There is always a great atmosphere and everyone is really supportive no matter where you finish!!! **Bring on 2012!!!** Andrew.

***Female Junior Club Captain, Hayley Goodwin.***

Hi guy's! I Hope you all had a good Christmas and a Happy New Year!! But now it's back to serious training and gearing up for a superb triathlon season!! Let's give it our best shot!! **Good Luck! :D**

Hayley.



A MESSAGE FROM  
YOUR HEAD COACH,  
STEVE LLOYD.



## *A vision for the Junior Tri Club*

As many of you may be aware we have been looking at ways to add value to the Junior Club, create additional spaces for new junior athletes and have a Club that provides all round training for our members.

With this in mind from next term we will be launching 3 new training squads; Performance, Development and Foundation.

There will be criteria to be invited to join these squads including time trials in swimming, **but please note that your child does not have to accept a place and can remain just at the Sunday session.**

If your child gets selected for or wishes to remain in the Foundation Squad you will continue to pay by term, if they get selected for the Performance / Development Squad there will be a monthly standing order charge in order to access all the sessions.

Following Christmas we have had 13 children on our waiting list which means that we have looked to increase capacity. Also, from working with the Regional Talent Academy I know that so many children have to join separate bike, swim and run clubs because triathlon clubs on the whole fail to deliver an adequate number of sessions. My long term vision is that we can eventually provide all the sessions and support that your child needs to progress in triathlon.

We are already making excellent progress within the East Midlands area and it is important that we continue to grow and develop our fantastic club. Details, including sessions and costs, are enclosed within the newsletter, we hope that you get behind and support these new initiatives and if you have **any concerns at all** please contact me at [Steve@absolutetri.com](mailto:Steve@absolutetri.com) or 07503 156823

INTRODUCING YOUR JUNIOR  
COORDINATOR,  
JOHN CURRIE.



John is new to the committee, taking on the role of Junior Coordinator. John's role is to support the other officers in their duties and represent the junior club on the Club Committee. John is at Southglade most Sundays supporting his son Mathew who is one of our Junior members.

## Junior training sessions

### Performance Squad – Cost will be £42 per month

Session	Day	Time
Swim Session	Wednesday	20:00 – 21:00 (1 hr)
Swim Session	Thursday	17:00 – 18:00 (1 hr)
Land Training - poolside	Thursday	18:00 – 18:30 (30 mins)
Run Session	Friday	18:30 – 19:30 (1 hr)
Swim Session	Sunday	15:45 – 16:30 (45 mins)
Indoor / Outdoor Session – Bike if outside	Sunday	16:45 – 17:30

**Sunday session is now 1 hr 45 mins**

During the summer would move the Friday run session to HPP and do Open water swim, bike and run session.

### Development Squad – Cost will be £35 per month

Session	Day	Time
Swim Session	Thursday	17:00 – 18:00 (1 hr)
Run Session	Friday	18:30 – 19:30 (1 hr)
Swim Session	Sunday	15:45 – 16:30 (45 mins)
Indoor / Outdoor Session – Bike if outside	Sunday	16:45 – 17:30

**Sunday session overall is now 1 hr 45 mins**

During summer would move the Friday run session to HPP and do bike and run session.

### Foundation Squad

Session	Day	Time
Indoor / Outdoor Session	Sunday	15:15 – 16:15
Swim Session	Sunday	16:15 – 17:15

PROVISIONAL RACE  
DATES FOR 2012.

Here are some provisional dates to pencil into your diary. Please note that these dates have not been confirmed and the list is not complete. It is the responsibility of individuals to book their place onto an event which is either by postal application or via the website of the organisers. Most events book up very quickly! Our Junior Race Coordinator Judith Turner will keep us posted!

Mallory Park Triathlon (open water)	May 7 <sup>th</sup> 2012
Charnwood Triathlon	May 20 <sup>th</sup> 2012
Leicester Triathlon	June 10 <sup>th</sup> 2012
Derby Triathlon	June 17 <sup>th</sup> 2012
Cherwell Triathlon	July 8 <sup>th</sup> 2012
Rother Valley Triathlon (open water)	September 15 <sup>th</sup> 2012
City of Nottingham	September 22 <sup>nd</sup> 2012
Charnwood Aquathon	October 28 <sup>th</sup> 2012

Other important dates for your diary:

***Thursday May 24<sup>th</sup>, Kids of Steel is coming to Southglade Leisure Centre!***

As the world celebrates sport in 2012, this year's Tata Kids of Steel events will be the biggest series of children's triathlon events in the UK, if not the world. Tata Kids of Steel events are inclusive and accessible to all school children aged between 8 and 13 regardless of ability. The aim of the series is to give children a fun, positive experience of sport. All the equipment is provided, including bikes and helmets, and children only need to provide swimming and running kit. Every child receives a T-shirt, swim cap, gym sack and medal for participating. For more details check out, [www.britishtriathlon.org](http://www.britishtriathlon.org) or speak to the club coaches.



***Sunday July 1<sup>st</sup> 2012, The Outlaw Triathlon, Holme***

***Pierrepoint, Nottingham.*** Steve Lloyd has suggested that a team of our Junior Members run a feeding station for this event. It will be a great way for the juniors to get involved in this fantastic race and to see how the 'grown ups' do it! Many of our Absolute Adult members will be racing on the day including our own coach Cayci Lewis! More information to follow closer to the time.



***Saturday September 8<sup>th</sup> 2012, The Vitruvian Triathlon, Rutland Water, Leicestershire.***

Is another local event for the 'grown ups' but a great opportunity for the Juniors to be spectators and to be see the Adults sweat it out!



ABSOLUTE TRIATHLON  
CLUB'S PRESENTATION  
EVENING NOVEMBER 2011.. A  
REPORT BY DAVID MEENAN.

***As instructed by the editor in chief, I had the dubious honour of reporting on Absolute Triathlon Club's Presentation Evening.....***

All the children who attended the swim session prior to the awards evening were really excited at the prospect of having a coached session by Olympic hopeful Jodie Stimson. Jodie turned up in her GB tracksuit and the kids were immediately in awe... But her pleasant manor and dazzling smile soon put the kids at ease!

Coach Steve and Jodie worked the kids hard and you could see all the swimmers putting in that little bit more effort to impress our Olympic Hopeful. Finishing the swim session everyone made their way to the Embankment club for the awards evening.

Ami Ketley had organized the skittles room for the juniors who took full advantage of the facilities and entertained themselves for an hour or so prior to moving upstairs for the awards presentations. All the juniors camped themselves close to the presentation area and were really excited chatting amongst themselves guessing who will get each award...

Steve got the evening under way by introducing Jodie again as she would be giving out the awards to the deserving winners.

***Starting with the Junior girls... Most improved went to Sophie Marsden!*** Sophie's first ever race was the Mallory Park open water triathlon! She went from strength to strength all season improving her race times. Sophie was also the Regional Most Improved Female for 2011. Well done Sophie, very well deserved!

***Next award was for the Junior Female Triathlete of the year. This went to Alana Meenan*** who had a fantastic race season gaining many podium positions. Alana gained valuable points for the club and was the runner up Regional Female Tri Start Triathlete for 2011. ...yeh... Well done Alana!

***Boys most improved award went to Latrell Wyinter*** and everyone cheered as everyone knows just how much Latrell has improved this year. Unfortunately Latrell was poorly couldn't be at the presentation.... Keep smiling Latrell and keep those shades on!

***And Junior Male Triathlete of the year went to Sammy King...*** or Speedy Gonzales to all who raced with him last this year! Sammy gained podium positions in all his races over season. We look forward to seeing Sammy compete again this year! Very well done to Sammy!

Jodie was great posing for photos and signing autographs for everyone there and she had some great words of encouragement for our juniors...

***A great evening was had by all and big thank you to Ami Ketley, Steve & Jayne Lloyd for the organising and Thank you to Jodie Stimson for giving out the awards and giving up her valuable free time to encourage the next generation of Triathletes. David Meenan.***

ABSOLUTE TRIATHLON  
CLUB'S PRESENTATION  
EVENING 2011.



Sophie Marsden. Most Improved Female Triathlete of the Year.



Alana Meenan. Female Triathlete of the Year.



Sammy King. Male Triathlete of the year.



Many of Absolute Tri Star Juniors with Jodie Stimpson.

## TRIATHLETE PROFILE.

NAME:

AGE:

SCHOOL:

HOW LONG HAV YOU BEEN DOING TRIATHLON?

WHAT IS YOUR FAVOURITE THING ABOUT THE SPORT?

DO YOU HAVE ANY OTHER HOBBIES?

DO YOU HAVE A SPORTING HERO?

WHO AT ABSOLUTE TRIATHLON CLUB MAKES YOU SMILE THE MOST?

WHO AT ABSOLUTE HAS THE BEST HAIRSTYLE?

ONE DIRECTION OR JLS?

## CLUB KIT AND CASUAL WEAR.

***Anna Marsden (Sophie and Alannah's Mum) is responsible for the ordering and distribution of the club kit. Anna is at training most Sunday's and available to take your orders. She had compiled a list of what is available:***

-Race belts £3 each, 'Absolute Triathlon' swimming caps and car stickers. Let me know if you have not received yours.

-Personalised 'Hoodies' £16. Can be ordered/paid for, through the website or speak to Anna.

There are other items of kit that can be ordered through the website including lock laces, waterproof kit bag. These items usually take 4-6 weeks for delivery and Anna puts an order in on the last Friday of every month.

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We now have a list of Junior Club Race & Training Wear that can be ordered through the club website at: <http://www.absolutetriathlonclub.co.uk/page41.html> please read the size chart on the website before ordering.

Tri Suit £35

Short Sleeve Cycle Jersey £20

Long Sleeve Cycle Jersey with zip front £25 (like the ones you see 4life Tri wearing)

Cycling Gilet £25

Cycling bib shorts £29

Long Bibs £26 (designed to wear over your bib shorts)

Running Vest £19

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**All items need to be paid for in full before they can be ordered please.**

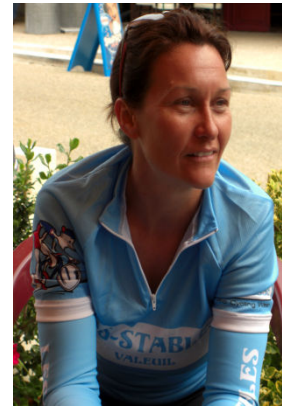
Cheques only please, to be made payable to 'Absolute Triathlon Club', and given to Anna Marsden.

Alternatively you can order via the 'Absolute Triathlon website' and pay with your credit or debit card.

Do you have any Triathlon Kit/Equipment that you no longer need? We can advertise on the newsletter any items for sale. Email Penny at, [pennymknight@hotmail.com](mailto:pennymknight@hotmail.com)

INTRODUCING YOUR  
NEW JUNIOR COACH,  
JULIE WHALEY.

"My own philosophy of coaching is to develop the whole athlete in order to promote social, psychological and physical well-being. I have thoroughly enjoyed coaching junior athletics since April 2009 and it is therefore a pleasure to become involved in coaching the junior athletes of Absolute Tri. I feel that my core coaching aims; to enhance the holistic development of the athletes, sit well within the aspirations of the club. Ultimately I wish for the athletes to enjoy their training as this will drive them to make good progress not only during coaching sessions but also in other areas of their sport and physical development. This will be my first season of coaching junior triathletes as well as the first season of triathlon for many of the junior athletes. I am therefore looking forward to being part of the journey from training to competition and hope that through my involvement, the athletes will remain engaged and progress to a life-long participation in the sport of triathlon." *Julie.*



**Julie's Sporting Achievements.**

Level One Athletics Coach

First Class BA Honours in Education Studies and Sport

Coaching junior athletics since April 2009

Competed in triathlon in September 2009 – completed  
Vitruvian in 2011

Attended Safeguarding and Protecting Children workshop in  
November 2009

Attended How to Coach Disabled People in Sport in October

**Absolute Triathlon Club** is a not for profit sports club launched in April 2009, based at Southglade Leisure Centre, Bestwood, Nottingham. Our Juniors (8 – 14 years old) will have an opportunity to learn and develop the skills needed to participate in Triathlon whether to compete or simply to have fun and make new friends in a safe, supportive and encouraging environment. Overall the club has over 180 members, just over 40 are from the Junior Club.



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