



# CARDIFF JUNIOR TRIATHLON CLUB

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Welcome to Cardiff Junior Triathlon Club – where we have fun practising the best sport on our planet! For around 20 years, the club has catered for children between 8 and 17 years old, and currently have around 100 members, coming from mainly Cardiff and the surrounding area. The club was formed in 1998 and is based at Maindy Leisure Centre, Cardiff. We hope you enjoy your time with Cardiff Junior Tri Club!

### **What is triathlon?**

It's a sport for those among us who don't seem to think one sport is enough!! You start with a swim, you grab a bike, cycle and finish off with a run towards the finish line! It is an Olympic and Commonwealth Games sport, but there are Half Ironman and Ironman distances – these are certainly not for the faint hearted! By joining our club, you might become the next Alistair Brownlee, Non Stanford or Helen Jenkins!

### **Training information**

Training is in all 3 disciplines, to develop skills, endurance and fitness – all whilst enjoying the sport of triathlon! Sessions are fun, age appropriate and typically structured as follows (subject to weather and coach discretion):

- 90 minutes – run and cycle, focusing on technique, endurance and transition training
- 30 minutes – swim, focusing on freestyle technique and endurance.

**There is no obligation for parents to stay around for the duration of the session. If we need to contact you, the leisure centre will do so as they hold your contact information.**

### **Session information**

Sessions are held at Maindy Leisure Centre at the following times;

- Monday – 6.00pm-8.00pm
- Saturday - 1:00pm- 3:00pm
- Sunday 1 – 10.00am – 12pm

### **Can my child attend every session?**

Once you have chosen a session, your child may only attend that session due to guidelines and waiting lists. If your child misses a session for any reason, they would attend their next planned session. We unfortunately cannot make room for your child in a different session within the week.

## Coaches

All coaches are qualified British Triathlon coaches and hold a valid DBS certificate. The club is affiliated to the British Triathlon Federation via Welsh Triathlon. Coaches attend regular training sessions organised by Welsh Triathlon and the club has a program to develop junior coaches.

## Contacting coaches

Website: <http://cardiffjuniortri.org>

Phone: Robert James - 07787 152452

Maindy: Maindy@gll.org

Facebook: Cardiff Junior Triathlon Club page and Public group

Twitter: @CardiffJnrTri

Email: [cardiffjuniortri@gmail.com](mailto:cardiffjuniortri@gmail.com)

We also have a Whatsapp group for each separate, which you will be invited to join once your child starts training.

### Essential kit

- Swim costume/Trunks
- Goggles
- Towel
- Running trainers
- Waterproof jacket
- Water bottle
- Tshirts
- Running shorts/trousers
- Gloves – cycling and running

Please be sensible when dressing for sessions, shorts and t-shirts are not advisable in winter months. Gloves, a hat and a warm jumper are highly recommended. If raining, please wear a waterproof coat.

We have a 'no goggles – no swim' policy.

We have a 'no gloves – no cycling' policy.

**Roadworthy bikes are available to borrow, but we recommend investing in your own bike as we only have minimal stock and these bikes are used multiple times each week. No helmet - No cycling. Please bring your own cycling helmet.**

### Racing kit

Trisuit or swimsuit /trunks with a tshirt, bike and cycle helmet, race belt, trainers and drinks bottle.

### Where can I buy kit?

Sports Direct are a good source of sports kit, and elastic laces and tri-belts (mainly used in races) are available cheaply on Amazon. We sell our own club t-shirts, hoodies, trisuits and kit bags, and please contact Rob James for more information and to order.

## Committee

Secretary – Kirsty Hudson

Welfare Officer – Julie Mort

Events secretary – current unfilled

Chair Person – Rob James

Treasurer – Tina Thomas

Head Coach – Nick Rees

If you wish to sit on the committee or want to suggest a topic to discuss, please tell a member of the coaching team. We mainly organise races and events, fundraise for the club, develop the club and manage club communication.

## Racing

We have an annual race in early June which attracts athletes from all over Wales and nearby regions, forming part of the National Tristar Series organised by Welsh Triathlon. Races include all three disciplines and depending on the level of event, the swim may be pool based or open water. Your age category is determined by your age as of the 31<sup>st</sup> of December of that year.

Please see below for our age categories used in races and visit the Welsh or British Triathlon for more information and racing opportunities!

Welsh Triathlon: [www.welshtriathlon.org](http://www.welshtriathlon.org)

British Triathlon: [www.britishtriathlon.org](http://www.britishtriathlon.org)

Tristart: 8 and under

Tristar 1: 9 and 10 years old

Tristar 2: 11 and 12 years old

Tristar 3: 13 and 14 years old

Youth: 15 and 16 years old

Junior: 17 years old

## Contacting Maindy

Please contact Maindy Leisure Centre, on [Maindy@gll.org](mailto:Maindy@gll.org), on issues regarding payment or booking. Payment is made by direct debit each month, paid to Maindy directly.

## Thank you

Thank for you reading and we hope you enjoy being part of our club. We recommend you keep this leaflet for future reference but if you have any questions, please don't hesitate to ask in sessions or contact us.

