

Rugby Junior Triathlon Club

Minutes -4th October 2010

Attendees - Ian Payne, Helen Emery, Niamh Emery, Chris Rouse, Dave Rouse, Helen Childs, Alex Considine, Jessica Butterworth, Ben Emery

Apologies – Graham Emery – John Austin – Christine Broughan – Jo Byrne

1. Review Minutes

Minutes accepted

2. British Cycling

Ian has met with Nick Yarworth from British Cycling, who are keen to be involved with the club. They currently do not have any cycle clubs in the area for junior members. Two of our coaches Adrian Wyatt and Pete Timmins did originally attend a Level 2 cycle coaching course but did not complete it so do not have the British Cycling qualification.

British Cycling can provide two demo training sessions:

- ◆ Technical sessions
- ◆ Approx 1hour – 1hr 30mins
- ◆ Run by 2 qualified coaches
- ◆ 1st session end of October beginning November

If the club and British Cycling want to develop the partnership, they will run a course of training sessions at local schools to promote cycling and then recommend Rugby Junior Tri as a local club.

We would be required to have two Level 2 Cycle coaches at our club. Ian Payne, Helen Childs and Dave Rouse all volunteered to attend the course and complete the qualification.

3. Rugby Event (Sunday 24th October)

We have the pool and facilities at the school booked from 1.00 – 5.00pm. Event will probably start around 2.00pm with members being asked to arrive at 1.00pm for race briefing / walk the course / best practice advice Ian to email members to register their place for the event. To ensure our members get the most from the event it was decided to limit numbers to 50. Once we have an idea of how many of our members wish to be included we may invite other local clubs: Cov Tri, BRAT, Stratford, and Litchfield.

IP

4. Coaches

This is still an ongoing problem and we are stretched to the limits, with the possibility of coaches not being available for next year we could struggle to provide sessions. Helen C will speak to all coaches and clarify their commitment for next year. This will give us a heads up for shortfalls in the New Year.

HC

The club has three people taking their level one coaching later this year



with two of them (Dave Rouse and Sam Carlisle) coaching with the juniors. Ben Emery and Alex Considine have also expressed an interest in coaching when they are 16 next year.

All coaches need to be BT members for their coach insurance. It was agreed that the junior club would cover this cost for junior coaches as long as they were committed to coaching for the year.

The cost for an Associate member is £24.00

5. AOB

Adult Club AGM – 19th October 2010 any one welcome to attend

Regional AGM – 27th October 2010. We need a representative from the club to attend to retain our club mark. Ian will be attending but anyone is welcome

Junior AGM – No date set yet but will be end of November beginning of December and held during Sunday training.

1st Session – AGM

2nd Session Family swim

BRAT Cycle Session – 10 members went along to Solihull for this training session. All feedback was positive and they all want to do it again!

ClubMark/StarMark – Our current award is still valid but Ian is working with John and Ali from the adult course to gain the award again on a new scheme

Website – Andy Childs has been able to make a start on updating the Website. If any one has any thing they would like to amend let Andy know

Junior Social – Arranged for 23rd October 2010 at 11.30am. Ariel Extreme near Milton Keynes was the chosen venue. Jess and Alex are organising deposits and bookings

Sponsorship – Ian thanked Graham and Helen Emery for obtaining additional funds from their employers (Coventry Building Society). The Society's Community Support Scheme has provided £500 towards coaching costs. This can be used towards the cost of Level 2 Cycle courses and/or coach BT membership.

Date of next meeting 28th November 2010