



## *Membership & Weekly Coaching Sessions - General Information*

*Chelmsford Triathlon Club - Discovery would like to welcome you and your child and we hope that you will enjoy the experience of being a club member through training, competing and club social activities. The aim of this letter is to provide you with the details you may require as a new member, however if you have any additional questions please do not hesitate to contact the Head Coach Ash (ashandhel@btinternet.com), Club Welfare Officer, Lisa Lager (membership@chelmsfordtriclub.uk), or any other club officer.*

### *Coaching Session Information*

*We run 2 training sessions a week.*

*Run/bike training takes place at Writtle University College on Thursday evenings from 6.45pm until 7.45pm Ideally arriving at 6.30pm to set up Turbo's and bikes etc.*

*Essentially the sessions over the spring and summer take the form of bike training and running coaching / drills in the college grounds. We also offer some open water swimming sessions.*

*The sessions over the autumn and winter take the form of bike spinning sessions followed on with running drills and associated run based exercises. During this time of year the bike training will mostly take place in a hall on turbos, followed by running drills outside in the college grounds.*

*To get a good experience from the coaching sessions a bike is really required. If you already have a bike it can be used if possible (and if compatible) in conjunction with the club training turbos. A 24" wheel is the minimum the club turbos can take. There are a limited number of club turbo's and these are available on a first come first served basis, although every effort will be made to alternate usage when turbos are in short supply. If you already possess a turbo please feel free to bring it along, the majority of our regular athletes bring their own turbos.*

*If you intend to bring a bike, a bike helmet is mandatory when cycling outdoors- (No helmet no cycling) Even when indoors we occasionally use helmets and tri belts when practicing transitions.*

*Swimming training takes place at Chelmsford County High School for Girls on Wednesday evenings from 6.30-7.30pm and 7.30-8.30pm (your session time would be decided after your trial session).*

*These are not swimming lessons, the focus of the sessions is triathlon based. In order to get the most out of these sessions we suggest that children wishing to participate should be able to swim 6 lengths of a pool.*



Chelmsford Tri Club - Discovery – Is a Triathlon England Registered Club

awarded the TriMark Club Bronze accreditation.



## *Membership Information*

*Once you have filled in your membership form please hand to Lisa. You will then be added to the Club's WhatsApp group. If you do not wish to be added to the group please let us know. The group is used to discuss social events, training requirements and competition information. All comments must be respectful to all athletes, coaches and parents.*

*The club use an app called Team App. Once you have joined you will be invited to join the app. The app gives important details about training sessions and competitions.*

*We have asked you and your child to read and agree to the relevant codes of conduct (these can be found in the 'documents' section on Team App). These are designed to ensure that all members are able to participate in the sport in a safe and enjoyable environment.*

*Please feel free to come along on any Thursday or Wednesday evening for a taster session we run two free trial sessions.*

*If you wish to join the club there are two membership options available:*

- 1. Dry membership – this entitles the member to come to the Thursday (run/bike) session at a cost of £18 per month.*
- 2. Wet membership – entitles the member to come to Thursday AND Wednesday sessions OR just the Wednesday swim session at a cost of £28 per month.*

*We also ask for an annual fee of £20 (taken from the August DD as we do not have a full training schedule in the summer holidays) each year to cover club admin costs.*

*Standing orders can be set up to the Chelmsford Tri Club*

*Account Number - 44101539*

*Sort Code 23-05-80*

*Discovery Tri Club are continually looking for volunteers to assist with the running of the club with a number of roles available with varying levels of time commitment required for each. If you would be interested in helping out please speak to any of the club officers and they will be able to provide you with advice or point you in the right direction.*

*If you would like further information on any area of safeguarding, or have a concern relating to this area, please contact the Club Welfare Officer. If you believe the concern to be urgent or that a child is in danger and the Club Welfare Officer is not available please either contact the Lead Safeguarding Officer Triathlon England Lead Safeguarding Officer 01509 226159 [lindahaywood@britishtriathlon.org](mailto:lindahaywood@britishtriathlon.org), the police or another statutory agency.*

*Chelmsford Tri club*

*The Discovery Team*



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