



## **Thank you for your interest in our club.**

*Chelmsford Triathlon Club would like to welcome you and your child. Triathlon is a sport that combines swimming, cycling, and running. It is a great way for kids to stay active and healthy while having fun. The sport offers many benefits, including strength building, endurance, self-confidence, and a sense of independence.*

*We offer two free trial sessions before deciding to join and so please get in touch to let us know when you'd like to come along!*

### **COACHING**

*We run 2 training sessions a week. **What3words venue locations are here** - [www.chelmsfordtriclub.uk/training](http://www.chelmsfordtriclub.uk/training)*

#### **Run/bike training Thursday evenings.**

*Writtle University College, Lordship Road, Writtle, CM1 3RR.*

*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 turbo training sessions combined with running/fitness drills and normally includes an outdoor run 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 compatible) in conjunction with the club training turbos during the trial session. A 24" wheel is the minimum the club turbos can take. There are a limited number of club turbos. If you already possess a turbo please feel free to bring it along, the majority of our regular athletes bring their own turbos.*

*Just bring along your bike, your helmet & water bottle.*

#### **Swimming training Wednesday evenings**

*Chelmsford County High School for Girls, Broomfield Road, Chelmsford, CM1 1RW.*

*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.*

*Just bring along your swim hat, goggles and water bottle.*

*(Athletes that regularly attend are asked to bring a pull buoy and fins)*

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

awarded the TriMark Club Bronze accreditation.



## Membership Options

There are two membership options available:

1. **Dry membership** –£14 per month (second child £10.50)  
Entitles the member to come to the Thursday (run/bike) session
2. **Wet membership** – £24 per month (second child £18)  
entitles the member to come to Thursday AND Wednesday sessions OR just the Wednesday swim session

### Any questions?

Please do not hesitate to contact the membership secretary Nicola Bickerstaff ([membership@chelmsfordtriclub.uk](mailto:membership@chelmsfordtriclub.uk)), Club Welfare Officer, Nicola Murphy ([nicolammurphykitson@gmail.com](mailto:nicolammurphykitson@gmail.com)), or Head Coach Ash ([ashandhel@btinternet.com](mailto:ashandhel@btinternet.com)), or any other club officer.

We look forward to welcoming you!

*Chelmsford Tri club*

<i>Head Coach</i>	<i>Membership Secretary</i>	<i>Welfare Officer</i>
<i>Ash Nicholson</i>	<i>Nicola Bickerstaff</i>	<i>Nicola Murphy</i>

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