



## LEND A HAND & MAKE A DIFFERENCE

Our club training, activities & annual triathlon event are all organised and delivered by volunteers, unpaid people giving their time for the love of triathlon and the benefit of *all* members.

What many don't realise is how much work goes on behind the scenes to ensure our athletes get the very best opportunities they deserve. However, we need your help to make that happen!

### HOW TO HELP?

There are so many ways to make a difference to the club – some take just a couple of hours a few times a year, others require more commitment, but however you get involved, you can be sure you're making a real difference to our club.

If you're a member of the club, the parent of a member, someone who loves sport, wants to give something back or want to build your skills and experience, we'd love to hear from you.

### IF YOU HAVE TIME

- **Be an ambassador for our club** – share your experience with other people in the local area or on social media. Like and comment on our Facebook & Instagram pages. At a training night, talk to new members, answer their questions and help them settle in.
- **Set up and packing away equipment at a training session** – Many hands make light work!
- **Sponsorship & grant funding** - our club heavily relies on sponsorship for our annual club event and also grant funding to operate and maximise opportunities for members. If you work for a company or know of any sources of grant funding or have a contact for sponsoring our annual event please speak to our fundraising secretary, Craig Bickerstaff.
- **Be an event reporter or photographer** – we all love to read about how our athletes are getting on. If you're attending as a parent, you could help put together a report for our website and social media or share photos.

### OUR ANNUAL CLUB HOSTED JUNIOR TRIATHLON – PICK A ROLE!

- **Save the date** – our Event is run annually on the first Sunday in July. Visit our website for more details and to register your athlete: [Discovery Event](#)
- **Pick a role & get involved in our annual club event** – this takes a huge amount of organisation. It is a unique open water, closed road triathlon event, nationally recognised and an opportunity for our athletes and others to experience this. It's expected that parents lend a hand in the planning, the day before with set up and on the day.
- Whether it's as a marshall, with registration, setting up transition and signs or handing out medals, please let us know which role you'd prefer? Unfortunately, even if one parent from each family volunteers this isn't enough and so please also encourage friends and family to help - we need as many people as possible to be able to host this event for our athletes.

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

awarded the TriMark Club Bronze accreditation.



## GET MORE INVOLVED

The club has a core Committee, here they all are!

<i>Club Chair/coach</i>	<i>Head Coach</i>	<i>Welfare Officer</i>	
<i>Victoria Lian</i>	<i>Ash Nicholson</i>	<i>Nicola Murphy</i>	
<i>Membership Secretary</i>	<i>Kit organiser</i>	<i>Treasurer</i>	<i>Events secretary</i>
<i>Nicola Bickerstaff</i>	<i>Lucy Shelbourne</i>	<i>Matt Poulton</i>	<i>Nina Whittle</i>
<i>Social Media</i>	<i>Fundraising secretary</i>	<i>Member</i>	<i>Member</i>
<i>Tracy Hobson</i>	<i>Craig Bickerstaff</i>		
<i>Member/coach</i>	<i>Member/coach</i>	<i>Member/coach</i>	<i>Member</i>
<i>Graeme Hall</i>	<i>Simon Tippler</i>	<i>Mike Long</i>	<i>Dan Watson</i>

We rely on volunteers & so pick a role and please chat to our Chair Victoria Lian about how you can help & get involved. We need as many people as possible to secure the future of the club. An added bonus, children with committee/coaching parents benefit from 25% reduction on membership fees!

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## HOW ABOUT COACHING?

We can't overstate the role of a good coach. Our athletes are lucky to have so many within the club. Chelmsford Tri Club are actively supporting our next generation of coaches coming through. We provide paid-for coaching courses. Also available is expert mentoring from within our coaching team.

There are various coaching levels, if you'd like to take the next step to becoming a coach, contact Ash Nicholson, our Head Coach.

Here are our coaches!

<i>Head coach</i>	<i>Coach</i>	<i>Coach</i>
<i>Ash Nicholson</i>	<i>Victoria Lian</i>	<i>Simon Tippler</i>
<i>Swimming coach</i>	<i>Coach</i>	<i>Coach</i>
<i>Jacqui Algar</i>	<i>Graeme Hall</i>	<i>Matt Poulton</i>
<i>Coach</i>	<i>Coach</i>	<i>Coach</i>
<i>Mike Long</i>	<i>Lauren Hayes</i>	<i>Vikki</i>



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