



## **ANNUAL REPORT – 2019    Head Coach – Julia Matheson**

During 2019 we have continued to provide new and exciting opportunities in order to meet the needs of members for triathlon training and racing.

### **SWIM**

- 2 coached pool swim sessions, on Monday and Friday evenings, at Trentham High School, delivered by several regular coaches. Swim coaching is supported by underwater swim analysis by lead swim coach Fiona Ridley, at a discounted price to members.
- 1 weekly open water swim session at Astbury Mere. First started in 2013, and will open again in May 2020 for our 8<sup>th</sup> successive year

### **RUN**

- 3 regular run sessions, 2 steady & 1 interval session. In 2017 we used the Keele University track during the summer for the progression of structured track sessions focusing on technique alongside intensity. We continued to use the floodlit facility at the rugby club during winter months. However in September 2019 we moved to Northwood Stadium on Wednesday evenings to provide runners with more suitable conditions for speed work. The bespoke tartan 400m track is perfect for fast running. Regular numbers for the midweek speed session have doubled.
- We have recently introduced a variety of routes in the local area for the Sunday morning run, which has proved popular and accessible to more runners. Newcastle (Wammy), Apedale, Knypersley, Astbury and Brereton, and Silverdale have provided interesting running routes. Several route navigators have emerged and they continue to introduce a variety of routes and terrain for our Sunday morning run.

### **BIKE**

- 3 weekly bike sessions (& 1 junior session in the summer months):
  - Weekend road ride of 3 regular groups (weather permitting)
  - We are in our 4th year of spin bike sessions at Michelin sports club which run through the winter.
  - The chain gang ran through the summer months
  - Various juniors/beginners skills sessions during the summer months (Keele University car park).
  - We have also recently piloted a regular Tuesday morning ride for those that are free during the weekday, aimed predominantly as a fast group.
- Several seasonal sessions
  - Cyclocross/MTB sessions
  - Hill sessions
  - Bike position set-up sessions throughout the year
  - Transition training

Club training has provided sessions for juniors in each discipline (including open water) which have mainly run alongside the senior's sessions enabling 'family training' and has seen numbers of active members grow considerably. This is something we are keen to continue to develop within the club.



Last year we organized 4 more Open “Go Tri” aquathlons thanks to Fiona Ridley, with help from Paul & Lisa Adamson. We remain grateful to our regular kayakers that support these events and also the regular OW swim sessions each week. We developed the Go Tri events during 2018 to offer an optional longer distance and intend for this to continue in 2020. We now have several club coaches that have undertaken the open water safety course (ERAS), to ensure we are operating safely during the OW sessions, and are qualified to coach open water swimming. During 2020 we undertook a “SHOUT” assessment led by Fiona Ridley and assisted by an active team of OW coaches/helpers. We received the “SHOUT” accreditation at the end of the season after a lot of hard work by all involved.

In 2020 we continue to have lead coaches in each discipline and are looking to develop our coaches further to give the club a more robust structure:

- Lead Cycling Coach: Paul Adamson
- Lead Swim Coach: Fiona Ridley
- Lead Run Coach: Julia Matheson (and Head Coach)
- Lead Junior Coach: Jez Statham
- Coaching Mentor: Ken Matheson

We have several coaches within the club who continue to coach regularly and are keen to develop their skills and experience to ensure NTC is able to offer coaching of a very high standard. We have 2 active level 1 coaches (Helen Towers and Matt Harper), 2 level 2 coaches (Paul Adamson and Ian Smith), and 3 level 3 coaches (Fiona Ridley, Julia Matheson and Jez Statham). Matt Jackson is currently training to be a level 1 coach.

We also have a few members who will complete the run leader’s course provided by England Athletics. Fiona continues to offer body composition assessment following completing an anthropometric course in 2016 and has recently obtained an IOC Diploma in Sports Nutrition. For anybody who is interested in becoming an NTC coach please have a look at the information on the website giving guidance regarding the coach education pathway.

We will be repeating our training camp in 2020; Les Stables, Dordogne, France, over 10 days – again opting for the warmer season in June. At the time of writing we have 4 remaining places available.

In 2019 there have been a number of events which we have targeted as a club prompted somewhat by comments that were made to the Committee about how much members enjoy representing NTC as part of a team and the added satisfaction that can be had due to team spirit. Events included the Castle triathlon series, Staffordshire showground relays, charity/sportive rides, pool swimathon, and XC league. We also fielded teams in the National Club Relays, each team sponsored by the club in order to showcase our fantastic triathletes and something we intend to continue annually.

NTC is really pleased to again see many newcomers training and racing for the first time this year. Development at all levels of ability and equal opportunity remain a priority for the coaching team. In 2019 we ran a series of introduction to triathlon training sessions to encourage new people into sport. This was promoted strongly by Chris Howard with the use of social media as part of his University studies.



2019 was another successful year for members striving to qualify for GB age group teams at European and World Championships, some qualifying for the first time and on occasion, against the odds! Achievements will have be celebrated at the awards evening on 8<sup>th</sup> February. Congratulations once again to all those that have achieved their goals, young and old. Our achievements as a club were also recognized at the highest level – we won Regional Club of the year presented by West Midlands, and the highly acclaimed National Club of the Year award for 2019.

Please have a look at the events coming up in 2020, particularly the club championship races (age graded) if you haven't already done so. I would encourage everybody to get involved regardless of age or experience – there's something for everybody!