



ANNUAL REPORT – 2020 Head Coach – Julia Matheson

During 2020 NTC training sessions have unfortunately been restricted due to COVID lockdown. We have, however, attempted to continue to provide alternative opportunities in order to meet the needs of members for triathlon training and racing.

There have been a few training sessions which have taken place during 2020 but for the majority of the year we have been forced to posting the sessions in our weekly newsletter to enable members to train alone or in small groups (as restrictions eased). We have provided various challenges in the form of age graded TT's of various distances, junior challenges and virtual races.

Our club continues to support lead coaches in each discipline and are looking to develop our coaches further to give the club a more robust structure for when restrictions ease further and training sessions can resume:

- Lead Cycling Coach: Paul Adamson (Note: Paul is stepping down this year to enable him to take on the role of junior coach)
- Lead Swim Coach: Fiona Ridley
- Lead Run Coach: Julia Matheson (and Head Coach)
- Lead Junior Coach: Jez Statham (Note: Jez has now stepped down and the role has been taken on by Paul Adamson with the assistance of Matt Jackson)
- Coaching Mentor: Ken Matheson

Our coaches have maintained competency during 2020 through involvement and input to coaches meetings, by undertaking on line training including 'bolt on' courses/CPD/new individual training courses.

- Mike Hearson has completed the BTF Activators Course
- Helen Towers has updated her Level 1 coaching certificate
- Matt Jackson has completed his Level 1 coaching certificate and coaching children and young people training.
- Paul Adamson has completed the coaching children and young people training.
- Several members have completed the run leader's course: Sarah Thorne, Mike Howard, Marie Bebbington
- All NTC coaches have current DBS certificates.

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.

Development at all levels of ability and equal opportunity remain a priority for the coaching team and we hope to continue to encourage members to participate in club activities again once they resume.