



ANNUAL REPORT – 2021 Head Coach – Julia Matheson

During 2021 there was a phased return to training sessions due to a gradual easing of COVID restrictions. We are now able to resume our original (pre-Covid) sessions alongside online zoom cycling sessions in order to meet the needs of members for triathlon training and racing.

Sessions are posted in our weekly newsletter to enable members to plan ahead and book via our new ClubSpark booking system, accessed via the NTC website.

Quality coaching and leadership, supported by robust safety cover, are essential pre-requisites for all of our club training sessions. Occasionally we are unable to provide these essential elements and as a consequence we are required to restrict numbers for training or, on rare occasions, we need to cancel a session. This doesn't happen very often but please be assured that there is always a valid reason when it does!

NTC continues to support current coaches but also aspires to develop new coaches to give the club a more robust structure:

NTC Coaches/Activators/Leads

- Head Coach: Julia Matheson (Level 3)
- Lead Swim Coach: Fiona Ridley (Level 3)
- Lead Run Coach: Matt Harper (Level 1 – trainee Level 2)
- Run leader's (EA qualified): Sarah Thorne, Mike Howard, Marie Bebbington
- Cycling Lead: Mike Howard (Trainee Level 1)
- Junior Coach(s): Paul Adamson (Level 2) & Matt Jackson (Level 1 – trainee Level 2)
- Level 3 coach: Jez Statham
- Level 2 coaches: Ian Smith, Catherine Swinnerton, Pete Swinnerton
- Level 1 coach: Helen Towers
- NTC Activator: Mike Hearson
- Coaching Mentor: Ken Matheson

Our coaches have maintained competency during 2021 through involvement and input to coaches meetings, and by undertaking on line training including 'bolt on' courses/CPD/new individual training courses:

- Phil Dawid, Charlotte Harper, Sarah Thorne, Simon Chubb are due to complete the BTF Activators Course in February and April this year.
- Emergency First Aiders: (training January 2022): Matt Harper, Charlotte Harper, Fiona Ridley, Mike Howard, Harvey Myatt-Winterton, Luke Maxwell, Catherine Swinnerton, Karen Dennett, Julia Matheson
- Lifeguard trained: Fiona Ridley, Ian Smith, Paul Adamson
- All NTC coaches have current DBS certificates.

For anybody who is interested in becoming an NTC coach or Activator 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 as we continue to encourage members to participate in club activities again during 2022.