



WTA NEWSLETTER

NOVEMBER 05

NEW WEBSITE

Following a great deal of hard work by the Welsh triathlon executive committee and in particular the chair Dr Dean Hardie, Wales has just launched their new Website.

Packed with useful information, articles and news the new website looks set to be a huge hit.

You can find the site at

www.triathlonwales.org.uk

If there is anything you would like adding, including or changing about the site don't hesitate to contact myself or any other member of the committee.



Contact Details

Gareth Hall – Regional Development Officer, Wales
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British Triathlon's Regional Volunteer Awards 2005

Following the voting for the British triathlon volunteers of the year, you have selected the following from Wales;

Regional Volunteer of the Year

Noelwyn Daniel

Regional Referee of the Year

John Nichols

Regional Coach of the Year

Rose Jones

Congratulations to all of them, I'm sure I join everyone in saying thank you for their contributions to triathlon.

The Welsh winners will now go forward to National Awards the results of which will be presented at British Triathlon's Annual Awards dinner on 19th November. Good luck to all.

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NEW CLUB

In response to a growing demand for a new Triathlon Club in the South Wales Area, Terry and Rose Jones have created one. The interest for this was overwhelming hence "CELIC TRI" was born.

The club already posts a strong selection of BTA Club Coaches and there exists a strong desire for members to achieve their level 1 "BTA" coach's certificate. Training sessions are already in place with new venues in the pipeline. These presently consist of; 3 swim sessions, 1 Run Session and 2 bike ability Sessions.

The Club is already striving towards achieving "Star Mark Accreditation," which will promote the Club as a safe and quality club for all who join.

The range of athletes in both age and ability has laid the foundation of this exciting new club, with the commitment for promoting local events in and around Wales.

It would seem that "Celtic Tri" will have the potential to compete strongly in 2006. This squad will undoubtedly form a force for the triathlon world to reckon with in the foreseeable future, for Wales and beyond.

For further details visit: www.celtictri.com or contact rjtjsporta@btinternet.com



CELTIC TRI

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COACH EDUCATION

Both Level 1 (assistant coach) and Level 2 (session coach) courses will be available in early 2006.

Course details are as follows:-

Level 1 - Jan 21/22 & Feb 5 - UWIC, Cardiff - £195

Level 2 - Jan 21/22 & Feb 4/5 - UWIC, Cardiff - £295

Application:-

The coach education programme places a great emphasis on a coach's competence rather than knowledge (what they can do, rather than what they know). Through this, we draw out the importance of the *how to* skills of coaching rather than the *what* skills, in particular by integrating theory into practice. To enable a coach to progress, we aim to create more opportunities to put their coaching skills into practice, with readily available feedback from our tutors.

If you require further information or wish to book a place, please contact:-

Judith Brand, Coach Education Administrator

Phone: 01509 226155,

email: judithbrand@britishtriathlon.org

For information on how your club could receive funding for the course please contact the development officer who will be able to advise you

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EAST WALES DEVELOPMENT GROUP

In addition to the junior sessions run through Cardiff junior triathlon club two new sessions are becoming available for Youth aged athletes.

For all Youth athletes, training sessions more appropriate to their age are being provided and are focussed on skill and fitness development aiming to make the transition between junior and senior competition easier. These sessions are more appropriate to the age of the participants who wish to train for Triathlon.

Monday 4.45 – 5.45pm

Based at the Maindy velodrome, Cardiff a fully qualified coach will lead a cycling and running session for 1 hour. Anybody who is interested should contact (029)20529230 for details.

Wednesday 7.00 – 9.00pm

Based in the National Indoor Athletics Centre (NIAC) and swimming pool at UWIC's Cyncoed campus in Cardiff. Fully qualified British Triathlon coaches will be taking the sessions, which will be 1 hour of running/conditioning followed by 1 hour of swimming. Anybody who is interested should contact Owen Rodgers on 02920416777 or O.Rodgers@uwic.ac.uk

There are currently places still available for both sessions and all abilities are welcome.

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