Blackwater Triathlon Club Committee Meeting 9th January 2020@19:00

Attendance: I. Findlay, K. Carley, R. King, W. Allen, A. Vincent, L. Dean, T. Russel, J. Elderton

Apologies: J. Shaw, S. Wilkinson, H. Thomas.

AGENDA

1. **Welfare Officers- Helen and Carren in the final stages of being signed up.** Helen Thomas has taken over DBS paperwork from Louise Dean. Proposed that the trained welfare officer should share information with other welfare officers, rather than doing the course. Agreed.
2. **Water Testing @ Lake. Louise Dean. BWTC to do first testing in April in time for may opening**. Blackwater sailing club to do 2nd testing. Juliette to find reputable company/individual to do water testing. Liaise with Natalie Roberts.
3. **Charity Event 2020.** T

**T**o put in club membership welcome email, that we need members to help.Ruth to send all members email a link for minutes of committee meeting, with a kindly worded message informing members that to host a triathlon we need members to commit to helping on 20th September now. If members won’t support, we will host a aquathlon, if members will support, we will host triathlon.

Kevin and Warren discussed possible cycle routes to avoid fambridge rd to avoid heavy traffic areas. Conversation inconclusive, and will be discussed again, if we host Triathlon event.

1. **Juniors – Juliette Kerr to share any junior matters. Ruth King proposed juniors joining, without swim, if they are particularly good swimmers already/swim with another club. To pay full membership, and only participate in run training and club aquathlons/triathlons and represent the club in external competitions.**

For existing members with children, or siblings on waiting list, it was agreed that a non swimming membership is possible.

Committee agreed to proposal for older juniors (over 5ft tall) to do a spin session on a Friday 6-6:45. Committee also agreed to juniors having a swim session on a Thursday, to use as a pathway through to Friday session.

1. **Adult Cycling – Ian Findlay to share findings from Spin research.**

11 names on list for spinning course at SWF on Saturday mornings with Brian Tatham. 8am sat morning starting 25th January. Need 18 to be viable. Ian to finalise by end of next week.

**Would a virtual spin class also be a viable option for adults?**

Ruth will speak to BWLC to find out about possibility of virtual spin sessions here.

Tracey proposed to ask Cycle revolution to come down and do a bike fit lesson……..in sports hall. Ian to find out about this possibility.

1. **AOB**

**List of nominated club events.**

**Velopark March madness. 8th march 2mile run, 10 mile bike, 1milerun.**

**Basildon Aquathlon 5th April**

**Hanningfield 16th may**

**Sudbury triathlon 14th June Adult and Junior**

**Alton Water 28th June – Team event**

**Mersea Island Races 18th/19th July**

**Southend 19th July**

**Maldon TBC**

**Clacton 12th/13th September**

A run will go ahead after swim session on Sunday 13th- put in all members email

1. **Josh Condon: Physiotherapy**. Presentation and practical workshop on “Injury prevention” common injuries, adaptations to training, for juniors 7th February - talk from 6pm for 30 mins + Q&A

28th February - practical workshop from 6-7pm

 Both held at the Blackwater Leisure Centre, Park Drive, Maldon.

30 minute talk on injury prevention for triathlon delivered by a chartered physiotherapist covering common injuries, concepts of injury prevention and advice on adaptations to training and technique to help with injury reduction with time for Q&A after – this would be free.

 In addition, we could run an injury prevention session which would run for 60 minutes and would cost £60 for the hour. This session would involve:

 Warm up

Muscle activation exercises

Core strengthening exercises

Strengthening exercises for triathletes

Dynamic movement exercises to work on muscle patterning and proprioception (this would involve different drills and games)

Cool down

 We would also provide a PDF of these exercises so that they could be replicated at home and therefore continued by the athletes.

For adults: February 9th, 23rd 9-11. Committee approved.

1. **Proposal of head boy and girl**: Discussed that a Junior representative for committee meetings is a great idea to go ahead with. A buddy system/mentoring for youths to look after/help coach/mentor younger juniors.

**Clothing for coaches**: Replenish coaches tri club gear. Coaches to have some sort of “kit”

Blackwater triathlon club website. Says SPECTRUM which is heybridge based company that can make various items of clothing. Hoodies, towels, t-shirts, drinks bottle. Very reasonably priced. To be communicated to club members through newsletter, and encouraged to buy own kit. Approved by committee

Coaches to receive a club embossed t-shirt, soft shell jacket, a technical t shirt. Club to pay for this gear. Committee approve.

Potential parent as coach, for club to pay for course with parent signing contract. Parent to pay upfront and club to reimburse. Level 1 club pays, level 2 can request that EAST region triathlon pays 50%??? Juliette to check. BWTC to pay remaining 50%

1. **Next reverse tri will be bike, run , swim 22nd january**