



Junior Section Newsletter

East Midlands Inter-Club Champions 2009!

Congratulations to all the juniors who have raced this year and the coaches who have coached them. Thank you too to the parents - without whom racing would be impossible!

Through the eyes of a junior ...

On Tuesday and Thursday are the training sessions. Dean, Sam, John, Dave and George are wonderful and the sessions really help lots of people. We often get to do relays, which is really fun! We sometimes have time trials, particularly in swimming. Before a main race, which lots of people are doing, we have race prep, where we practice putting on our shoes, mounting and dismounting. On Thursdays (when it's not dark) we finish each half term with a mini triathlon!

By Rebekah Dussek



Winter Training

Consistency is the key over the winter months. Oct & Nov are usually the months that you reflect on your season and have a rest from competing at triathlon. Don't rest completely though, continue with regular training sessions and enter some x country running races & mtb/cyclo cross racing for a bit of fun & something different. Don't worry what position you come - just enjoy it! In December you can start to plan for the 2010 season and work on what is needed to improve on this years performances, working on technically ability in S/B/R. Stay active over Xmas & maybe enter some fun runs & do some mtb with your parents!. Enjoy Christmas and well done to you all in 2009. Oh yeah, don't forget to buy your parents some fab presents for all their support!© Dean

4Life Tri Club

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Grace Hobbs – Junior Captain

Keeping in touch...

It would be helpful if you (or your mum or dad) could get used to looking at the 4Life web-site.

www.fourlife.com

There's recent news and a junior section with links to events and results as well as a photo gallery. Also

www.britishtriathlon.org

That's the British Triathlon web-site which has links to Triathlon England and the East Midlands (our region).



Club Clothing

We would like to see all juniors sporting club colours.

The club kit comprises of a green shirt, a grey hoodie, a tri suit (for racing) and swimming hat.

Kit can be ordered from Debbie Botting
deb.botting@ntlworld.com

The East Midlands Regional Academy

After readjusting the structure of the academy at the end of 2008, 20 of the region's best athletes (minimum age twelve) 6 being 4Life, were selected from the time trials at the end of 2008 to attend the regional academy sessions in 2009. The academy provides an excellent transition for talented athletes in the region to compete against the best in the country.

The academy meets once a month, usually at Loughborough University but it has also travelled to Market Bosworth and Mallory Park this year. The aim of the academy days are not to exhaust you, but to broaden your knowledge in order to help your day to day training and lifestyle. *By Grace Hobbs*

Upcoming Diary Dates

Saturday 12 th December	Schools XC Berry Hill
Thursday 17 th December	Watt Bike Racing (<i>For those currently booked on Thursday course</i>)
Saturday 19 th December	Cyclo-Cross at Alvaston Park
Tuesday 5 th January	Tuesday training begins (<i>pre book only</i>)
Thursday 7 th January	Thursday training begins (<i>pre book only</i>)
Saturday 9 th January	Notts AAA Cross Country Championships
Saturday 30 th January	Stanfree Go-Ride Mountain Bike Race

We are planning a social, maybe bowling, in the New Year - more info nearer the time. Details of all of the above can be found in the junior section of our website www.fourlife.com



Winter Racing

If you have any ideas for our next Newsletter please let me know ☺

Also, in the New Year we will be looking for more juniors to get involved in a junior committee. Come and have a chat to me if you might be interested. Helen☺

Cyclo cross is a great sport which is done by both adults and kids. At the moment the Notts and Derby Cyclo Cross Series is on so I strongly suggest you go down to watch or even compete! I've done a few races and it's been great fun!

Cyclo cross isn't very hard at a young age but as you get older it will get harder. For example in the adults there could be steep hills and steps at harder events. In cyclo cross there are four different ages groups u10, u12, youth and adults. There are more details on the 4Life website. *By Tom Dussek*

4Life Tri Club

Triathlon in South Nottinghamshire

