



# OTTER NEWS

Issue No: 36 February 2010

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Hello and apologies for the delayed issue of this edition but what with bad weather and illness there has not been a lot to report so far this year. Welcome to **Ben and Toby** who have just started training with us. Much respect to **Ellen and Joe Birch** who braved the snow on 9<sup>th</sup> January and the driving rain the following week – now that's what Otter News calls dedication. We're looking ahead to sunnier days and the **2010 competition season** with news that the Regional Series has undergone a major overhaul. Sainsbury's has begun its annual **Active Kids** campaign and this year Clubmark Clubs can collect and redeem the vouchers for equipment. Our Clubmark award needs renewing at the end of March and we're busy updating the evidence file we have to submit. As part of that process we have to review our policies and procedures including **Codes of Conduct** and we ask all our **Parents and Carers** to make themselves aware of the document at the end of the newsletter. Thinking of buying a **new towel**? Why not get one with your favourite club's name on it – details below. Finally, you can join in with **Sport Relief** as there is a local event at Worthing Leisure Centre on 21 March- more info. Below.

## 2010 Races

Triathlon England South East has changed the format of its **Regional Series**. This year it will be running a single Tristar and Youth Series combining triathlon and multisport events. An athlete's best three results, of which two must be a triathlon, will count towards the series rankings. The list of all the races are given below and they can also be found on the TESE website at <http://www.southeasttri.org/>

We have selected six events to focus on. We have opted to include a mixture of the Regional events with some other local races because they are more convenient for us to attend.

**Steyping Aquathlon – 05<sup>th</sup> April**

**Hamble Aquathlon – 24<sup>th</sup> April \***

**Ardingly Aquathlon - 05<sup>th</sup> June**

**Lewes Triathlon – 20<sup>th</sup> June \* (Club Championship)**

**Chichester Aquathlon – 17<sup>th</sup> July**

**Bodyworks Triathlon (Christ's Hospital) – 18<sup>th</sup> July \***

\* = Regional Series event

We will also include a couple of **intra club aquathlons** in the Summer training programme which will let those wanting to test their multisport skills in a more informal environment do so. Competition is not for everyone and as a club we exist to cater for everybody's needs so there is no expectation that all the members will enter one or more of these events, but if you are thinking of doing an organized race this summer, it would be great if you could do one of the focus ones. The more Otters we get to an event the better the atmosphere and the more support we can give to each other.

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## 2010 Races

These 6 focus races along with the intra-club events will be the basis of our 2010 Top Otter Group Awards (TOGA). Our Club Championship will be incorporated within the Lewes Triathlon, which means the best placed Otter in each age group will be crowned the 2010 Club Champion.

Entry fees are set by the organisers and have to be paid on application. It is easier for individuals to enter themselves as the race details are sent to your home. The contact details for these events are provided below but if you need any help please contact Otters HQ. **Please can you complete and return the form at the end of this newsletter indicating which races you are going to attend and whether you could offer another member a lift to the event.**

This year the TOGA competition will be based on an individual's best 4 results. Everybody who starts gets 10 points and then the best placed Otter in each age group for that event gets 10 points, the next best 9 and so on. The overall winner will be decided on the most points earned over the series. In the event of a tie we will look at the number of events entered and if there is still a tie look at the average number of points scored.

Date	Event	Further Info	Otters Focus	Regional Event	
05 <sup>th</sup> April	Steyning Aquathlon	<a href="mailto:ajmbrown@talktalk.net">ajmbrown@talktalk.net</a> 01903 814241	✓		
24 <sup>th</sup> April	Hamble Aquathlon	<a href="mailto:chairman@chapeltri.org">chairman@chapeltri.org</a> 07940433570 <a href="http://www.chapeltri.org">www.chapeltri.org</a>	✓	✓	
09 <sup>th</sup> May	Hatch End Triathlon				Harrow
09 <sup>th</sup> May	Winchester Triathlon			✓	
23 <sup>rd</sup> May	Bexhill Triathlon				
23 <sup>rd</sup> May	Crystal Palace Triathlon				
05 <sup>th</sup> June	Ardingly Aquathlon	<a href="mailto:info@urbanrace.co.uk">info@urbanrace.co.uk</a> 01444 473416 <a href="http://www.urbanrace.co.uk">www.urbanrace.co.uk</a>	✓		Some doubt exists as to whether this will now be held. Check the website.
05 <sup>th</sup> June	Blenheim Triathlon			✓	Youth Only
20 <sup>th</sup> June	Lewes Triathlon	<a href="mailto:Paul.hedger@waveleisur.co.uk">Paul.hedger@waveleisur.co.uk</a> 01273 813533 <a href="http://www.lewestriathlon.co.uk">www.lewestriathlon.co.uk</a>	✓	✓	Not Youth
26 <sup>th</sup> June	Newbury Aquathlon			✓	

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Date	Event	Further Info	Otters Focus	Regional Event	
04 <sup>th</sup> July	New Forest Triathlon				
10 <sup>th</sup> July	Dorney Triathlon			✓	Open water swim
17 <sup>th</sup> July	Chichester Aquathon	Amy Roots 01243 534871 <a href="http://www.chichester.gov.uk/index.cfm?articleid=8220">http://www.chichester.gov.uk/index.cfm?articleid=8220</a>	✓		
18th July	Bodyworks Triathlon	<a href="mailto:tony@cifs.co.uk">tony@cifs.co.uk</a>	✓	✓	Christ's Hospital
25 <sup>th</sup> July	Andover Triathlon				
07 <sup>th</sup> August	London Triathlon			✓	Youth Only

### Duathlons

Hillingdon – dates still to be published

### Cycling Events

9th April/7th May/4th June/2nd July - Hove Park Circuit races organised by VCJ

13th June - Thorney Island Circuit Race. Must pre enter.

**Preston Park Racing** - Sussex Cycling league starts on Weds 14th April through until Weds 11th August. Fixed wheel for U12's, Free wheel for U10's and U8's.

**Angmering Circuit Racing** - starts Mon 12th April through until Mon 6th Sept - all free wheel. Good for handling and racing experience.

***Remember if you take part in any events this summer please tell Otter News***

## Swimming Sessions

Coach Ann reports that the swimming sessions have been going very well lately with all the swimmers making significant improvement and many are ready to move up a level. There is no doubt this achievement would not have been possible without the amazing support of **Bethany Helen**, and **Robert** who have helped Ann to manage a relatively large group of such mixed ability with a limited amount of pool space. Discussions are in progress to see if we can alleviate some of this pressure but our options are limited and we may have to make some changes to how we provide the sessions. Please note that if we have insufficient staff cover we may have to cancel a session at very short notice **so parents please make sure you check the situation before leaving** the site. The planned price rise in session fees which was due to start in February will now go ahead from 1<sup>st</sup> March so please be ready to pay £3 on each occasion. Meanwhile, well done to all the swimmers for their commitment and much thanks to the Swim Coaching team for all their hard work.

## Club Towel

Niki has done some research and found a supplier who can provide us with a bath size towel in Forest Green with the Club's name on it for £9.05 each. Rather than go ahead and purchase a number we would like to establish what the demand might be and so if you are interested in having one of these towels please would you tell one of the coaches or email Otters HQ by **13 March 2010**.

## Sainsbury's Active Kids Campaign

For the last few years Sainsbury's has been offering free sports equipment in exchange for *Active Kids* vouchers to schools and Scouts/Guides groups. This year for the first time Clubmark Clubs are also included. Shoppers at Sainsbury's receive 1 Active Kid Voucher (AKV) for every £10 spent and as an example of what things 'cost' an 8 metre agility ladder requires 624 AKV and 50 marker cones 190 AKV. We're joining forces with the main body of Worthing Swimming Club to amass as many AKV's as we can. So please collect and / or encourage workmates, schoolmates, and any mates to donate their AKV's to us. Either leave them in the collection box on the Club table at the Aquarena on Tuesday/Thursday evenings and Saturday mornings or send them to Otters HQ whenever it is convenient up until **8<sup>th</sup> June 2010**. You can find out more about the scheme by visiting the website at <http://www2.sainsburys.co.uk/activekids/>

## Sport Relief Mile

Worthing Leisure Centre is a venue for a Sport Relief Mile on Sunday 21 March 2010. The centre is also holding an Open Day on that date so as well as raising money for Sport Relief there will be lots of free fun things to do throughout the day. To register for the Sport Relief Mile go to <http://www.sportrelief.com/the-mile/worthing-leisure-mile>. As well as a mile there are also three and six mile events included. There is an entry limit of 240 for the running events and the last Otter News heard was that there have been 104 registrations to date so if you want to take part, best to enter now. The running takes place in the afternoon but the Open Day will begin at 10.00. Participation in the Open Day activities is not dependent on doing a Sport Relief event.

## Codes of Conduct

Every Clubmark Club is required to set out its values and principles in a series of Codes of Conduct. These are available on our website and also from Otters HQ. New members are provided with copies of the one relating to them along with the one for parents and carers. There is also one for Coaches and Officials. Annually we review them and we have just made some revisions to the one for Parents and Carers which is reproduced below. We respectfully ask that everybody reads it and does their best to conform to the standards we have set. Many thanks for your co-operation.

## **CODE OF CONDUCT FOR PARENTS/CARERS**

### ***Worthing Otters Junior Triathlon Club***

- Encourage your child to learn the rules and compete within them.
- Discourage cheating and arguing with officials.
- Help your child to recognize good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by applauding good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgements.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.
- Encourage and guide participants to accept responsibility for their own performance and behaviour.
- Inform the coaches and club officials of any medical conditions or special needs that your child may have or develop.
- Ensure that your child is delivered and collected promptly before and after training or events by being aware of any changes to the schedule and informing the Club if your child is permitted to travel to and from sessions unaccompanied.

## 2010 INTENT TO RACE FORM

I/We hope to take part in the following races this summer (*please put a cross in the box of each event that you intend to go to*) and please indicate if you could offer a lift to other members.

		Enter the race	Offer a lift	How many
05 <sup>th</sup> April	Steyning Aquathlon			
24 <sup>th</sup> April	Hamble Aquathlon			
05 <sup>th</sup> June	Ardingly Aquathlon			
20 <sup>th</sup> June	Lewes Triathlon			
17 <sup>th</sup> July	Chichester Aquathon			
18 <sup>th</sup> July	Bodyworks Triathlon			

<b>Athlete's Name.</b>	
<b>Athlete's Name.</b>	
<b>Athlete's Name.</b>	.

A club coach or management group member will be present at each of these events to offer advice and encouragement.

***Please remember that it is the athlete's responsibility to apply to enter and pay all entry fees.***

**PLEASE POST OR EMAIL THE FORM TO OTTERS HQ BY 13 MARCH 2010**

**5 Nepfield Close  
Findon  
West Sussex  
BN14 0SS**

**Email: [worthingotters@aol.com](mailto:worthingotters@aol.com)**