

Recognising volunteering in Triathlon

Name: Debbie Edginton

Volunteer Role: Keswick Tri Club Coach

Region: North West

Favourite Discipline of Triathlon? Swim, Bike or Run? Swim

Favourite Food? Chick pea curry

Favourite Holiday Destination? Byron Bay, Australia

How long have you been volunteering in Triathlon? 2 years

What does your volunteering role entail?

Level 1 and soon to be level 2 coach (qualify 4th June 2017) to both junior club members (45 in total aged 6 - 14), and adult members. Plan sessions for swim bike run for weekly junior club training, coordinate rota for coaches, book pool hire/ multi use area, coach every week both juniors and adults, club secretary - organise GO TRI events, write risk assessments, book venues, promote the events, Facebook posts and messages, email parents about training sessions and events.... and probably lots more.....

What is most rewarding from your volunteer role?

The energy and enthusiasm club members have for training and competing in triathlon. We have lots of fun and when an athlete masters a new skill, you see their confidence grow and develop and they know they can do it / they want more.

What is your motivation to volunteer in Triathlon?

Personally I am passionate about triathlon, and as a club based in a rural community surrounded by lakes and fells - perfect triathlon training territory. To have a local club creating opportunities for athletes of all ability, ages and backgrounds to train and compete together is what drives me to be the best coach I can be within a friendly club.

As a volunteer in triathlon, what have you been most pleased with/greatest success?

The growing number of junior members (we have a waiting list) and being lakeshore on Tuesday evening about to swim across to one of the islands with 15 plus other triathlete club members

How could a volunteer make a difference to the sport of Triathlon?

Volunteers are crucial to local triathlon club survival. Without volunteer coaches and parent helpers there would be no local clubs providing grass root triathlon experience to juniors and adults of all abilities.

