

Volunteers Week 1st-7th June

Recognising volunteering in Triathlon

Name: **Patrick Newman**

Volunteer Role: Swim **coach for adults, Lead Junior coach,**

Region: **South West**

Favourite Discipline of Triathlon; Swim, Bike or Run?. **Bike**

Favourite Food? **Chocolate**

Favourite Holiday Destination? **Great Britain, Canada**

How long have you been volunteering in Triathlon? **About 8 years**

What does your volunteering role entail? **With the adult coaching it is planning and taking swim sessions from novice to experience swimmers. With the junior section I am the lead coach and welfare officer. I am responsible for developing and mentoring coaches. Developing and monitoring our child safe policies', health and safety, Compiling term and weekly rotas. Taking my turn with our other coaches in taking Bike, Run and Swim sessions. Helping the coach that is responsible for our yearly in house competition. Organising our open annual Triathlon. Insuring our facilities are booked. Ordering and buying kit.**

What is most rewarding from your volunteer role? **1: Knowing I have had an input in children's personal as well as sport development. 2: Supporting and developing the less able athlete. 3: When an athlete is smiling at the end of a session and can't wait for the next one.**

What is your motivation to volunteer in Triathlon? **Enjoyment, Fulfilment, Fun, Helping adults and juniors alike develop.**

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

Developing the junior club from about 15 members to the membership at the end of last year to 150. Developing and monitoring coaches to level 1 and 2.

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

Give Commitment, be innovative, and be supportive



It is great that I have been nominated and I have to let you know that I will be stepping down from my **coach's** roll. Below is what I sent out to coaches and parent helpers last week.

I have been pondering on this decision for the past year or so.

I took over the as lead coach of the juniors about 7 years ago when there were about 15/20 members.

In that time with the great help and support of you all we have grown it to be something very special with a max of 150 members. It is now a well-established junior club.

So after reaching my 7th decade this May I think it is time to move on.

I would like to let you all know I intend to step down from running our Junior Triathlon Club my last session will be the one before the Christmas break.

The future looks good as Neil and Chris will be taking the lead of the Juniors, but they can not do this alone they will need a lot of help and support from you all as well as other parents. We are looking for help with all the admin i.e. producing term and weekly rota's, replying to emails from new juniors, helping Maria to introduce our new child safe policy, organising our open Triathlon, keeping control of Tri suits and T shirts, doing the register at sessions and many more tasks.

I will hopefully get this in place before I depart.