

Regional Training

Delivered courses for regional clubs including: Mental Health First Aid, Emergency First Aid (Triathlon Specific) and Defibrillator Training.

Defibs for Region

Previously (prior to last AGM) Obtained and supplied AED's for region from the Oliver King Foundation to John Tuer & David Rigby. These were funded by Chester Tri Club (from race profits)

Coach Network Meetings

Previous meeting via Zoom was held on 27/8/20 (See minutes below)

The next meeting is scheduled for Thursday 29/10/20 using zoom. Details will be made known on the NW website, on Network FB page and via e mail to regional contacts. Those not receiving who would like to be please forward details to terry@beurbest.com

Agenda will be despatched to all contacts and Club Representatives. For these meetings we always aim to have a guest speaker to cover considered relevant topics of interest for mutual advantages. All previous minutes or recorded sessions are held on the Coaches Network section on the TENW website. The last guest speaker presented the research findings of both Cryo Therapy and Thin Air conditioning for performance. A report of experience will be added (by myself) to the above section for interest together with contact information (for further questions etc)

Coach Ed Plus

Course dates due to be released this week (30/9) and will be sent out for region. CPD dates also being finalised for area's including Open Water and S & C. Course will be hosted using online facilitation and arranged practical sessions at pre determined venues.

Forthcoming of general interest

From meeting – looking into possibilities of Reciprocal Training Session advancement to include extra clubs to increase footprint. Presently this information is held on the TENW website and as always requires updating so, any changes or proposed additions please advise via e mail (as above or call 07799033323).

Also hoping to hold CPD one off opportunities for all within guidelines. Hoping to work in support of Junior and Adult representatives for adding to options available. Information will be forwarded once agreed and confirmed.

Seeking use of venues and resources for training and inter club racing (details will be made known through the above communication)

Terry Bates

30th Sept 2020

TE Northwest Coaches Network Meeting Minutes 27/08/20:

Venue: Zoom 6:45pm

Attendance

Terry Bates

Gemma Roberts

Peter Heron

Christine White

David Knowles

Katie Hewison

Stuart Dillingham

Ian Mostyn

Apologies

Oliver Heald

Tony Fowler

Clare Shannon

Andy Rowley

Introductions

Opening presentation:

Nargis Malik (Cryo Express, Blackburn) – kindly agreed to present on the benefits to athletes of Thin Air conditioning. Nargis explained the theory behind this program and covered the proven research and testimonials from a variety of athletes including Jaco Van Gas (British Cycling Olympic Track bronze medalist). The course of sessions have been designed to trigger adaptation to increased oxygen utilisation through altitude type hypoxic stimulation. TB Trialling the program with a view to giving feedback on the experience.

Q's. PH From the initial program, how often would you need to repeat or add to this. A. After 5 weeks of completion a 5 day top up is required to fit with training programs. (each session is 45mins)

Q. CW Are there any risk factors associated with this. A. Consultation assessment to determine requirements. All sessions are monitored and guidance given. Q. How long before the event would you recommend this treatment. A. Within a training program this would be included in build phases approaching main races with top-ups closer to peaking phases.

Q. Why wasn't this approved by British Cycling. A. as yet not a recognised piece of sports equipment.

Accumulation of data to aid widespread research.

Previous minutes covered: All main points covered.

RM Report covered and main points presented to include ongoing mission to set up areas for Coaching and CPD courses.

Regional Academy Coach – Katie Hewison explained difficulties that the current situation has presented. Covered how the academy selection will take place and reasons why current academy period has been extended to January 21. IRD purpose to gather and get activity established in a Triathlon environment. Good feedback from athletes.

Additional Notes (for reference):

North West Regional Academy Trials for the 2021 Season

The process for inclusion in the North West Regional Academy for 2020-21 (planned to run from Jan-Sept 2021) is now open.

The trials for both new and current North West athletes this year will follow the below process:

1. Online Application including both historical data and evidence of current form. **The deadline for the application form is 27th September.**

2. Successful athletes at Stage 1 will then be invited to submit a personal statement, with opportunities made to invite prospective new athletes to an academy day between October-December where appropriate.

3. Academy Selection Day (to be held in January)*

*Details will be shared with those athletes successful in Stage 1 and 2 nearer the time

Further guidance:

- Further detailed information for this years process, including the application form can be found here:
<https://www.britishtriathlon.org/gb-teams/talent/english-talent/regional-talent-academies>
- You should read the [Regional Academy Guide](#) very carefully, it will help when deciding whether or not to apply. The [Regional Academy Points Calculator](#) is located at the bottom of the Talent Identification page and times calculated are based on those of programme triathlete's single discipline performances. Selection to the Academy will be primarily based on points achieved at the trials, this is likely to be a combined minimum of 320 points for Affiliate Members and 340 points for full Academy Members. Selection will also be

supported by information provided in the application process.

- If you are offered a place in the Academy you will be required to become a member of Triathlon England if you aren't already. Reading the [Athlete Development Framework](#) will help with the application.

2020/2021 COVID-19 update

- We recognise that the unprecedented circumstances caused by the Covid-19 situation has affected all athletes, parents, coaches, English Regional Academy leads (RAL) and British Triathlon staff and that everyone's situation is unique. The England Next Generation (ENG) programme staff and RALs all share a responsibility to athletes and parents during this time and have endeavoured to engage and connect with their athletes throughout the lockdown period.
- The 2019-20 Regional Academy and England Next Generation year is therefore being extended to December 2020. Athletes selected into academies for this year will remain part of the academy during this period.
- As the Covid-19 situation changes nationally and regionally on a daily basis, we cannot currently confirm what academy activities will take place this year with due consideration given to regional variances and all plans will be reviewed regularly.

Katie Hewison

NW Regional Academy Lead

northwestacademy@britishtriathlon.org

Activity for Academy was opened up to guest coaches from regional clubs.

Options are Windemere swim and Triathlon in September. Will put events etc on the FB pages.

GR will now deal with enquiries re above for the Club

PH Covered ClubSpark as he has now fully integrated this for Mersey Tri. Gave a good presentation to explain how it serves the club and could be used for any type of Tri Club. Main uses are for training and event management - booking and advanced notice system. Records all use records for members. Still teething problems which can be by-passed. Full visibility to club treasurer for finances to and from members. Covid 19 officer responsibilities also covered on the system which has been useful especially consent requirements for sessions eg safety to train.

Q's and A's covering payment options and booking systems. (see presentation)

TE membership still agreed to being lower average number within clubs.

Prior discussion with Andy Rowley (IRC Mgr) established difficulties being experienced without Junior series events and that without these scheduled it makes planning and monitoring junior athletes a problem.

Difficulties (Covid-19) Running Sessions. CW explained some of the varied and imaginative sessions they have run to keep interest and activity levels within the restrictions. Good discussion on group activities/sessions carried out using all relevant safety precautions.

Coaches areas opened up on the TENW website to explain options and forthcoming opportunities.

AGM Date 15/10 Q's Committee representatives – are all positions filled?

AOB PH Mersey Tri Holding an Aquathon at Formby on 13/9 and request Kayak safety cover (details or interest to PH at Mersey Tri). CW Concerned with FB posts of gatherings in close proximity for open criticism eg Mallory Park, Total Tri. Feedback appreciated to keep the interest in these Network meetings.

Date of next meeting – Proposed 29/10 (Zoom, details will be sent out). Thanks to all who contributed.