



**KENDAL
TRIATHLON
CLUB**

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Welcome to Kendal Tri Club



We are a group of friendly, enthusiastic individuals from novices to Ironmen (and women) and we love to encourage new and current members, whatever their age or ability.

If you have never done a triathlon before, or are looking for a club to train with, then you can be sure to find what you need with us. We hope this booklet and our members' website, www.kendaltri.co.uk, will help you understand what we offer.



Club Training

You can come along and try us out for a couple of coached sessions as a non-member to see whether if you would like to join the Club.

Membership to the Club gives you access to all our training sessions, which are listed below.

Coached Pool Swimming Kendal Leisure Centre, meet 15 mins before sessions start.

- Monday sessions 9-10 pm
- Wednesday sessions 8-9 pm

At each session the pool is split into 6 lanes to accommodate all members - those who are learning front crawl or returning to swimming after a number of years through to others that are a bit quick! Swims are usually drill based (technique, speed etc) but these drills are adapted to fit each lane, and if there is something specific you want to work on then chat to our coaches on poolside. We really do cater for everyone.

On the 1st Wednesday of each month we often meet for a social catch-up at a local venue after swimming.



Open Water Swimming

Jointly with COLT (City of Lancaster Triathlon Club) May to September we offer club members open water sessions at Capernwray Dive Centre which has changing facilities and a cafe.

7pm Wednesday evenings £5 per session

We also have close links with Emma Brunning (Level 3 Triathlon Coach) at <http://www.activeblu.co.uk/>



Wetsuits and bright coloured swimming caps are compulsory

Cycling

As a Club member you will be invited to the club Facebook group where members share and organise informal rides. The club has a close relationship with Giant and our Club members often join the many rides they offer. There is something for everyone.



We also have a close relationship with Kendal Cycle Club <https://kendal.cc> who organise weekly rides for all abilities and some of our Committee members are also on the KCC Committee.

Our Club coaches offer specialist triathlon focused cycling sessions when there is a demand.

Kath Finn is experienced in supporting and guiding visually impaired triathletes and cyclists with disabilities.



Spinning and Static Bikes

Training takes place in the winter months either at Kendal Leisure Centre on Thursday evenings with Club coaches or at Mapdec Cycle works <https://mapdec.com>



Running

Our coaching team can offer running sessions that provide plenty of drill work to build strength and speed!!

We have close links with Women on the Run, Helm Hill and Jogging Pals. Keep your eyes out on Facebook for updates and details of our social runs.



Triathlon Specific

We provide sessions to help with your first triathlon so keep an eye out for our next Try a Tri Session. We also offer training sessions to practice and improve transition training, whether you have never done a triathlon or want to improve your efficiency.



Other Coached Sessions

We run a series of other coached sessions depending on demand from members. These cover areas such as:

- Puncture Repair
- Strength and Conditioning
- Pedalling Technique
- Nutrition



Online Sessions

If people can't make our coached sessions, we offer the following sessions which can be downloaded from our club website www.kendaltri.co.uk Check out the resources section of our Coaches Corner.

- Swimming
- Turbo
- Strength and Conditioning

Meet the Coaches

All our Club coaches are qualified to British Triathlon Level 1,2, or 3 and are Club members who volunteer their time to write and take the sessions.



Paddy Finn

My aim for the Club is simple - to have as much fun and participation as is possible at all levels and across all ages.

- BTF Level 2 Triathlon Coach
- British Cycling Level 2 General, Road and TT
- Cycle Leader
- Personal Trainer



Jane Senior

I love coaching and want to encourage people to grow in confidence and self-belief, race well and have fun.

- BTF Level 2 Triathlon Coach
- Personal Trainer
- Gym Instructor
- BTF Local Technical Official



Kath Finn

I started triathlon in 2013 and have been hooked ever since. I love the jigsaw of trying to put all the pieces together to create a decent race. The most important thing is that it's fun. Anything else is a bonus.

- Level 2 British Triathlon Coach
- Level 2 British Cycling Coach, Road and TT
- First Aid



Bob Muirhead

I really enjoy being part of the Club coaching team, in particular on pool side and in the spin studio, encouraging everyone to train hard and have fun

- BTF Level 1 Triathlon Coach
- BTF Strength and Conditioning CPD



Darren Brown

I aim to bring a positive can-do attitude to my coaching to inspire and equip others with tools to help them achieve what they currently think is beyond their limits.

- BTF Level 1 Triathlon Coach
- BTF Strength and Conditioning CPD



Jude Swan

I love seeing everyone at pool side and am looking forward to inspiring people to try out new triathlon journeys.

- BTF Level 1 Triathlon Coach
- England Athletics Run Lead LiRF
- BTF Strength and Conditioning CPD



Steve King

My area of interest is coaching the juniors, I enjoy watching them discover the sport and helping them develop the skills and confidence to enjoy the sport. I also get involved in coaching adult groups too.

- BTF Level 1 Triathlon Coach



Sylvia Chudley

I came to triathlon later in life and I want to encourage and motivate all ages and abilities.

I am fascinated by the mental game needed to succeed at every level in the sport and the strategies for dealing with this.

- BTF Level 1 Triathlon Coach

Becoming a Coach

As a club we are keen to support the development of Triathlon coaches. Within the sport there is a clear coaching pathway with individuals completing three levels of coaching. If you are interested in becoming a coach with Kendal Triathlon Club check out the section on becoming a coach in our coaches corner <https://www.kendaltri.co.uk/become-a-coach/>. We look forward to hearing from you. You can email us at kendaltri@gmail.com

Club Kit



Our leisure and run wear is provided by Coniston Corporate and include hoodies, polo shirts and running vests. To find out more go to www.kendaltri.co.uk and select club kit on the drop-down menu

Our cycling and triathlon kit is available from Champion Systems and is usually open annually in February unless there is significant demand at other times in the year.



Club Communication



We use SiEntries for administration of our membership, they manage our club data base. Emails and newsletters will be sent through them so keep an eye out in your inbox. This is a Cumbria based on-line organisation that simplifies entering and administering of many sporting events.



There is a public Triclub page and a private group on Facebook. The private members group is used to update information on training sessions, organise runs or rides, organise social events and to provide easy communication between members. Photos of races are regularly shared (and commented on!).



Our website www.kendaltri.co.uk contains much more information and there you can find a range resources including swim and spin sessions which you can down load if you can't make our coached Club sessions. There are also links to Strength and Conditioning sessions for cycling and triathlon.



Club Conditions of Membership & Rules

By joining Kendal Triathlon Club members agree to the following terms and conditions: All members must abide by the Rules and Constitution of the Club which are available on the Club website.

General Conduct

All members are expected to behave in a respectful and tolerant way towards all other Club members, regardless of age, gender, race, religion and sexual orientation. The Committee reserves the right to cancel, without refund, the membership of anyone found to be behaving in an abusive manner towards any coach, Club volunteer or other member.

Members should arrive at training sessions on time and are expected to act in a way that is consistent with the session specific etiquette.

Members agree not to bring the Club into disrepute.

Members must abide by the rules of British Triathlon.

Health and Safety

Members participate in all training sessions, races and other events at their own risk.

To comply with health and safety requirements, all members must sign in at the beginning of every training session. Failure to comply may result in the session being stopped by the coach until the situation has been rectified.

Any member who has a medical condition should consult their doctor before participating in training or racing.

It is the responsibility of the member, not the coach, to ensure that they are fit to participate in training sessions.

Club coaches can stop a member training if they think that it is in the member's or others best interest.

It is the responsibility of the member to inform the coach if they have a medical condition that may affect their participation in a session, or about the medical treatment they can/should receive *in* the event of emergency. This information will not be retained by the Club and so should be given to the coach at the beginning of EVERY session.



Members are responsible for bringing the correct equipment to each training session.

Members are responsible for ensuring that any equipment they bring for use during training sessions (eg bike, turbo trainer) is in good working order and not in a condition in which it would be likely to cause injury to themselves or other members.

Personal Belongings

Members' property remains their responsibility during training sessions and the Club will take no responsibility for any loss or damage suffered.

Membership

By joining the Club members agree to pay membership fees for the entire year and no amount of these fees are refundable. Exceptions will only be made in cases of extreme and unexpected hardship.

Our Club rules may be amended at the discretion of the Committee. All changes will be publicised to members.

Serious breaches of these rules reported to the Committee may result in the offending member being expelled from the Club in line with our disciplinary procedure.

British Triathlon



British Triathlon Federation membership is worthwhile as it you receive all sorts of benefits including insurance and discounted race entries – a full list of benefits can be seen on the British Triathlon Website www.britishtriathlon.org/join

You can read more on the details of the insurance provided by BTF at www.britishtriathloninsurance.co.uk/



Committee Members

All Committee members are Club members who volunteer their time to run the Club on a daily basis. They are voted in by Club members at our AGM in January. All members can stand for Committee posts.

Darren Brown
Chair



Nina Caygill
Treasurer



Sylvia Chudley
Secretary



Welfare Officer
Vacancy



Bob Muirhead
Website & Membership



Dan Malcolm
Communication



Jane Senior
Head coach



Members Rep
Vacancy



Peter Bascombe
Social Secretary



Rebecca Gibson
Junior Chair



Shirley King
Junior Membership



Kendal Tri is a not-for-profit community triathlon club organised by, and on-behalf, of its members through a formal constitution and management committee that is accountable primarily to the membership and to the scrutiny of Triathlon England and British Triathlon.