



WORTHING OTTERS

Otters HQ
5 Nepfield Close
Findon
West Sussex
BN14 0SS
Tel: 01903 221442 (Day)
Tel: 01903 873804 (Evening)
Email: worthingotters@aol.com

Hello and thank you for your interest in the Worthing Otters.

In this information sheet we have tried to answer some of the questions that you might have about us. If after reading it you still have a query please do contact **Otters HQ** or speak to one of the coaches at any of our sessions.

Who are the Worthing Otters?

We were set up during the summer of 2005 in order to enter a team in the Sussex Youth Games Aquathlon. Now we operate under the umbrella of Worthing Swimming Club but we have strong links with Worthing Harriers and Worthing Excelsior Cycling Club. Our aim is to offer young people aged between 8 and 16 the opportunity to participate in the sport of triathlon.

What is triathlon?

Triathlon is a multi-discipline sport that involves the athlete swimming, cycling and running during the course of a race. Children's Triathlons are exciting multisport races, which give 8 to 16 year olds the opportunity to have a go at this fast growing sport. Competitors for these events are split into different age groups (Tristar Start - 8 years, Tristar 1 - 9/10 years, Tristar 2 - 11/12 years, Tristar 3 - 13/14 years & Youth - 15/16 years) with each group racing over different swimming, cycling and running distances. The 8 year old category is run over very short distances to introduce young athletes to the sport. There are two events associated with triathlon and these are Aquathlon and Duathlon races. Aquathlon races are a combination of a swim followed by a run. Duathlon races are a combination of a run followed by a cycle and then another run.

Who are the Otters' coaches?

Our Head Coach is Niki Treacy, who is a past winner of the Worthing Triathlon and is a Level II Coach. She is mentored by John Scott of Steyning AC who is a Level III Coach and GB Age Group Team Member. Ann Maloney and Julian Stevens are BT Level I Coaches. We welcome offers of help from anybody interested in developing the club but we ask that all our volunteers provide a Criminal Records Bureau Disclosure and references so that we conform to British Triathlon's Child Protection Policy and Good Practice procedures.

Do you have insurance?

Worthing Swimming Club is affiliated to British Triathlon which provides insurance cover for our triathlon related activities. Each qualified coach is also covered by their respective licences.

Do I need to buy lots of expensive specialist equipment?

No, you need some basic equipment such as a roadworthy bike of any description & an approved cycle helmet but there is no need to splash out on expensive gear.

Where and when do you train?

Our main base is at Worthing Aquarena, Brighton Road, Worthing. We hold a weekly session on Saturdays throughout the year with the exception of short breaks at holiday times (e.g. Christmas, Easter etc). However, the venues that we use do vary depending on which discipline we are featuring for each age group. We publish a 12-week programme in advance of each quarter so that everybody knows where to go.

How good do you have to be at each of the disciplines to join the Otters?

We welcome all standards of ability to join us and you can do as much or as little as you want. Most people who come along haven't done anything like this before and you may find it a little difficult at first but don't worry - everybody does. It is still fun to have a go and if you decide to go in for a race the satisfaction of completing your first multi-sports event will be immense what ever position you come or time you do. Our aim is to offer everybody the chance to take part in an organised race but if you just want to come along to training that is cool too.

How much does it cost to join?

We ask everybody to join Worthing Swimming Club and the subscription year runs currently from 1st November but from 2008 it will be from July. We also ask for a session fee (for activities where we incur a facility charge. Currently our swimming sessions at the Aquarena are £2.50 and our bike sessions at St Andrews are £2. We fully appreciate that until you have tried the sport you don't know whether it is something you want to do regularly so all prospective members are welcome to **attend the first four sessions without paying the full subscription**, although we do ask you to pay any session fees, before deciding to join or not.

Can I still join if I am already a member of a swimming club and I want to continue representing that one at swimming galas?

Yes, if you are a member of another swimming club you will only join Worthing Swimming Club as a triathlon. The application form will give you the chance to indicate what type of membership you want. There is no obligation on you to swim for WSC.

**THERE AIN'T NOTHING HOTTER THAN A HOT SHOT OTTER -
COME & JOIN US!**

