



OTTER NEWS

Otters H.Q.
5 Nepfield Close
Findon
West Sussex
BN14 0SS
01903 221442 (Day)
01903 873804 (Evening)
worthingotters@aol.com

Hello, everybody, welcome to the first edition of *Otter News* for 2007.

Mud glorious mud....

On 16th December 14 Otters took part in the last session of the year which was the Christmas cycle ride along the Downs Link from Southwater Country Park towards West Grinstead and back. Many got into the spirit of the occasion by decking out helmets and bikes in tinsel and Christmas regalia but the best turned out was Sam Popeliers whose Father Christmas outfit was very impressive (see the panel opposite). Whilst the weather was fine the air temperature was a little on the cold side and the ground was more suited to hippos than otters but everybody coped with the conditions very well and a fun time was had by all. Many thanks to those who came along and to the long suffering parents who had to deal with muddy kit and bikes afterwards.



Triathlon Runing Cycling Exhibition

The TRC exhibition is an annual event that is taking place at Sandown Racecourse on the week-end of 10th and 11th February 2007. It is the place to go to find out more about the equipment, the training and all things tri, bike and run. It costs £10 for adults to enter on the day but you can get discounted tickets in advance. Visit the website at <http://tcrshow.com/default.asp>. Children & young people under 16 are **Free** but must be accompanied by a paying adult. This year children & young people can take part in a fun indoor triathlon involving rowing, cycling and running. There will be a Fitness Testing Area for Children and throughout the week-end there will be talks based upon Nutrition for Children. Top athletes will also be on hand to have a chat and tell you how they got started and how they followed their dreams to the top. More details are available on the website. Mums and Dads might be inspired to enter an event this year! Ann is thinking of taking a car load up so if you need a lift have a word with her.

HOW HARD IS THIS?

At the first few sessions after Christmas we looked at how to judge how hard we are training or racing by giving ourselves a score of 1 to 10 on how we feel. This is a great way of making sure that we go at the right pace for what we are trying to achieve. We don't want to start a race too hard and then find it too difficult to finish. It's not about *how fast am I going?* but *how hard does this feel?* For example, we don't want the warm up jog to feel like an 8 or a 9 but in a race we should feel it's tougher than a 3. Even if you have no plans to compete you'll get more from your training by learning to judge your pace well. It takes practice to get used to judging how you feel but if you try and use the scale as often as possible you soon get used to it and it will help you judge your pace better. Printed below is a table that should help you.

Effort Level	B.T Definition	Otter's Definition	Talk Test <i>As we begin to work harder our breathing rate increases making talking more difficult.</i>
1	Very very light	Very easy recovery between hard sets	You can talk with no effort
2	Very light	Warm up, cool down, easy effort	
3	Fairly light		You can talk with almost no effort
4		Stamina building comfortable long efforts	You can talk comfortably with little effort
5	Moderate		Talking requires some effort
6	Moderately hard	Moderately hard, but slower than race pace	Talking requires quite a bit of effort
7		Long and mid length hard intervals and Triathlon race pace	Talking requires quite a lot of effort
8	Hard		Talking requires maximum effort
9	Very hard	Hard short intervals quicker than race pace	No talking zone
10	Very very hard	Top 30secs sprint speed	

- Don't try the talk test whilst swimming!
- Remember we're all different so a pace might feel like a 5 to one person and an 8 to somebody else.
- As triathletes we must get used to coping with discomfort at some point in a race or a session but ***pain is the body's alarm system and must not be ignored.***



Maia Coates – Tristar 1



Lewis Baker - Boys Tristar 1



**Bethany Taylor - Girls
Tristar 3**

Worthing Swimming Club Annual Awards

On 20 January WSC held its Annual Awards evening. For the first time medals for triathlon were awarded and the 2006 Sussex Youth Games trophy was re-presented to the Otters that were there. It was an important night for the Otters as it reinforces our involvement within the main club. Many thanks to WSC's Executive Committee for arranging for us to be included, thanks to all the coaches, parents & triathletes



**Tom Helmer - Boys Tristar
3**



Max Felton - Boys Tristar 2

Not shown here
are Elissa Flynn
(Girls Tristar 2)
and Lewis Morton
(Tristar Start)

You can't sing.

You can't dance.

You look a mess.



Yes but
apart
from
that
what's
wrong
with my

Julian makes a poor impression on the X Factor Judges

Competition Update

The **Crawley Childrens' Triathlon** will now be held on **7 July 2007** and not on 1 July as originally reported.

Entry forms for this year's events are not yet available but when they are they will be circulated or you can check the websites for each event via <http://www.britishtriathlon.org/>

Based on last year's experience it is easier for individuals to enter separately but please let the coaches know which events you are doing so we can make sure that you are well supported.

Clubmark

During the last few months the Management Group has been working on applying to British Triathlon for a Clubmark, which is a quality standard that demonstrates a club is a safe, effective and child friendly organisation. Being a new kid on the block it has been a helpful way for us to ensure that we have appropriate policies and operating procedures in place. We hope to submit our evidence file by the end of February and we should have a decision by the end of March. During the process we have adopted the enclosed **Codes of Conduct** for members, parents and volunteers. All the coaches and helpers have signed an agreement to abide by their Code and we ask all members and their parents/carers to follow their respective ones. Being part of Worthing Swimming Club means that we are also signed up to the ASA's **Child Protection Policy** and for good measure we have also adopted British Triathlon's. If a member or parent has any concerns in relation to a Child Protection matter you can raise it with any member of the Management Group but those that have done specific training are WSC's Welfare Officer, Joy Elliott, Peter Eldridge and Julian Stevens. You can find a copy of BT's Child Protection Policy and Good Practice on the BT website at <http://www.britishtriathlon.org/>

TRAINING UPDATE

Dire weather conditions have affected the training programme so full marks to everybody who has braved the high winds to come to training and especially those that have had to cope with the boggy conditions of the running sessions on the seafront. As we go to print attendance has dropped in the last couple of weeks and if this is because other commitments have had to take priority that is OK but if it is because the new training groups are causing problems please let Niki know or contact Otters HQ. At the end of January **Hannah Seth** is heading up the Top Attendance League with an impressive 80% since last September.

