

Coventry Triathletes

Chairman's report to the AGM 2019/20

Last year we started with a significant number of new committee members with the majority of the old guard standing down. We experimented with some of the roles being shared with mixed success, unfortunately for a variety of reasons we have several roles vacant again this year but more willing volunteers to fill them. Thank you to everyone standing down for your service.

One of the strongest proposals from last year's AGM was that the club find imaginative ways to spend some of the surplus money held in the club accounts for the benefit of club members and you will see from the financial statement that we achieved this.

2019/20 was another successful year for Coventry Triathletes it is hard to measure success in a sports club where all the participants take part as individuals, but some measures of our success include, increased membership, the championship league now in its second year increased in popularity with more members engaging and vying to be the top spots and Club members have been seen racing and wearing their spots with pride in many local and international destinations.

We kicked off the year in April with another wonderful training camp at Radley college; where 25 participants enjoyed the perfect combination of training and socialising including a highly informative talk from our very own referee Michelle who gave us an insight into the work of triathlon technical officers. Thanks to Jane Carter for organising another wonderful event.

April also saw the first of our two park run buddy sessions for this year: the second being in September. Both sessions were organised by our social secretary Paul with good numbers attending and flying the spotty flag. Paul also attempted to arrange an open water swim buddy session which this year wasn't very well attended that may have been due to the early season water temperature putting off novice open water swimmers; perhaps we will have better attendance this year.

In May we held our increasingly popular sprint triathlon ably organised by Adam supported by an army of volunteers without whom the triathlon could not go ahead. No matter how small the role its vital that our club members family and friends continue to step up and support this event which is wonderful introduction to triathlon for many novices. The club received several messages after the event praising us for the enthusiasm of the volunteers, commenting on how well run the event was and how much they had enjoyed it.

We held 3 championship races last year to encourage athletes to take part in local races. The first was the Olympic distance race at the Battle of Bosworth triathlon at which the weedy lake made for some interesting swim exit photos. Then in early August our middle-distance championship was held at the Cotswold 113. Finally, in September the last championship race was held at our neighbouring tri club Rugby's sprint tri at Daventry.

This year's races will be at the same events, check the Facebook page for details and get signed up if you haven't already let's get a bigger rash of spots out there showing off all the new kit that was purchased in our 50% off kit sale held recently.

Throughout the year we hold several social events; in July our summer party was held at the 29th/79th sea scouts' headquarters. Barbecue, bouncy castles, good company, and cake what more could you want. We are incredibly grateful for the continued support of the scout group in allowing us to store some of our equipment and the use of the hall for meetings.

The ever-popular end of season curry was once again held Ginger Orange in October and we once again held our awards night in February. The awards night was a wonderful celebration of the previous season, a chance to dress up and see what members look like not dressed in lycra! Not forgetting the chance to applaud some of our members for their achievements. This year we had an after-dinner speech from Martyn Brunt and a special message from the Brownlee brothers. Thanks to Paul and everyone who has helped for all their hard work in putting on these events which all go a long way to making this club the friendly welcoming club that it is.

Our coaching team goes from strength to strength with 20 volunteer coaches and spin instructors; throughout the year they gave in excess of 450 volunteer hours to the club. I would like to thank all our coaches for the time they give to the club. A significant number of these hours are racked up by Adam, Jane, Anna, and Mark so special thanks must go to them. Not only do all our coaches give up their time to coach they give up time to take part in further training and development and in November the majority of them completed first aid training. The team welcomed Natalie, Alex Williamson and Imogen who have all completed Level 1 and some of our more experienced coaches Sarah, Jane, Ebony, and Adam completed their Level 2. If anyone else is interested in joining the coaches, please speak to a member of the team. The coaches would not be able to function without the behind the scenes support from Sarah-Jane, Rebecca and Jane and I know the coaches are very grateful for this, but I would like to add my thanks to them for all their hard work.

Our regular training sessions continue to be very popular with increasing numbers attending the swimming sessions leading to us having to take measures to ensure we didn't go over capacity and often sees shifting and shuffling of athletes from the more popular lanes at the start of the session.

The Tuesday evening running sessions are regularly attended by more than 30 and even occasionally 40 runners. Throughout the winter, there is a regular core of keen participants. From October to April the sweat fest that is the club spinning sessions takes place at Simply gym and are also well attended.

We have seen some new additions to our scheduled training session this year. Experimenting with yoga and strength and conditioning to enhance the training experience for our club members.

Come rain or shine our social rides head out mostly on the first Sunday of the Month from the village hotel reconvening back at the village for refreshment, and the post ride natter. Numbers vary each month from a handful to a small crowd depending on what else is happening on the day.

During the off season, a small but growing band of spots swap trainers for spikes to represent the club by covering themselves in mud in the cross-country league. Thanks to Gabriella and Sam for leading the cross-country teams.

Throughout the year we celebrate achievement or dedication to club via the member of the month award coordinated by our club captains, remember we don't always know what your achievements are so please keep sending your nominations to the club captains.

One of our greatest successes of the last year after a long time discussing the best way to implement this is that we are finally almost cashless. Through the team up system, we now have a way to book and pay for sessions online. Thanks to Corinne for getting this started and to Anna for getting it over the finish line.

We have recently surveyed club members in an attempt to gauge more formal opinion from the membership a full report will be shared at a future date it's clear that here are some things that we aren't doing so well but will be using the survey to work on these however some ongoing themes came through the answers showing that we are the friendly welcoming club we strive to be and consistent high praise for our coaching team) the number and regularity of training sessions.

My apologies to anyone I have not thanked by name, there are so many people that work often in the background that the club wouldn't be able to function without their contribution, so thank you to everyone for your contribution no matter how great or small.

Finally, I feel that we move into the next year in a strong position and the club can continue to grow both in membership and success.