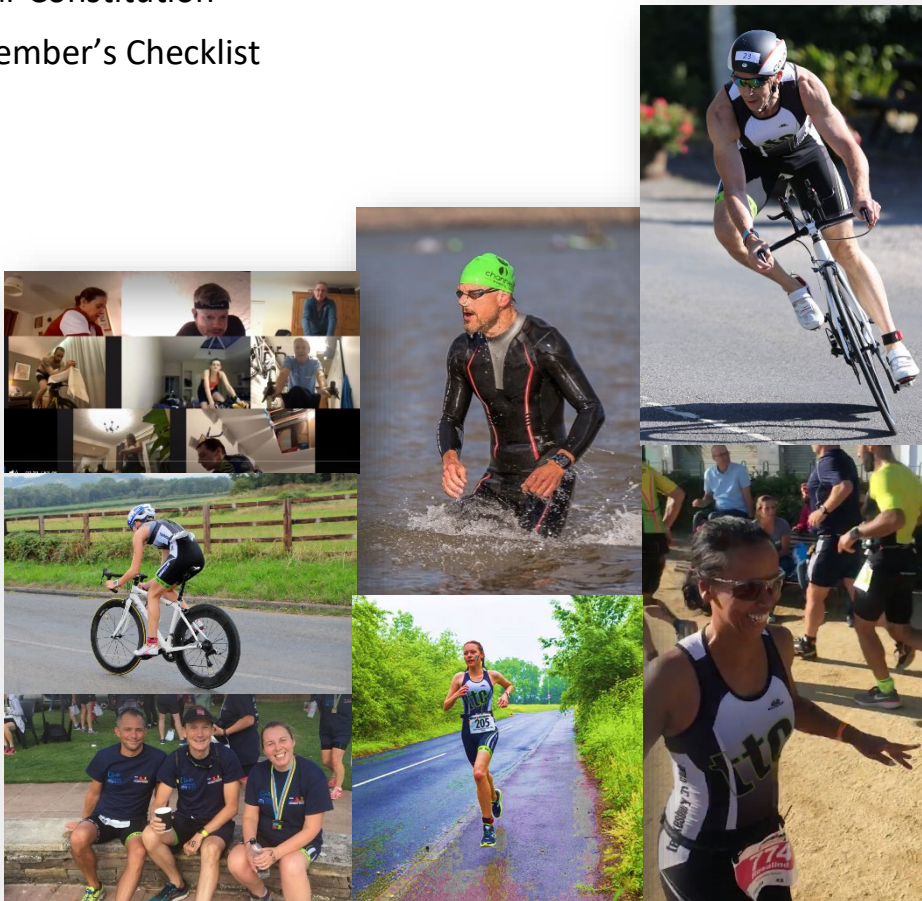


TTC Member's Welcome Pack



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1. Welcome from the TTC committee

A very warm welcome to TTC! Whether you're new to our amazing sport or a seasoned campaigner, we are delighted that you have joined our club!

We have something for everyone, covering all distances and abilities from super sprints to full ironman.

TTC is one of the oldest Tri Clubs in the country, starting in 1990. The club is affiliated to British Triathlon, and we adhere to our governing body's guidelines of operation. We are a not-for-profit club which generates income from monthly membership fees and running events. We have nearly 100 members who enjoy our extensive training and social programme.

The club is steered by a committee, members of which are voted to post by the membership at the annual AGM. We welcome anyone putting their name forward even if you haven't been a member for long.

The committee roles (and email addresses) are:

- ✓ Chair (tewkesbury.tri.club@gmail.com)
- ✓ Treasurer (tewkesbury.tri.treasurer@gmail.com)
- ✓ Secretary (tewkesbury.tri.secretary@gmail.com)
- ✓ Club Captain (tewkesbury.tri.captain@gmail.com)
- ✓ Race Director (racedirectorttc@gmail.com)
- ✓ Welfare and Covid Officer (tewkesbury.tri.welfare@gmail.com)
- ✓ Coaching Liaison Officer (tewkesbury.tri.coaching@gmail.com)
- ✓ Digital Officer (tewkesbury.tri.communications@gmail.com)
- ✓ Open Water Liaison Officer (tewkesbury.tri.openwater@gmail.com)

The committee members do change, but you can always contact us by sending an email to:

ttc-committee@googlegroups.com

We all get the emails sent to this group so you will always get a reply from one of us.

Once you've joined you will be added to the WhatsApp groups and to the email group so you can keep up to date with what's going on in our vibrant club.

This pack is designed to help you get the most from our fantastic club and hit the ground running (or swimming or cycling); we look forward to seeing you as one of our sessions soon.

Welcome to the club!

The TTC Committee

2. Training Programme

We offer a varied training programme which changes between summer and winter seasons; however, it always includes five coached swims every week:

Swim Sessions

- Mondays: 20:05 - 21:05 Tewkesbury School
- Tuesdays: 06:15 - 07:45 Tewkesbury Leisure Centre
- Thursdays: 06:15 - 07:45 Tewkesbury Leisure Centre
- Thursdays: 19:05 - 20:35 Tewkesbury School
- Saturdays: 07:15 - 08:45 Tewkesbury Leisure Centre

We also offer open Water swimming at Croft Farm as well as member led run and bike sessions throughout the year.

Virtual Training (from 1st November)

In the winter we add Zoom based virtual sessions including:

- Yoga Mondays: 18.00 - 19.00
- Turbo Tuesday: 18.30 – 19.30

We'll add you to the Zoom invites, but please ask on the Tri Training WhatsApp group or by emailing the committee if you can't find the link or haven't yet been added. One of the coaching team or session leaders will add you in.

Bike and Run Sessions

In the winter the bike and run sessions are organised on the WhatsApp groups and usually include:

- Run Wednesday from 18.30
- Weekend rides and runs led by our road captains and session leads.

In the summer we make use of the lighter evenings:

- Bike Wednesday from 18.30 with groups for all speeds
- Weekend and mid-week rides and runs led by our road captains and session leads.

As well as the above, there are opportunities in the year for:

- 50m Pool Swims
- Velodrome bike sessions
- Training Camps home/abroad

3. Your Coaching Team (and Session Leaders)

Our fully qualified coaching team and experienced session leaders deliver our training programme. They are:

- ✓ Dave Granger aka Grave Danger – Head Coach
- ✓ Dave Page – Triathlon Coach
- ✓ John Bennett – Swim Coach
- ✓ Elaine Clarke – S&C and Turbo Session Lead
- ✓ James Chantler-Mayne – Triathlon Coach
- ✓ Caroline Corbett – Triathlon Coach
- ✓ David Taylor – Turbo Session Lead and Road Captain
- ✓ Tom Radley – Run Session Lead and Road Captain
- ✓ Lesley Carter – Swim Coach
- ✓ Keith Osborne (Ozz) – Swim Coach

Dave Granger finishing in style at Breca Swim Run with Amber Osborne.



4. Your TTC Swimming Manual

Our swim coaching and training programme is incredibly strong and will be a massive asset to your development. Very few clubs can boast 5 coached pool sessions a week and access to open water swimming 12 months a year. Here's some information to help you get the best from it.

Open Water

The club pays for its members to have access to Croft Farm, Bredon's Hardwick to swim in the lake which offers good water quality and safe conditions. A full circuit of the lake is approximately 500m.

We can swim at the lake 7 days a week between 06.30 and 09.00 and after 18.00 from April until the end of September. For the winter season, we'll confirm timings via email once they have been confirmed with the owners.

The lake isn't lifeguarded, so members are swimming at their own risk and must abide by the rules laid down by the lake owners and the club. **YOU MUST NOT SWIM ALONE.**



Please be aware of the dangers associated with swimming in cold water, for more information visit www.rlss.co.uk. We have access to the changing rooms on site. Please respect other lake users and ensure that only TTC members are swimming at the lake. We have enjoyed a fantastic relationship with Croft over many years and are very fortunate to have this amazing facility for our members.

The club's guideline for swimming at Croft will be issued to you on joining, however, these change from time to time so please ensure you have the latest version each season.

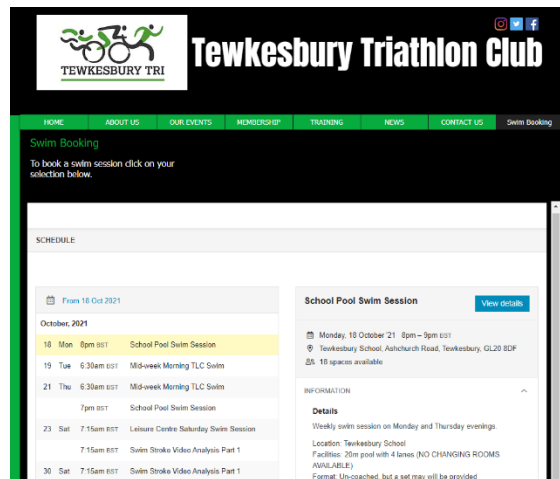
How to book your swim sessions

All TTC swim sessions should be booked via our website booking app:

<https://www.tewkesburytriathlon.co.uk/swim-booking>

You can book up to 5 days in advance.

If you need to cancel your booking then follow the link in the confirmation email.



Equipment you will need

The club has some equipment, but it's always good to have your own. We would advise that as a minimum you have:

- ✓ Swim specific swimming costume / trunks / jammers; the less drag the better!
- ✓ Goggles and hat
- ✓ Training fins, pull buoy and paddles
- ✓ A drink bottle.

You may wish to buy a swim net to put it all in. It's also a good idea to stick your name on as many people have the same stuff!

Pool etiquette

To ensure everyone's experience is a positive one, please observe the following guidelines: -

Standard Rules

1. Keep the end of the lane clear for other swimmers to finish or to turn.
2. Lane management! Sort out a suitable lane order amongst those in the lane, fastest first. Be prepared to change the order as necessary.
3. The signal that you want to go past the swimmer in front is to touch their feet. (Although sometimes happens by accident).
4. Allow faster swimmers to overtake at the next turn.
5. Don't start your next swim rep if a faster swimmer is coming in to turn.
6. Ensure that you are pushing off on the correct side of the lane at the turns, and not up the middle. The swimmer coming in should be in the middle.
7. Use the pool clocks so that everyone in your lane can work off the same times. You are welcome to use your own watch as well, but the pool clocks should be the guide for the whole lane.

8. Leave 5 secs between swimmers.
9. Swim in the appropriate lane for your speed and be prepared to move.

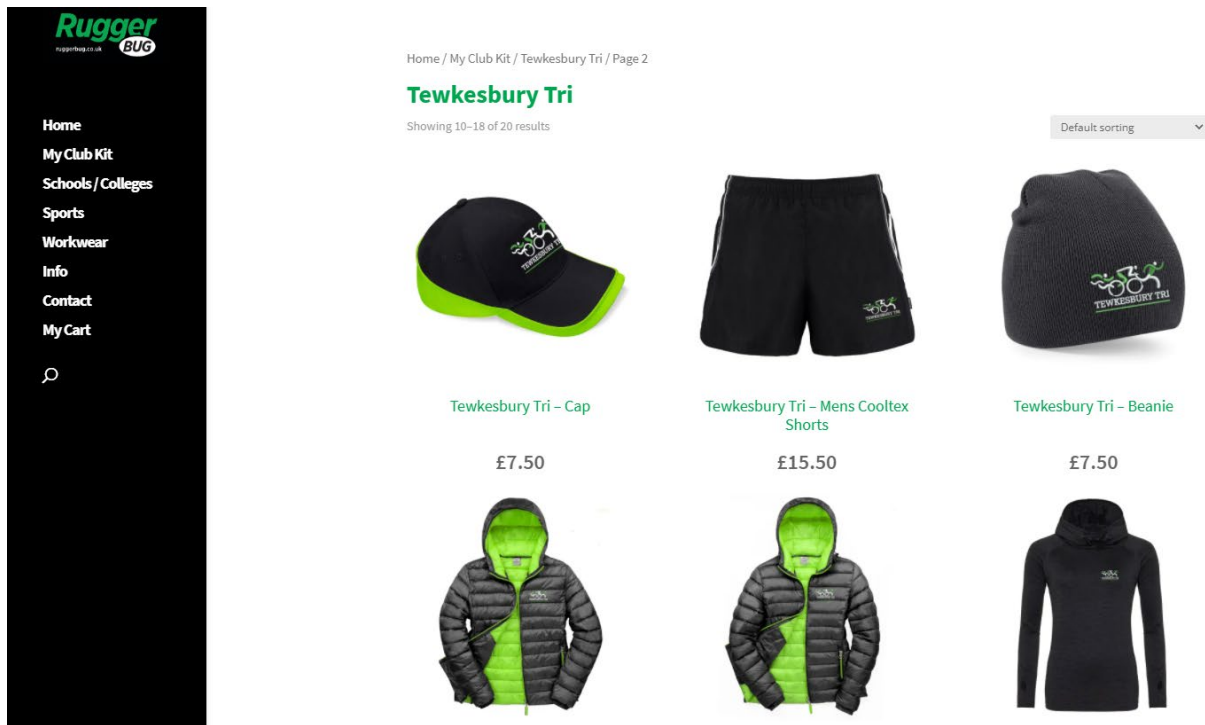
If you have any questions please ask your coach, they will be happy to help you.

5. Club Shop

It's great to be part of a club and you can enjoy showing others that you are too.

We have a great relationship with a company that holds a range of club branded clothing, Puffer jackets, soft shells, vests, T shirts, shorts, and hats. Visit their website and get branded!

<https://www.ruggerbug.co.uk/product-category/my-club-kit/tewkesbury-tri/>



The screenshot shows the 'My Club Kit' page for Tewkesbury Tri on the Rugger Bug website. The page features a navigation menu on the left with links to Home, My Club Kit, Schools / Colleges, Sports, Workwear, Info, Contact, and My Cart. The main content area displays six items for sale, arranged in two rows of three. Each item has a product image, a title, and a price. The items are: Tewkesbury Tri - Cap (£7.50), Tewkesbury Tri - Mens Cooltex Shorts (£15.50), Tewkesbury Tri - Beanie (£7.50), and three puffer jackets (two in the top row and one in the bottom row) with prices of £7.50, £15.50, and £7.50 respectively. The website header includes the Rugger Bug logo and the text 'Home / My Club Kit / Tewkesbury Tri / Page 2'. A search icon is visible in the bottom left corner of the navigation menu.

For more specialist performance club clothing such as Tri suits, bib shorts and jerseys, the club holds these items in stock and you can get prices and availability by emailing the committee.

6. Our Races

To support club funding, we run several events each year. It's not just about making some cash, it's also about showcasing our wonderful club to the world of triathlon. We pride ourselves on delivering a great experience for all our competitors. Our races include:

- Aquathlon Series: Races in February, March and April and May
- Spring Sprint Triathlon
- Summer Open Water Triathlon

To help us deliver these events we need our members to help. You can help set up the event beforehand, marshal or help us take down, it's a true team effort and normally turns into a social afterwards.

Helping is part of our club's Constitution as well.

We'll let you know the dates and times for our races as soon as we know them each season.

7. Our Constitution

The club's constitution is at the heart of what we do and we've included a copy for you to read in the attachment below. Above all we are committed to achieving our aims and objectives and we are delighted that you have joined us to do the same. Here they are:

The aims and objectives of The Club shall be:

- To offer coaching, training, and competitive multisport opportunities in triathlon.
- To promote the club within the wider local community and the sport of triathlon.
- To provide all its services in a way that is fair and inclusive to all club members.
- To ensure that all present and future members receive fair and equal treatment.
- To recognise, respect and support as far as possible the differing needs and goals of members.



TTC Constitution
08.04.2021.pdf

8. Member's Checklist

To give you what you need to get the best from your membership you should have the following (If you don't, please get in touch with the committee and one of us will help):

1. This membership pack
2. Access to the Tri Training and Croft Swimming WhatsApp groups
3. Inclusion in the email group
4. Access to the swim / event booking app
5. Invites to the Zoom virtual training events
6. A copy of the constitution
7. Access to the committee, coaches, and sessions leaders via email.

We look forward to seeing you at one of our sessions soon!