

FREQUENTLY ASKED QUESTIONS

Q: Who can join Sheffield Triathlon Club as a Junior Member?

A: Junior Membership is available to anyone under the age of 19 - we don't have a hard-and-fast limit on a minimum age, our youngest member to date has been 5 years old. Our criteria for young members is largely based around a minimum of being able to do an uninterrupted front crawl for 100m - but also to be able to take direction from the coaches during the sessions.

Q: How do I know I'm suited to become a member?

A: We follow a 'try-before-you-buy' concept, come along to one of our sessions and introduce yourself - pay each week for the sessions and, if you find them as useful, as we hope will do, become a member.

Probably best to come along 10 minutes early for one of the sessions and have a quick chat with one of the coaches - they will be able to have a quick conversation with you and sort out whether you're be comfortable doing a session.

If all is well, they will give you some forms to fill in and relieve you of some money - sessions are £5 each. However, on the RUN +SWIM weeks you can just do a single discipline (1hr) for £2.50.

After a few trial sessions then you can make the call as to whether you'd like to become a Junior Member - which you can do either on paper or via our website.

Q: Where are the sessions and when?

A: Our sessions centre around the following locations:

WESTFIELD SPORTS COLLEGE, Eckington Rd, Sothal, Sheffield S20 1HQ

FORGE VALLEY SCHOOL, Wood Ln, Sheffield S6 5HG

ROTHER VALLEY COUNTRY PARK, Mansfield Rd, Sheffield S26 5PQ

CYCLE + SWIM WEEK: This is the first Saturday of each month and consists of sessions at two locations:

CYCLE session at FORGE VALLEY - 12:30 TO 14:00 (£5.00)

SWIM session at WESTFIELD - 15:00 TO 16:30 (£5.00)

RUN + SWIM WEEKS: These are all other Saturdays of the month and consist of a single split session at Westfield:

RUN session at WESTFIELD - 14:30 TO 15:30 (£2.50)

SWIM session at WESTFIELD - 15:30 TO 16:30 (£2.50)

OPEN WATER SESSIONS: When the water temperature allows, there are open water training sessions on Saturday mornings (08:00 to 10:00) these are not coached sessions, but there are always lots of STC members there to support the juniors and a good representation of the coaches. (Note: you do have to be a member of the club to take part)

Q: Are the sessions coached?

A: Yes, our sessions are coached, Juniors are given tasks, encouragement and hints and tips on techniques and race skills. However, as stated above, the Open Water sessions at Rother Valley are not coached - though there are Adult members and coaches present and a support team to assist any member (this is compulsory).

Q: What Equipment do I need?

A: Triathlon is a very accessible sport, most kids will have the majority of what they'll need already - of course, better kit can come along later, but here's a quick run down of what you will need...

For Cycling:

- Bike (the Forge Valley track favours road-bikes, but whatever bike they are comfortable with is fine).
- Helmet (**strict rule, no helmet - no ride**).
- Suitable clothing for weather conditions.
- A drink (doesn't have to fit on the bike, they are given chance to grab a drink between tasks).

For Running:

- Running shoes/trainers (spare pair is useful for post session, they can get quite muddy).
- Suitable clothing for weather conditions.

- A drink.

For Swimming:

- What ever they would normally swim in.
- A drink can be taken poolside, but in a proper drinks bottle please (no screw lids or open bottles - also no glass obviously).

On the RUN+SWIM weeks, its advisable to bring along indoor running kit as a backup - occasionally the weather/pitch conditions or bookings dictate a last minute change of plan.

Q: What Junior Triathlon EVENTS are there and at what age can kids take part?

A: Junior Events that are sanctioned by British Triathlon follow age groups based solely on year of birth, so for the 2017 season:

- Tristarts 8 years old (born in 2009)
- Tristar1 9/10 years old (born in 2007 / 2008)
- Tristar2 11/12 years old (born in 2005 / 2006)
- Tristar3 13/14 years old (born in 2003 / 2004)
- Youth 15/16 years old (born in 2001 / 2002) (British Tri Cat A)
- Junior 17-19 years old (born in 19978- 2000) (British Tri Cat B+C)

A child will stay in that age group for the WHOLE YEAR. So, for example, if your child was born on ANY date in 2003, they will stay in Tristar3 for all events in 2017.

British Triathlon sanction a large number of race events for Juniors, the best way to find one is via their website: <https://www.britishtriathlon.org/events>