



Message from our Chairman – Mark Phillips



Hello and welcome to TRiKS. I founded this club in 2011 and have been involved in the organisation and running of it since then, with the help of a great bunch of people. We are a small and friendly club with members of all ages and abilities. The one thing we have in common is that we love triathlon and multi-sport and enjoy training and racing together.

By joining us you will become part of this family and we hope you enjoy all that TRiKS has to offer.

So all you have to do now is:

JOIN IN.....HAVE A GO.....ENJOY & GET FIT.....!

Look forward to seeing you soon

Mark

Adult Membership Form

Membership runs from 1st March to 28th February each year

Personal Information		
Name		
Date of Birth		Age
Address		
Postcode		
Phone Number		
E-Mail		
Medical info / skills		
Do you have any health problems / medical conditions that we should be aware of?		
Do you have any skills / coaching qualifications which may be useful to the club?		
Emergency Contact		
Name		
ADDRESS		
Postcode		
Relationship		
Phone Number		
Membership (please tick)		
Full Member (individual)	£30.00	
Family membership	£50.00	



Adult Membership Declaration

I understand that triathlon can be a strenuous activity and I declare that to the best of my knowledge that I am medically fit to train and compete in triathlon/multi sport events. I partake at my own risk and relieve the club TRiKS and its officials for any injury, loss or damage sustained as a result of my participation.

Emergency contact details will be held for use only in an emergency.

By signing this document I agree to abide by the rules and code of conduct of the club.

Signed _____

Date _____

Details for making payment of membership fees can be found on Page 12 - contact us.



Junior Membership Form

Junior Member			
Name			
Date of Birth		Age	
Medical Conditions (please list any medication, allergies, disability)			
Interests, hobbies, other clubs			
Experience in Multi sports (if any)			

Junior Member			
Name			
Date of Birth		Age	
Medical Conditions (please list any medication, allergies, disability)			
Interests, hobbies, other clubs			
Experience in Multi sports (if any)			

Parent Guardian Info	
Name	
Relationship to child	
ADDRESS	

Postcode	
Phone Number	
E-Mail	
2nd emergency Contact (Name, Relationship, phone & Address)	



Parental Disclaimer

I will ensure my child attends the session with the equipment and clothing which has been listed and that bikes are roadworthy and safe.

If in the event that my child is taken ill or has an accident whilst at a coached session or event, I hereby authorise for a representative from TRiKS to act in “loco parentis” by taking the necessary action until I have been notified.

I understand that triathlon can be a strenuous activity and though I’m aware the coaching team will allways look at each child as an individual, I understand there is an element of risk but deem my child fit and capable to take part. I will assess my child before each session to ensure this remains the case. If my child is unable to attend I will inform the coaching team.

I confirm that I wish my child to complete the TRiKS coaching programme and that I have read, understood and signed the club code of conduct.

I agree for photographs to be taken of my child and used for club publicity YES/NO

By signing this document I agree to the above. I confirm I have read and agree to abide by the code of conduct for parents & carers

Name of Child _____

Parents Name _____

Signed _____

Date _____



Codes of conduct

TRiKS – Kidderminster & Stourport Triathlon club is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share concerns or complaints that they may have about any aspect of the club with members of the committee. Set out below are codes of conduct for Adult Members, Officials and Parents.

Code of conduct – TRiKS member

As a member of TRiKS you are expected to abide by the following members code of conduct.

- All members must play within the rules and respect officials and their decisions.
- All members must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.
- Members must support and encourage good practice and correct actions at all times.
- Members must wear suitable kit – swim costume/trunks, a roadworthy bike and helmet, and suitable trainers for running, as agreed with club coaches.
- Members are not allowed to consume alcohol in large quantities or take drugs of any kind on the club premises or whilst representing the club.
- Members must pay any fees for training or events promptly.
- Members are encouraged to communicate with leaders and all other club members.

Code of conduct – parents and carers

- Respect the rights, dignity and worth of every person, within the context of the triathlon
- Treat everyone equally and sensitively, and do not discriminate on the grounds of age, gender, ethnic origin, religion, sexual orientation or disability.
- Encourage your child to learn the British Triathlon rules and compete within them.
- Publicly accept officials judgements and abide by their instructions, providing they do not contradict the spirit of this code.
- Teach your child to respect event officials.
- Help your child to recognise good performance, not just results to avoid undue disappointment.



Code of conduct – parents and carers (Cont'd)

- Never punish or belittle a child for losing or making mistakes.
- Support your child's involvement and help them enjoy their sport.
- Remember that the aim of triathlon is for the children to have fun, improve and feel good.
- Set a good example by applauding all good performance, whether by your child or by another.
- Use correct and proper language at all times.
- Remember that young people learn best by example.
- Recognise the value and importance of volunteers, coaches, referees and event organisers.
- Young people are involved in organised sport for their enjoyment – not yours, so do not force your child to take part.
- Parents should pay fees for training or events promptly.

Code of conduct - TRIKS Officials/Coaches &Volunteers

The essence of good ethical conduct and practice is summarised below. All club officials and volunteers must:

- Consider the wellbeing and safety of participants before the development of performance.
- Develop an appropriate working relationship with participants, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and experience of those taking part.
- Promote the positive aspects of the sport (Fair play).
- Display consistently high standards of behaviour and appearance.
- Where possible and applicable follow the guidelines laid down by British Triathlon.
- Never exert undue influence over participants to obtain personal benefit or reward.
- Never condone rule violations, rough play or the use of prohibited substances.
- Encourage participants to value their performances and not just results.
- Encourage and guide participants to accept responsibility for their own performance and behaviour.



TRiKS Coaching Team

TRiKS has encouraged members to get involved in coaching and we have an ever expanding group of professional and experienced coaches, providing structured training sessions throughout the year.

Alex Sobolewski – Level 2 Triathlon etc.

I am a level 2 Tri coach, BSc in sport science, PGDip soon to be MSc in coaching. BTF Skills School Lead Coach for West Midlands Region. First aid trained. Experienced coaching adults and children. Very interested in helping with motivation, goal setting and performance profiling.



Mark Cresswell – Level 2 athletics & Level2 Triathlon

I am married with one daughter and work as a Production Manager in a local brick works. I am a qualified level two run coach and used to coach the juniors at the local athletics club before moving into coaching triathlon after taking my level one triathlon badge. The thing I enjoy the most is trying to help people to enjoy the sport and seeing them improve & to reach their potential with a smile on their face.



Jacqui Phillips – Level 2 Triathlon and Athletics

I am a level 2 coach in both athletics and triathlon and have been a competitive triathlete for about 8 years, representing the GB age group team a number of times. I am experienced in both adult and junior coaching and particularly enjoy helping beginners and children to enjoy having a go, improving and reaching their potential.



Karen Riley – Level 2 Triathlon (and numerous other sports)

I got involved in triathlon in 2009 after having my second child, as A PE teacher I have always played sport but gave up playing netball to focus on triathlon as I could fit in training around my family, and I ran and swim competitively as a teenager. I decided to do a GB age group qualifier in 2009 after a colleague raced in Australia and I thought I may be able to do that too! I have loved every minute of my triathlon career and decided to become a level 2 triathlon coach to hopefully inspire the future generation of 'Brownlees'.



Graham Thorley – Level 2 Swimming

I entered my first triathlon with my eldest son in 2009. I had coached him and his friends at the local swimming club but both of us were looking for a new challenge and decided to take up triathlon. I have level 2 swimming teacher qualifications and I run the Wednesday club swimming session. I have represented Great Britain at age group triathlon for the last four years.



Caroline Cresswell – Level 1 Triathlon

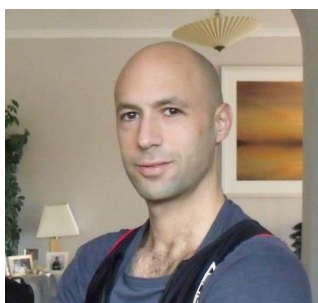
I am married with one daughter and first got into triathlon about 6 years ago. I have grown to love the sport over this time and been lucky to have travelled to some amazing places to compete both home and abroad meeting some wonderful people along the way.

I have had some great coaching throughout my time in triathlon and now I would like to give some of my time to help others enjoy the sport, so I have decided to take my level one coaching badge which will give me the opportunity to do this.



Ed Shelter – Level 1 Triathlon

At 23, I decided to try out Triathlon. I dabbled first with a club swim session and realised how slow I was and there was little to no support, and this actually put me off from going again. Many years later I still had a desire to be involved in triathlon, so went and watched the local Droitwich triathlon and found the atmosphere amazing, so I decided to pluck up the courage and contact my local tri club, TRIKS. They were pretty casual which I liked and told me to pop over to their cycling session for a chat. I then attended the next running group, which was an eye opener into the speed some of these guys go (I thought I was a good runner before watching them). Luckily, unlike my previous swimming experience, there was plenty of support and friendly chit chat and a very mixed bag of ability, and I was made to feel very welcome straight off the bat. I want to give back, and therefore have decided to train as a coach, and try my best to support novice and new members.



Lenka Moore – Level 1 Triathlon

I have been doing triathlons for about 6 years. My husband is a triathlete too and my two children have got involved in triathlon more than a year ago so now it's a proper family affair. I am about to do my Level 1 triathlon coach course and would love to get involved in coaching children to teach them about the sport that I love.





Contact us

For further club information including current training schedules you can visit our website – www.triks.co.uk.

Or contact us by e-mail at one of the following addresses where we will answer any questions you may have.

triks@hotmail.co.uk

ianwoodhouse936@sky.com

Membership forms to be returned in post to the following address:-

Ian Woodhouse

72 Abberley Avenue

Stourport-on-Severn

Worcs

DY13 0LY

Membership Payments to be transferred to

Account : 91443607

Sort Code : 40-43-18

Please put your name & year for reference



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