



MEMBERS' HANDBOOK

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WELCOME

Welcome to 'MVH Triathlon Club'; MVH began its life in October 2005 as Meynell Valley Hunters. Our club is for all standards of triathletes from first time hopeful novices hoping to complete their first triathlon this year, to the seasoned triathlete looking for another club closer to home or a club with a different perspective on training or club values.

The club is affiliated to the 'British Triathlon Federation'. This booklet is designed as an introduction to the basics; please see our [website](#) for further details of our membership, training and club championship races.

The membership year runs from 1st February to 31st January in the following year. **If you are a Full Senior member joining after 30th September, your membership will be valid until 31st January of the year after the following year.** This rule does not apply to juniors.

2017 COMMITTEE

This year's committee are:

Chair: Jonathan Hydon

Secretary: Heidi Elliott

Treasurer: David Smith

Membership Secretary & Welfare Officer: Nathan Bennett

Race Co-ordinator: Amy-Jo Hooley

Equipment Officer: Warren Simms

Head Coach: Sarah Clark

Please feel free to directly approach any of the committee with any questions or suggestions or email us at mvhbulletin@gmail.com

MEMBERS' CODE OF CONDUCT

MVH Tri Club is committed to making triathlon accessible to everyone regardless of age, gender or athletic ability. We provide coached group training sessions in a supportive, friendly and safe environment. As a member of MVH Tri Club you are expected to abide by the following Members' Code of Conduct:

- Respect all participants regardless of age, gender, sexual orientation, cultural background, religion, political persuasion or athletic ability.
- Show respect and consideration for the safety and welfare of others.
- Support and encourage good sporting practice by abiding by rules and respecting coaches, referees or officials' decisions.
- Encourage and support members with training, participation and competition.
- Communicate openly and freely with club coaches and committee members.

CLUB RULES

We are passionate about our sport and it is important we project a positive image of the club to the general public. By joining the club you agree to:

- Not bring the club into disrepute.
- Abide by the [British Triathlon rules](#) and the club Code of Conduct.
- Report to a coach any known medical conditions that may affect your ability to participate in any club activity.
- Avoid any actions that may endanger other club members and to make a coach aware of any actions that might be endangering another club member.
- Be courteous at all times to pedestrians and other road and path users.
- Obey the Highway Code and respect the rules of the public highways and footpaths.
- Wear suitable clothing and protection for each of the club training sessions: helmets are compulsory when riding a bike, bright coloured hats when swimming in open water and reflective clothing at night.
- Obey all rules of any event you are competing in
- Behave in a sportsman-like way to other competitors, and accept the decisions of race officials and referees.

Violation of these rules could result in expulsion from the club.

TRAINING

MVH run a number of training sessions; all swimming sessions are coached by BTF qualified coaches; run and bike sessions are uncoached unless otherwise stated although you will be provided with support as required in these sessions. We also have access to a number of partner club training sessions. Open Water sessions are at Hall Croft Farm in Hilton although you will hear others refer to it as 'Lavender Patch'

The following sessions are available to MVH members:

Swimming:

Swimming sessions are coached – please respect the coaches and the other swimmers: move lane if requested and when catching up a swimmer please tap their feet – they will let you by at the end of the length. Likewise, if caught, please allow people to go past at the end of a length. Before attending pool sessions, we request that you are capable of swimming 100m front crawl. Repton sessions have a maximum number of 48 and non-members are welcome to join us but for a maximum of 3 sessions before they will be asked to join.

The Head Swimming Coach requests that all swimmers:

- Start and finish swims at the pool walls
- Start all swims with a streamline push off (push n glide) hand on hand with arms fully extended - this is great swim practice)
- Complete the sets performing the stroke relevant to that set.
- Complete the sets at the stated pace, swimming too fast at the wrong time will have a negative effect on both your long term development and in the particular session being swam. Perform warm ups slowly with control.
- Attend as many sessions as possible
- Turn up on time and go after full session has been completed to avoid unnecessary injuries and get maximum benefit from all sessions. Avoiding warm up and swim down greatly increases the chances of injury.
- When the coach is talking, no one else is!
- Always get to poolside allowing time for a few minutes blood flow exercises. Carefully executed stretch down exercises in the showers afterwards is also a great help.
- Last but not least always stay hydrated at sessions.

A bright hat needs to be worn for open water swimming.

Monday

Friary Grange, Lichfield 8-9pm (coached – partner club – Burntwood Tri)

Wednesday

Open Water Swimming 6.30-7.30pm (summer only)

Thursday

Abbotts Bromley Pool 7.30-8.30pm (coached – October – May)

Saturday

Repton Pool 7am (un-coached) 7.30 – 8.30am (coached)

Open Water 9.30 – 11.30am (summer only)

Cycling

Rides are uncoached unless specifically advertised but there are ride leaders who will plan the route. Please ensure you bring along enough fuel and water. All group rides require you to wear a helmet. In winter it is courteous to use mud guards to protect your fellow riders. In spring/summer you should consider using sun protection.

Sunday

Barton Marina 9am start. 2/3 ability groups with ride leaders. If you haven't ridden in a group before then it's worth checking out [these guidelines](#) to the language and signals that you'll see and hear.

[Greenbank Leisure Centre](#) run sessions every weekday night which are payable per session.

Running

Run sessions are uncoached unless specifically advertised but you will be provided with hints and tips as required. In winter please ensure you wear reflective bright clothing for evening sessions. In summer please consider wearing a hat and using sunblock.

Tuesday

Track Sessions – Shobnall Fields, Leisure Complex at 6.30pm (see newsletter for details, as this is not everyweek)

Saturday

Group Run - 8.45am. Foremarke Reservoir (winter only - see newsletter for details)

CLUB CHAMPIONSHIPS

This year there are a number of trophies 'up for grabs'...

- The club handicap and veteran handicap championships.
- The novice handicap championship (for those in their 1st/2nd year of triathlon)
- Club Aquathon: handicap and overall fastest.
- Club TT bike race.
- Distance trophies for specific events: sprint, Olympic, middle and iron distance.

For more information and the rules please see the [website](#).

All of the club races for the year can also be found on the [race calendar](#).

SOCIAL EVENTS

Robin Barber is the lead member for social events which can range from formal events (Christmas Party/Awards Evening) and less formal curry nights and meet ups.

Any social event details will be published on the club Facebook page and in weekly newsletters.

