

## **London Region Junior Training Squad Update July 2014**

Eight squad training sessions have taken place this year between January and June using 6 different training facilities. These have been a mix of bike endurance and technique, swim technique with video playback, run technique and pacing, open water skills and transition practice.

The sessions have been well attended with an average of 24 athletes at each. Taking the 6 athletes who have not attended any sessions in 2014 aside (predominately girls over the age of 15) the majority of squad members have attended 6 out of the 8 sessions.

Two new members have joined during the season, who were consistently achieving podium places in the series races. Both athletes have been selected to represent London at the IRC's in August.

The training sessions have now concluded for this season and will restart in September. Four pre IRC sessions are planned during August for the selected team and reserves.

Of late there have been a flurry of enquiries about joining the squad and all athletes (new and old) will be reviewed in the Autumn. I believe this is down to the extremely up to date website and the increased number of athletes participating in the series. When checking their results they go on to read about the squad. Word is also getting around and in its third year the squad is building momentum and creating a sought after supported training environment, meaning healthy competition within London looks to be on the increase.

### **Recent squad training session feedback...**

“Our wholehearted thanks and appreciation for all the regional sessions that have been run. They are superbly well organised and coached and are amongst the best sessions we participate in for any sport. Many thanks to you, Jon and all of the other coaches and organisers. They are a good idea and excellently well run.”

**Tim Wort – father of Zak Wort T3 (unattached)**

“Just wanted to say thanks for the sessions this season, they have helped Ryan develop his skills in all areas but especially his swimming.”

**Diane Mullen – mother of Ryan Mullen T2 (Thames Turbo)**

“Thanks for all your hard work and dedication with the London training, we are hugely appreciative of all that you do. Lottie has really enjoyed all the sessions and has learnt from both coaches and the other participants, who have all been enormously encouraging”

**Sarah Hull – mother of Lottie Hull T2 (Crystal Palace)**