



TE Northwest Coaches Network Meeting Minutes 24/9/19:

Venue YHA Liverpool

Attendance

Terry Bates

Peter Heron

Alan Kirkham

Christine White

Shirley Fox

Craig Bridge (Guest, Edge Hill Univ.)

Ken King

Gemma Roberts

Apologies

Tony Fower

Clare Shannon

Oliver Heald

Ray Mc Gloin

Paul Sutton

Introductions

Dr Craig Bridge - Monitoring training loads and recovery in endurance sports - Covered in good depth from latest research. This created good group discussion, question and answer session. Very relevant to coaching in Tri Clubs. Information available on this presentation.

RM Report: OH submitted. Latest initiatives including Tri January. OH wanting clubs to suggest suitable sessions for novices in areas that could encourage participation. Coaching courses, spaces still available for L2's 2019/20.

05/10/2019	06/10/2019	02/11/2019	Lancaster Uni		
01/02/2020	02/02/2010	29/02/2020	Edge Hill		
12/10/2019	13/10/2019	16/11/2019	17/11/2019	08/02/2020	Edge Hill
25/01/2020	26/01/2020	22/02/2020	23/02/2020	16/05/2020	Lancaster Uni

OH will be updating site with Coaching related topics being covered, minutes from these meetings and points of interest. Watch this space

Covered relevant items from Regional Committee meeting. AGM 10/10 and positions available.

TriMark – Covered the criteria for clubs. Ongoing process for many clubs due to DBS clearance time.

Covered Junior events remaining and possible changes to next season's program TBC. IRC finals – report covered.

Coaches Newsletter – Main items covered. Many have expressed that this isn't being received. It does seem that this may be due to GDPR responses so, to be included on the mailing for this contact BTF Coaching Dept.

Follow up from previous aims: To organise a CPD day for adults and one for Juniors out of race season to cover all main areas including bike maintenance and fitting, nutrition, S & C and more. Could be advertised once arranged on the TE website. This has since been suggested at the Regional Meeting. We also have enquiries being made at Edge Hill by Craig. Possible dates TBC likely early in 2020.

TF previously spoke of online site that offers a free course which may be of interest to coaches link <https://www.open.edu/openlearn/health-sports-psychology/coaching-others-coach/content-section-overview?active-tab=description-tab>

First Aid course – Mentioned that courses for coaches and club members can be arranged as required as Tri Specific. Minimum 8 at £45 pp. Contact terry@beurbest.com. PH expressed interest for club and will return with details.

Skills School – DP – No news, nothing to report re forthcoming activity.

Reciprocal Training Sessions – Explained the concept and value to region. Could be boosted to include other clubs. Need to update sessions on TENW website and advertise for additional club involvement for the benefit of NW Tri Club members. (As above) Clubs please forward details if interested. PH suggested more to be arranged for inter-club competition.

Date of next meeting – December 5 2019 Venue likely to be the same as YHA Liverpool though other venues are being assessed. Full details to all. Please advise if you know of others who would like to be added to the distribution list.