



Welcome to Lincsqquad Youth Academy

We are really pleased you have decided to join Lincsqquad

The object of the Youth Academy is to promote and encourage quadrathlon, multisports and cycling disciplines by:

- Providing an environment in which young people can meet to get involved in new sporting activities;
- Helping young people to achieve goals;
- Teaching new techniques and tactics;
- Helping young people to improve their skills;
- Enabling young people to train for and compete in competitive events;
- Organising regular coaching/training sessions;
- Providing access to specialist advice, equipment and facilities;
- Developing membership of the Youth Academy;
- Organising social events to benefit the Youth Academy and encourage an atmosphere in which young people of similar ideas and interests can meet to discuss any aspect of sport.

We welcome contributions and ideas from all participants and parents to help us to continue to develop the Youth Academy

We maintain strong links with the Adult Section of Lincsqquad and are represented on the Committee by the Chairperson.





Youth Academy Training Sessions (correct Feb 2018)

Swimming – The Pods Scunthorpe – Sunday 4pm – 5pm

We operate a pre-booking system for our coached swim sessions. Registration links will be emailed out and posted on the forum. Please arrive by 3.50pm to register and be poolside by 4.00pm.

Restrictions apply, to take part in our swim sessions you must be able to demonstrate that you can swim at least 50 meters without stopping, touching the side or bottom of the pool in a recognised front stroke to the satisfaction of our coaches.

Cycling – Quibell Park, Scunthorpe – Saturday 10am – 11.30am (times are subject to change please check forum)

Please note that the cycling sessions for the autumn and winter months are grass sessions focusing on cyclocross and mountain bike skills, we usually run the first part of the session on the grassed areas and then move into the woods to look at applying what we've just been looking at. Track sessions return to the Velodrome in the spring (weather permitting).

Running – Quibell Park, Scunthorpe – Monday 6.30pm – 7.30pm

This is a full club session run with the adult members also on the athletics track. There may be a road run session some weeks, any youth members wishing to take part in the road sessions must be accompanied by an adult and at the agreement of the coach responsible for the session. Age restrictions apply.

Coached Session General Information

Any cancellations or changes to sessions will be posted on the Club Facebook & Forum (see useful information section for details).

The minimum age for both running and swimming is **8 years of age** by the 31st of December, this is to ensure that we comply with the insurance requirements of British Triathlon

Membership cards

These can be printed by each member from RiderHQ. Please see attached instructions on how to do this.

Please bring your membership card to each session so the coaches know you are onsite and we have your emergency contact details. No card, No session

Thank you





Useful Information

Website

The Youth Academy has a section on the main club's website. Links to training information and the framework we deliver training against are held here alongside event details plus external links to British Triathlon and British Cycling. To view please click on the link <http://www.lincsquad.co.uk/youth-academy/>

Forum

The forum is also a good place to keep up to date with all the news from the Club. This is a member only area. Click on the link to access, as a new member please follow the instructions to register.

<http://www.lincsquad.co.uk/forum/index.php>

Facebook

You may have already come across the clubs facebook page but just in case search for Lincsquad.

Club Coaches

All the Club Coaches have coaching qualifications from British Triathlon Association and/or British Cycling and must follow the Code of Conduct from their governing body.

Our coaches are supported by many others who have roles in the club – this includes parent helpers at training, registration along with youth members undertaking their Cycling Awards for Young Volunteers (CAYV) through British Cycling – for more information talk to the Membership Secretary.

Please note that all coaches and those who take any roles within the Club are volunteers and give up their own time to further the development of the Youth Academy and Club.

All subs are used to pay for facility hire, equipment and club expenses.

New volunteers are always welcomed and needed. If you and /or your family/friends can help support us in any way please have a chat to one of the Committee members or coaches who will point you in the right direction.



LINCSQUAD

Youth Academy Committee Members

Main Committee

Chairperson Nigel Smaller
youthchair@lincsquad.co.uk

Secretary Donna Chappill
youthsecretary@lincsquad.co.uk

Treasurer Anna Gibbs
youthtreasurer@lincsquad.co.uk

Membership Secretary Emma Riby
youthmembershio@lincsquad.co.uk

Race/Events Secretary Amanda Clements
youthevents@lincsquad.co.uk

Club Welfare Officer Emma Riby.

If any youth members or any parents or adults have a welfare issue that they would like to discuss with who has the necessary skills to help or indeed just someone other than a coach then please get in touch with them. Emma's e-mail is welfare@lincsquad.co.uk and phone number 07919 598 608

To help the coaches plan sessions to develop all youth members it would be helpful if you could complete the following form and return at a training session.

Additional Supporting Roles

Club Coaching Secretary Dave Gibbs

Youth Social Organiser Claire Hobleby





Members Information to Assist Coaches

Previous triathlon experience please list experience in all three disciplines
What other sports do you participate in regularly? How often?
Why are you attending the sessions?
What do you want to achieve from the sessions?
In the long term what do you want to achieve from your participation in triathlon?





Please detail any other specific information that is relevant to participation in triathlon activity sessions

Empty text box for providing specific information relevant to participation in triathlon activity sessions.

COACH USE ONLY
Any other relevant information regarding the rider (eg preferred learning style, stage of development, ability level, etc)

Large empty text box for coach use only, intended for providing information regarding the rider's preferred learning style, stage of development, and ability level.