

Chester Triathlon Club

Strategy & Development Plan 2017

Objective	Target	Actions	Review – July 2017
<u>General</u>			
Development of Club Governance	Better understanding on the principals of Governance Aspire & maintain good Governance	Training with Sports Recreational Alliance Sign up to Voluntary Code of Good Governance	Completed January 2017
Foster Succession for continuity	Identify suitable candidates for management & event roles	Talk, watch, encourage individuals & assign Second in Command at Events.	
<u>Club Welfare</u>			
1. Development of Club Welfare	1. Assign new Welfare Officer position 2. All coaches & volunteers to have DBS checks	1. Integrate new Welfare Officer 2. Relevant personnel to have completed their DBS Checks by year end	

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<p><u>Finance & Administration</u></p> <p>To have stable & transparent finances to allow club to operate</p> <p>Ensure administration is up to date</p> <p><u>Development:</u></p> <p>1. Demonstrate Club Value</p>	<p>Club Funds to remain stable year on year and identify risk areas</p> <p>Ensure club has sufficient savings to cover one year operational costs</p> <p>Affiliations /Club/Star Marks/UK Cycling Contact details BTF/Club websites</p> <p>1. Develop Club Asset Register</p>	<p>Monitor income and outgoings</p> <p>Complete independent review on Club Accounts</p> <p>Review club finances prior to AGM</p> <p>1. Assign lead, deliver & Discipline leads to complete regular audit / monitor condition of equipment & replace if required</p>	<p>Quarterly budget review</p> <p>Completed February 2017</p> <p>June 2017</p>

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Club Membership			
To encourage the retention of members	Greater than 70% of members renew	Cater for all abilities S/B/R - Continue social events – varied events’ calendar	
Encourage potential members to join club	Increase 20-30 AG membership by 20%	Explore various avenues to welcome new members	
Encourage team spirit within members and increase the PR of the Club	Increase participation in Club Championships Participation in National Club Championships / Relays Encourage team entries Encourage members to wear club kit Social Events End of Season Party & Awards	Publicise & promote Summer & Winter League / Club Championships Encourage people to join BTF Max 3 swims for non-members Plan, Promote & Deliver	
Benefits for Members	Discounts for Members at local stores Reduced rate at BTF	Promote on Website & explore new options	
Development:			
1. Volunteering Section	1. Assign new Volunteering Coordinator	1. Ensure all Events have sufficient volunteers 2. Develop a Volunteer Database for effective management & control	

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<p><u>Coaching</u></p> <p>Ensure coaches are suitably trained</p> <p>Recognise the efforts of our coaching team</p> <p>Ensure there are sufficient numbers of coaches in junior & senior sections & consider mixing coaches</p> <p>Ensure Club meets BTF Criteria for DBS Checks</p>	<p>Further training / qualification where requested / necessary</p> <p>Monitor and provide support.</p> <p>Coaches & succession plan for both sections</p> <p>All coaches to have DBS checks</p>	<p>BTF 1 & 2 course dates / identify potential new coaches. Club to fund relevant training. Provide relevant courses e.g. First Aid & Risk Assessors.</p> <p>Regular communication encourage feedback</p> <p>Coach Co-Ordinator to monitor. Encourage members & parents to undertake coach training (if required). Recruit coaches to replace any leaving</p> <p>All personnel to have completed their DBS Checks by year end</p>	
<p><u>Development:</u></p> <p>1. Coaching Management</p> <p>2. Develop skill sets for club coaches</p>	<p>1. Club coaches are managed effectively</p> <p>2. Ensure the members are receiving dynamic & imaginative coaching</p>	<p>1. Implement Coaching Coordinator</p> <p>2. Identify suitable courses</p>	

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<u>Training Sessions</u>			
Weekly coach led activities for all disciplines/abilities	Regular sessions providing for Novice, Intermediate and Advanced	Identify coaches to lead and book venues	
Encourage newcomers and assist participation	Ensure safety of all sessions Swim / Bike / Run team leaders	Carry out Risk Assessments for any new training sessions Leaders to work with Coach Co-Ordinator to deliver athletic programme for club	
Promote club interaction and team spirit; maintain interest in training by variety	Provide support for newcomers & help develop skills & knowledge of Triathlon	Welcome new members and promote the club	
<u>Development:</u>	Organise: e.g. UK & International based training breaks, S/B/R events	Plan & Deliver	
1. Other disciplines	1.1 Include Brick / Transition Sessions		
	1.2 Include S&C Sessions		
	1.3 Nutrition Awareness		

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<p><u>Swim Section</u></p> <p>Provide regular coached swim sessions for members</p> <p><u>Development:</u></p> <ol style="list-style-type: none"> 1. Include coached Open Water sessions as part of training 2. Include a Video Analysis for members 3. Improve Coaching techniques 	<p>Sessions to be held on: Monday & Friday evenings Wednesday mornings Saturday & Sunday</p> <p>Sessions based on 10wks blocks using Swim Smooth methods</p> <ol style="list-style-type: none"> 1. Sessions to start in summer months 2. Highlight weaknesses in stroke and to aid improvements 3. Help coaches skills to deliver to members 	<p>Display session times on Website & Facebook</p> <p>Sessions will focus on building strength power, endurance & speed.</p> <ol style="list-style-type: none"> 1. Risk Assessment, Assign coach & Promote session 2. Explore location, interest from membership, cost and format 3. Swim Smooth Coaching Courses to be explored 	

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<p><u>Bike Section</u></p> <p>Provide weekly opportunities for members to maintain & develop bike skills & fitness at three levels</p> <p>Encourage team participation to an event & session</p> <p><u>Development:</u></p> <ol style="list-style-type: none"> 1. Provide sessions to members on proper 'Bike Fit' 2. Provide Time Trial specific sessions across all abilities & distances 3. Increase link with other local bike clubs 4. Provide bike handling sessions to members 5. Provide recognised training for bike leads 	<p>Provide weekly group rides & social meets</p> <p>Weekend rides in Winter Weekdays rides in Summer</p> <p>Provide Thursday evening Turbo sessions throughout the off season</p> <p>Team entry into local Sportive event & host Velodrome session</p> <ol style="list-style-type: none"> 1. Increase awareness to beginner and intermediate level 2. Promote group rides during race season in TT friendly environment Eg Deeside Ind Est 3. Will help more advanced riders to take advantage of sessions 4. Improve skill set for our cyclists 5. Cycling UK workshop enrolment 	<p>Promote sessions on Website & Facebook</p> <p>Recruit more active leads & involvement of coaches</p> <p>Identify event & promote</p> <ol style="list-style-type: none"> 1. Develop course criteria and target members. 2. Assign leads, sessions & promote during race season. 3. Discuss possibilities with other clubs 4. Identify session location (eg Marsh Tracks) & promote 5. Explore costs and availability 	

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<p><u>Run Section</u></p> <p>Provide weekly run sessions for members at 3 levels: Advanced, Intermediate & Beginner</p> <p>Encourage single & team participation at local events</p> <p><u>Development:</u></p> <ol style="list-style-type: none"> 1. Provide members with club session for longer distances (>10 mile) including off road. 2. Increase awareness of proper running technique and injury prevention 3. Increase members in Women's XC team 	<p>Sessions to be held on Tuesday & Wednesday evening</p> <p>Sessions based on Periodized training plan</p> <p>Regular ad-hoc sessions (e.g off road)</p> <p>Men's & Woman's teams to regular compete in local events inc. Borders League, Multi Terrain Race Series & XC etc</p> <ol style="list-style-type: none"> 1. Implement a weekly long run session. 2. New coaching techniques are delivered to members (e.g. Video Analysis) 3. Ensure Women's XC team has good numbers throughout XC season 	<p>Promote sessions on Website & Facebook</p> <p>Track sessions are based on a 6-8 week block and targeted to individual range of paces (e.g 10K, Threshold & Half Marathon)</p> <p>Identify & Encourage new ideas. Promote on Website & Facebook</p> <p>Promote series / leagues on Website & Facebook</p> <ol style="list-style-type: none"> 1. Assign Run Lead(s) and promote on Website & Facebook. Develop session to be included into Club Calendar 2. Explore courses for club coaches & deliver sessions to members 3. Encourage participation within the club. Target Multi Terrain Race Series as an introduction. 	

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<p><u>Juniors</u></p> <p>Welcoming & non-elitist</p> <p>Juniors Section 'Exec Team'</p> <p>Encourage Team Spirit</p> <p>Encourage more volunteers maintain existing</p> <p>Organise races:</p> <ul style="list-style-type: none"> • 1 triathlon • 1 duathlon/aquathlon yearly <p>Pathways to develop into senior club</p> <p>Financially break even</p> <p>Safe & accredited club, to be recognised as a well run club</p>	<p>Welcome all children from the age of 8</p> <p>Mirror the senior club set up to encourage strength in depth of leadership</p> <p>Improve communication with members/parents</p> <p>Successful triathlon events</p> <p>Team Kit, Social Events, Annual Prizes</p> <p>Juniors to feel welcome in senior sessions when appropriate encourage older juniors moving up to senior session</p> <p>Correctly charge for use of facilities</p> <p>Maintain BTF Star accreditation and Clubmark status</p>	<p>Training sessions to be suitable for all abilities</p> <p>Admin. / Finance / Leader / Coach roles Regular team meetings</p> <p>Weekly newsletter (Simon Greenwood)</p> <p>Maintain database of contacts (Simon Greenwood)</p> <p>Plan events & include key roles with volunteers</p> <p>Identify suitable sessions for older juniors & invite them Invite junior teams to Relays</p> <p>Awareness and coherence of policies via BTF & associated websites</p>	

Objective	Target	Actions	
<p>Events</p> <p>To provide opportunity at all levels for participation in Triathlon & endurance related sports</p> <p>Historical & Award Winning events to stand on their own and showcase Chester Triathlon Club</p> <p>Development:</p> <p>1. Existing & potential new events</p> <p>2. Event Management & Succession planning</p>	<p>1. Deva Olympic & Half Distance 2. Deva Divas (Ladies Only Sprint) 3. Junior Triathlon, Duathlon & Aquathlon 4. Dee Mile Swim 5. Christleton 5K Run</p> <p>All events to be financially stable</p> <p>1.1 Deva Divas to run a Quadrathlon event alongside Triathlon</p> <p>1.2 Dee Mile be included in the Global Swim Series for 2017</p> <p>1.3 Explore hosting the following new events:</p> <ul style="list-style-type: none"> • Novice only triathlon • XC Duathlon • Aquathlon Series <p>2. Introduction of Second in Command at Events; knowledge sharing & reduction in planning & other workloads</p>	<p>Event teams to plan, deliver, succeed & take credits</p> <p>Club members encouraged to volunteer at events</p> <p>Promote races via BTF/Tri News etc</p> <p>Profits from events to be used within the club: equipment, capital projects & event(s)</p> <p>1.1 Plan & Deliver</p> <p>1.2 Plan & Deliver</p> <p>1.3 Identify Event Leads</p> <p>2. Race Directors Group to review, plan and deliver</p>	

<u>Objective</u>	<u>Target</u>	<u>Actions</u>	Review – July 2017
<u>Club Communication</u> Share club communications easily and effectively to the members	Website www.chestertri.org.uk Weekly Newsletter & Local Press Social Media	Regular updates including Results/news/events etc Facebook Twitter Instagram	
<u>Development</u> 1. Redesign new Website 2. Communications Management 3. Newsletter	1. Ensure website is modern and easier to administrate 2. Club Communications managed & controlled effectively 3. Explore new content ideas	1. Assign sub committee & deliver new website 2. Assign new Communications Officer 3. E.g. Membership profiles & link to blogs	