

# Chester Triathlon Club

## Strategy & Development Plan 2019

Objective	Target	Actions	Review – Jan 2020
<b><u>General</u></b>			
Manage Club Governance by Management Committee	Comply to the objectives set out in Club Constitution & Club Policies	Maintain connections with Sports Recreational Alliance & Review of club policies and procedures by year end	
Foster Succession for continuity	Identify suitable candidates for management & event roles	Observe and support	
	All junior coaches & junior volunteers to hold valid DBS certificate	Monitor and action if/when required	
<b><u>Development:</u></b>			
1. Development of Club Governance	1. Achieve TriMark Club Accreditation - Silver	1. Review and define deliverables to meet Silver status over next 24 months	
2. Provide Management Committee members with relevant and important club info	2. Development of Club Operating procedure	2. Ascertain relevant info and develop by year end and continue	

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<p><b><u>Finance &amp; Administration</u></b></p> <p>To have stable &amp; transparent finances to allow club to operate</p> <p>Ensure administration is up to date</p> <p><b><u>Development:</u></b></p> <p>1. Look at long term ambitions for the club to aim for</p> <p>2. Align club account with TriMark Silver requirements</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. Establish Finance subcommittee to scope feasibility of future club activities</p> <p>2. Complete Audit of all club accounts</p>	<p>Monitor income and outgoings</p> <p>Review club finances prior to AGM</p> <p>1. Plan and review</p> <p>2. Engage with independent auditor and complete within 24 months</p>	

<b>Objective</b>	<b>Target</b>	<b>Actions</b>	<b>Review – Jan 2019</b>
<b><u>Club Membership</u></b>			
To encourage the retention of members	Greater than 70% of members renew	Cater for all abilities S/B/R	
Encourage potential members to join club	Increase participation in Club Championships	Explore various avenues to welcome new members	
Encourage team spirit within members and increase the PR of the Club	Participation in National Club Championships / Relays Encourage team entries Encourage members to wear club kit	Publicise & promote Summer & Winter League / Club Championships	
	Social Events End of Season Party & Awards	Encourage people to join BTF	
Benefits for Members	Discounts for Members at local stores Reduced rate at BTF	Promote on Website & explore new options at local gyms	
<b><u>Development:</u></b>			
1. Encourage new and senior member participation at social events	1. Social events to be well attended	1. Advertise and Welcome	
2. Improve kit options to members	2. Long sleeve tri kit	2. Review designs and deliver	

<b>Objective</b>	<b>Target</b>	<b>Actions</b>	<b>Review – Jan 2019</b>
<p><b>Coaching</b> Ensure coaches are suitably trained &amp; qualified</p> <p>Recognise the efforts of our coaching team</p> <p>Ensure there are sufficient numbers of coaches in junior &amp; senior sections &amp; 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 &amp; succession plan for both sections</p> <p>All coaches to have DBS checks</p>	<p>BTF 1 &amp; 2 course dates / identify potential new coaches. Club to fund relevant training. Provide relevant courses e.g. First Aid &amp; Risk Assessors.</p> <p>Regular communication encourage feedback</p> <p>Coach Co-Ordinator to monitor. Encourage members &amp; 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><b>Development:</b></p> <p>1. Develop skill sets for club coaches</p>	<p>1. Ensure the members are receiving dynamic &amp; imaginative coaching</p> <p>2. Swim Smooth 3 day course for Technique Lead Coach</p> <p>3. Progress 1 or 2 active coaches to BTF Level 3 qualification</p>	<p>1. Deliver Emma Brunning Swim Smooth Coach Course (March '19)</p> <p>2. Plan and deliver</p> <p>3. Plan and deliver</p>	

<b>Objective</b>	<b>Target</b>	<b>Actions</b>	<b>Review – Jan 2019</b>
<p><b><u>Training Sessions</u></b></p> <p>Weekly coach led activities for all disciplines/abilities</p> <p>Encourage newcomers and assist participation</p> <p>Promote club interaction and team spirit; maintain interest in training by variety</p> <p><b><u>Development:</u></b></p> <p>1. Other disciplines</p>	<p>Regular sessions providing for Novice, Intermediate and Advanced</p> <p>Ensure safety of all sessions</p> <p>Swim / Bike / Run team leaders</p> <p>Provide support for newcomers &amp; help develop skills &amp; knowledge of Triathlon</p> <p>Organise: International Spring Camp UK based Spring Camp Autumn Spring Camp</p> <p>1.1 Brick / Transition Sessions</p> <p>1.2 S&amp;C Sessions</p> <p>1.3 Nutrition Awareness</p> <p>1.4 Foam Rolling</p> <p>1.5 Yoga</p>	<p>Identify coaches to lead and book venues</p> <p>Carry out Risk Assessments for any new training sessions</p> <p>Leaders to work with Coach Co-Ordinator to deliver athletic programme for club</p> <p>Welcome new members and promote the club</p> <p>Mallorca Camp Lake District Lake District</p> <p>1. Plan and deliver</p>	

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<p><b><u>Swim Section</u></b></p> <p>Provide regular coached swim sessions for members</p> <p>Include coached Open Water sessions as part of training</p> <p><b><u>Development:</u></b></p> <ol style="list-style-type: none"> <li>1. Improve swimming technique for members</li> <li>2. Increase sessions availability to members</li> </ol>	<p>Sessions to be held on: Monday &amp; Friday evenings Wednesday mornings Saturday &amp; Sunday</p> <p>Sessions based on 10wks blocks using Swim Smooth methods</p> <p>Sessions to start in summer months</p> <ol style="list-style-type: none"> <li>1. Highlight weaknesses in stroke and to aid improvements</li> <li>2. Trial Monday morning session at City Baths</li> </ol>	<p>Display session times on Website &amp; Facebook</p> <p>Sessions will focus on building strength power, endurance &amp; speed.</p> <p>Plan and deliver</p> <ol style="list-style-type: none"> <li>1. Emma Brunning Swim Smooth Coaching Courses planned for March '19</li> <li>2. Plan and deliver</li> </ol>	

Objective	Target	Actions	Review – Jan 2019
<p><b><u>Bike Section</u></b></p> <p>Provide weekly opportunities for members to maintain &amp; develop bike skills &amp; fitness at three levels</p> <p>Encourage team participation to an event &amp; session</p> <p>Provide Time Trial / bike handling specific sessions across all abilities &amp; distances</p>	<p>Provide weekly group rides &amp; 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 &amp; Marsh tracks</p> <p>Promote group rides during race season in TT friendly environment Eg Deeside Ind Est</p>	<p>Promote sessions on Website &amp; Facebook</p> <p>Recruit more active leads &amp; involvement of coaches</p> <p>Identify event/session &amp; promote</p> <p>Assign leads, sessions &amp; promote during race season. Marsh tracks</p>	
<p><b><u>Development</u></b></p> <p>1. Improve safety during bike rides / sessions</p>	<p>1. Provide recognised First Aid training for bike leads &amp; members</p> <p>1.2 Navigation workshop</p>	<p>Plan and deliver</p>	

Objective	Target	Actions	Review – Jan 2019
<p><b><u>Run Section</u></b></p> <p>Provide weekly run sessions for members at 3 levels: Advanced, Intermediate &amp; Beginner</p> <p>Encourage single &amp; team participation at local events</p> <p><b><u>Development:</u></b></p> <p>1. Increase awareness of proper running technique and injury prevention</p> <p>2. Increase members at Track sessions</p> <p>3. Improve quality and safety of run sessions</p>	<p>Sessions to be held on Tuesday &amp; Wednesday evening</p> <p>Sessions based on Periodized training plan</p> <p>Regular ad-hoc sessions (e.g off road)</p> <p>Men’s &amp; Woman’s teams to regular compete in local events inc. Borders League, Multi Terrain Race Series &amp; XC etc</p> <p>1. New coaching techniques are delivered to members</p> <p>1.2 Classroom session on approach to track/running speeds</p> <p>2. Provide Track beginners sessions</p> <p>3. Provide run leads with proper training</p>	<p>Promote sessions on Website &amp; Facebook</p> <p>Track sessions are based on a 6-8 week block and targeted to individual range of paces (e.g 10K, Threshold &amp; Half Marathon)</p> <p>Identify &amp; Encourage new ideas. Promote on Website &amp; Facebook</p> <p>Promote series / leagues on Website &amp; Facebook. Provide coach for travel to events</p> <p>1. Run technique workshop at Total Fitness (April '19)</p> <p>1.2 Plan &amp; Deliver</p> <p>2. Plan &amp; Deliver</p> <p>3. Plan &amp; Deliver</p>	



Objective	Target	Actions	Review – Jan 2019
<p><b><u>Juniors</u></b></p> <p>Welcoming &amp; 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"> <li>• 1 Triathlon</li> <li>• 1 Aquathlon</li> </ul> <p>yearly</p> <p>Pathways to develop into senior club</p> <p>Financially break even</p> <p>Safe &amp; accredited club, to be recognised as a well run club</p> <p><b><u>Development:</u></b></p> <p>1. Ensure juniors have enough coaches</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>1. Increase number coaches at junior sessions</p>	<p>Training sessions to be suitable for all abilities</p> <p>Admin. / Finance / Leader / Coach roles</p> <p>Regular team meetings</p> <p>Weekly newsletter (Simon Greenwood)</p> <p>Maintain database of contacts (Simon Greenwood)</p> <p>Plan events &amp; include key roles with volunteers</p> <p>Identify suitable sessions for older juniors &amp; invite them</p> <p>Invite junior teams to Relays</p> <p>Awareness and coherence of policies via BTF &amp; associated websites</p> <p>1. Advertise, support and maintain</p>	<p><b><u>Development (cont.)</u></b></p> <p>2. Jenny Meadows Run Workshop</p> <p>3. Emma Brunning Swim Workshop</p> <p>4. Chester Swim Club Classes</p>

Objective	Target	Actions	Review – Jan 2019
<p><b>Events</b> To provide opportunity at all levels for participation in Triathlon &amp; endurance related sports</p> <p>Historical &amp; Award Winning events to stand on their own and showcase Chester Triathlon Club</p> <p><b>Development:</b></p> <p>1. Continue success of Club Aquathlons</p>	<ol style="list-style-type: none"> <li>1. Deva Olympic &amp; Half Distance</li> <li>2. Deva Divas (Ladies Only Sprint)</li> <li>3. Junior Triathlon, Duathlon &amp; Aquathlon</li> <li>4. Dee Mile Swim</li> <li>5. Christleton 5K Run</li> <li>6. Host Borders League Fixture</li> </ol> <p>All events to be financially stable</p>	<p>Event teams to plan, deliver, succeed &amp; 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, sessions, capital projects &amp; event(s)</p> <p>1. Plan and deliver</p>	

