



Central Gauteng Triathlon News

2008-08-12 CGT - 2008-08-12 - Central Gauteng Triathlon News

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This email

- a) 17th August 2008 Pool Series Update – JUNIOR RACE INCLUDED
- b) 28th August 2008 AGM and Registration - REMINDER
- c) Junior Clinics, Coaching and Referee Courses – PROPOSED DATES

Note: Updated Calendar attached !! <http://www.cgtri.za.org>

A) POOL TRIATHLON SERIES - UPDATE – JUNIOR LEG INCLUDED!!!

As a result of the response to our email, a Junior Leg has been added to the pool triathlon series this weekend (Race 3 below). We can cater for 80 Juniors in Race 3, so enter now to avoid disappointment.

(see all Juniors and Seniors this Weekend 17th August 2008)

Shake off the winter blues, and even a better way to try your hand, arm, leg and mind to Triathlon for the first time visit <http://www.cgtri.za.org>

Race 1

Swim 400 m Cycle 20 000 m Run 5 000 m

Race 2

Swim 200 m Cycle 10 000 m Run 2 500 m

Race 3 - (JUNIORS Please enter as if doing race 2!)

Swim 100 m Cycle 6 600 m Run 1 250 m

The splash portion of the Triathlon entails a swim in Wahoo's heated indoor pool.

The cycle takes you from the transition area, adjacent to the Wahoo complex onto Maxwell drive. The cycling will be draft legal.

The trot is an off road run on the grounds of the St Peter's School campus.

B) AGM & Registration 2008-2009 Season - REMINDER AND UPDATE

(All info on our Website - www.cgtri.za.org)

As previously mentioned, we are at that time of the year again for our AGM and Registration. Come and join us on the 27th August 2008 to register and meet / greet your fellow Athletes and the New 08/09 Committee. Snacks, Tea and Coffee will be served and a cash bar will be available. (RSVP to - cgtriathlon@webmail.co.za with numbers attending for catering purposes.)

LUCKY DRAW: On condition that we have more than 50 people attending the evening, "Old World Concrete", courtesy of Wikus Weber (Snr), has kindly donated a Garden Fountain, valued at R 7 500.00 (fully installed). To be in line to win this WONDERFUL PRIZE, you need to be present at the draw, and be registered for the 2008/2009 season with CGT, on or prior to the evening of the draw.

All Documents are on the website, including nomination forms for those of you who can assist on the committee. We are looking for those who can assist and the more input we have from willing people, the better and stronger our Province, so please consider standing or offering help for any of the following – Chairman, Vice Chairman, Treasurer, Technical Representative, Secretary, Triathlon Captain, Duathlon Captain, Junior Representative, Development, Coaching, Athlete Representative.

We are in particular looking for those interested in assisting with the Triathlon Captain and Treasurer Portfolios.

Jump in and join us

Registration Forms are also attached for the new year and we urge to fill them in and register at the AGM. All Athletes, including Duathletes must register at the beginning of the season.

NOTE: All Registrations submitted after December 2008 will be liable for an additional R100.00 Registration Fee.

Don't wait till the first Triathlon and expect a rushed registration number to be issued. Support Central Gauteng,

GET REGISTERED NOW and reap the benefits of being part of the best Province in the Country .. not forgetting the other advantages that come with being a CGT Athlete as well.

Special Registration Note to Juniors -

All Juniors who register,

- as part of a school / club / group of 15 or more athletes, and
- where payment is made for the entire group, with forms being submitted simultaneously,

will be eligible for a R50 discount on the cost of Registration, ie R 150.00 per Junior instead of R 200.00

C) JUNIOR CLINIC, COACHING AND REFEREE COURSES - UPDATED
INFO ON PROPOSED DATES

1. Future Courses and Clinics.

If there are sufficient people who are interested and respond, the courses and clinics as shown below will be staged -

please email your interest and quantities of people wanting to attend to cgtriathlon@webmail.co.za

Community Coaching Course -

A course in accordance with ITU standards and guidelines is planned. It will run on two consecutive weekend (1.5 days per weekend).

The proposed dates for courses are 27 / 28 September 2008 and 4 / 5 October 2008.

Competitive Coaching Course -

A course is planned for the end of this year or beginning of 2009. The Competitive Coaching Course will run for 6 consecutive days and will be held in accordance with ITU standards and guidelines.

The proposed dates for course at this stage are 8 / 13 December 2008 or 7 / 12 January 2009.

Junior Clinics -

Junior clinics ideally should be held every two weeks. The aim - to assist juniors new to the sport of triathlon and to help juniors develop training habits and routines appropriate to their age and abilities.

The proposed dates for clinics at this stage are 21 September 2008, 12 October 2008 and 30 November 2008.

NOTE:- Senior Athletes and Parents – *In respect of the above we thank all of those who have already offered and helped so far. As with the Technical Officials Course below and the junior clinics, we really need your assistance. If you haven't pledged your active support as yet, please consider doing so! We need and would appreciate your expertise, experience and good will and support! Craig is waiting for your e-mail or phone call!!*

Technical Officials Course – Level 1

A course is planned for the end of this year. The Technical Officials Course will run for half a day (5 hours) with Race Training ongoing thereafter under the supervision and guidance of qualified Officials. The course will be held in accordance with ITU standards and guidelines. More details on the course will be made available shortly.

The proposed dates for courses at this stage are 21 September 2008, 12 October 2008.

FEEDBACK AND CONFIRMATION –

*Further details on all the above will be communicated as soon as final feedback is assessed. If you are interested, please contact Craig Thyse as soon as possible at cgtriathlon@webmail.co.za. **Register now to enjoy the benefits of being a Central Gauteng Registered Athlete.***

2. Junior Duathlon Clinic Feedback. (Repeat for those who did not get last email)

- i. On behalf of the Committee we would like to thank Franz Studer for the very well organised and executed clinic held a couple of weeks ago. Our thanks and appreciation also goes to all of those people who assisted so enthusiastically with the course and to CBC for the Venue. It really was an outstanding success, considering the short period of time in which it was put together.
- ii. Well done to those juniors who attended. The feedback has been very positive both from parental, coach and athlete perspective, and as such it proves the point that more of these types of clinics is required.
- iii. As mentioned before, we at Central Gauteng Triathlon would like to expand the depth of training being offered to Athletes , as well as concentrate on the training and certification of coaches / officials for this great sport of ours.

To do this on a regular basis we will require assistance from those of you who can be of help with marshalling, assistance in the training of junior athletes, with the implementation of rules / procedures (which we will teach you), and for general support admin or otherwise.

WITH YOUR HELP WE CAN MAKE A DIFFERENCE

PLEASE LET US KNOW IF YOU ARE AVAILABLE.

- iv. Over and above the Courses and Clinics discussed below, we are aiming to get as many Parents and Senior athletes and supporters to do a basic Marshalling / Ref course while we run the Junior Clinics. Please support this initiative.
- v. Planning ahead, we would like to hear how you experienced the Duathlon Clinic at CBC, please let us have your feedback as soon as possible. Please also let us know what kind of activities you would like to find on the calendar for the future. The more information and ideas we get, the better we can cater for every bodies needs. So don't be shy, let us have your input!

For and behalf of the CGT Committee

Craig Thyse

Secretary and Junior Representative

Central Gauteng Triathlon Union

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