



Central Gauteng Triathlon News

2009-11-23 CGT 7 of 09/10

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This email – including "Adobe" Attachments as detailed below sent with this email

- A) JUNIOR SCHOOL DEVELOPMENT - Feedback**
- B) JUNIOR TRIATHLON HELD AT ST.DUNSTAN'S COLLEGE – Event Feedback**
- C) UPCOMING EVENTS – Troisport Series and CGT Champs**
- D) COACHING COURSE – Book now**
- E) TECHNICAL OFFICIAL COURSE – Book now**
- F) JUNIOR CLINIC – ALL JUNIORS IN CGT – Book now**
- G) JUNIOR FLOATING TROPHIES – Please return urgently**
- H) JUNIOR AND DEVELOPMENT KIT AND EQUIPMENT – Donations Received and old Kit requested.**

ATTACHED DOCUMENTS - (0 Documents Attached)

A) JUNIOR SCHOOL DEVELOPMENT FEEDBACK

As you are aware, Central Gauteng Triathlon over the last two years has been putting together pilot programs in respect of School Triathlon participation. This program with the support of the Central Gauteng Triathlon Committee, was originally started by Craig Thyse, Douglas Campbell and Franz Studer with a view to Junior Development, creating a series of events aimed specifically at the 6 – 15 age group of Junior Athletes and encouraging the youth of our Province to look at seriously considering Triathlon as a sport, thereby becoming our future Champions in the local and international arena.

Douglas Campbell has given many of his valuable hours in ensuring that this program has achieved the success it has to date, with 3 main pilot projects up and running at Colin Mann Primary, St. Dunstan's College and Farrarmere Primary. Our thanks and appreciation must be extended to all the coaches as well as the staff and parent bodies at these Schools for their support and encouragement of these programs.

Through our coaching courses, a number of coaches have qualified and many of these are either actively involved in Triathlon coaching, or waiting to assist in the further expansion of Central Gauteng's School development initiative. Coaches are involved in weekly or by weekly Triathlon / Duathlon coaching clinics held at the Schools mentioned above as well as at other private venues.

Schools interested in obtaining assistance and advice from Central Gauteng in starting a Triathlon initiative at their Schools, are asked to contact the undersigned for further information. Those interested in being trained as Triathlon coaches are asked to do the same.

B) JUNIOR TRYATHLON – HELD ST. DUNSTAN'S COLLEGE – EVENT FEEDBACK

ANOTHER FIRST FOR CENTRAL GAUTENG TRIATHLON.

Our first "*junior TRYathlon*" aimed at the 6 – 15 age group, was held at St. Dunstan's College in Benoni on Sunday, 22 November 2009.

The Event was an absolute success with 110 Junior Athletes participating. This support clearly indicated the need for additional events of this nature and for those who missed the opportunity of participating, the good news is that we will definitely be looking at additional events in the new year.

It was a pleasure to see the juniors ranging in age from 6 – 15, having such a great time and competing in the spirit of the event with such gusto and determination. One of the REALLY junior athletes even swam with armbands and was quite determined to swim the 50 meter distance despite being offered the opportunity of getting out of the water after 25 meters. What more can one say - Fun and enjoyment had by all. Well done to all of those who competed, it was a sterling performance by every one of you. You are all Winners

Central Gauteng Triathlon would like to express our sincere thanks and appreciation to St. Dunstan's College for their support and venue for this event. The event was held in and around the perimeter of the College which lent itself ideally to this end, with their School pool being used for the swim leg. All of those who were present at the event were complimentary of the venue and the race organisation by Troisport which was on a par with any of the top class events staged in this country to date.

The success of the event is largely as a result of the hard work put in by Yvonne Cornes from St. Dunstan's whose vision and dedication to the CGT school triathlon program led to her desire to assist in the organisation of the first event of this nature. Working closely with the once again professional and hard working Team from Troisport, led by Werner Smit and CGT's Douglas Campbell and Craig Thyse, the event was organised and staged. Our thanks to the above as well as all of those who assisted on the day,

Troisport Team –	Mark Price, Dean Bush, Helen, Joe, Frans Majela, Themba Mpedi and Thabo
St. Dunstan's Parents –	Tony da Silva and Brian
Support Services –	Announcer - Graeme Perry, Wors Roll Tent – Round Table 181 and Coldrink & Coffee – Aubrey,
Medical Staff-	The Paramedic staff on hand during the event.
CGT Coach –	Billy Sehume,
CGT Committee –	John Polmeer

And last but not least – New Balance represented by Coenrad Hefer for their donation of a lucky draw prize of a pair of running shoes and for Coenrad's general assistance on the day.

We look forward to the next event and the support of all in the Central Gauteng Province in particular the Schools in Central Gauteng.

If there are any parents who have photos that they could send, please send them to cgtrathlon@webmail.co.za

C) UPCOMING EVENTS – TROISPORT JO'BURG CITY SERIES

All Athletes Junior and Senior are reminded of the 2009/2010 Troisport Jo'Burg Triathlon series, the first event which starts on the 13th December 2009.

Juniors are also reminded that these races cater for Athletes from age 12 upwards and that Juniors below the age of 12 can also compete in TEAMS of 2 or 3 people in the MINI event on condition of their ability to proficiently and safely complete in any one or two legs (swim, run or cycle). Parental guidance in this respect is essential.

Troisport Jo'burg City Triathlon Series (sanctioned by Central Gauteng Triathlon)

South Africa's most exciting and safest Triathlon Series.
<http://www.troisport.co.za/troievents.htm>

Race 1-3 takes place at every event (* At event two, there are additional closed junior races: 4A & 4B, 5A & 5B)

#1	Event 1	13 December '09
#2	Event 2 *	7 February '10 (incl. Central Gauteng Triathlon Champs www.cgtri.za.org *)
#3	Event 3	11 April '10 Final

The following races take place at each event:

Race 1 - 08:00 am	Olympic Distance: 1.5km Swim/40km Cycle/10km Run (non drafting & min age 18) <i>Teams can also participate in the above event</i>
Race 2 - 10:00 am	Sprint Triathlon: 750m Swim/20km Cycle/5km Run (draft legal & min age 16) <i>Teams can also participate in the above event in particular Juniors 12 – 15</i>
Race 3 - 10:05 am	Mini Triathlon: 400m Swim/10km Cycle/2.5km Run (draft legal & min age 12) <i>Teams can also participate in the above event in particular Juniors below 12 proficient in the leg of the Triathlon being completed in by the Junior involved.</i> (Parents please be sure of your child's ability to successfully compete in such an event as a team member)

*** The following Junior selection and CGT championship events take place on Event 2 – the 7 February only):**

(These races closed to individual athletes of these particular age groups and are draft legal)

Event 2 Race 4A	Age 18-19	750m/20km/5km	start 10:45 (closed selection race)
Event 2 Race 4B	Age 16-17	750m/20km/5km	start 10:45 (closed selection race)
Event 2 Race 5A	Age 14-15	400m/10km/2.5km	start 11:45 (closed selection race)
Event 2 Race 5B	Age 12-13	400m/10km/2.5km	start 11:45 (closed selection race)

HOW MUCH? (1) R275; (2) R165; (3) R130

ENTRIES: open on www.cyclelab.com

D) COACHING COURSE – TSA Certified Level 1 COMMUNITY COACHING COURSE

PARENTS, TEACHERS, SENIOR ATHLETES AND SPORT COACHES - CGT are going to present another Level 1 Community Coaching Course and request all those interested to check the dates below and reply with your with the date most suitable for you. We will present the course on the date most suitable to the majority. All Schools and Sport Clubs are urged to get involved and get a Member qualified

Ensure that you have booked your place to become a certified TSA Community Coach..... do so quickly to avoid disappointment !

All you need is an open mind, sense of humour, extreme patience☺, and the willingness to learn new skills to assist in the development of our future Champions offering them maximum enjoyment and a healthy progress, avoiding injuries and frustration.

THE REWARD – YOU WERE THERE AT THE BEGINNING TO SEE THE GROWTH ...

WITH YOUR HELP WE CAN MAKE A DIFFERENCE

PLEASE LET US KNOW IF YOU ARE AVAILABLE.

Course Dates / Times – 8,9,10 January 2010 **or** 22,23,24 January 2010

Venue – East Rand (TBA)

Qualification Requirements

You must be CGT / TSA Registered. The course is open to everybody, no previous coaching experience required. In order to receive the TSA Level 1 Coaching Certificate, 100% attendance is however required. In addition, participants will organize a Triathlon Clinic for CGT Juniors before the end of 31st August 2010.

Cost - R400 per registered Member of CGT or TSA. (This includes Course Material and Refreshments, but excludes Meals.)

NOTE – all those CGT Registered Members who attend the full Course and qualify will get their **R300 CGT/TSA Registration FREE for the 2009/2010 Season.**

Confirm and book your spot now by emailing the names of those attending to - cgtriathlon@webmail.co.za.

E) Level 1 Technical Official Course – TSA Certified Level 1 Course

ALL PARENTS, ATHLETES AND FAMILY OF ATHLETES - Given the number of events on our Calendar and the growth in the Junior Development side of Triathlon, helpers and Technical Officials are few and far between.

We appeal to all within the Central Gauteng Triathlon and Duathlon Community to consider assisting us by taking in the L1 Technical Official Course that Central Gauteng are going to offer. Remember, volunteers like you are vital for the success of the sport and in particular the safety of Athletes competing and volunteers are always required, especially with Junior events.

PLEASE MAKE USE OF THIS OPPORTUNITY AND ASSIST US IN GROWING THE SPORT OF TRIATHLON AND DUATHLON.

We request that all those interested to check the dates below and reply with your with the date most suitable for you. We will present the course on the date most suitable to the majority. All Schools and Sport Clubs are also urged to get involved and get a Member qualified

Course Dates / Times – 10 January 2010 **or** 24 January 2010

Venue – East Rand (TBA)

Confirm and book your spot now by emailing the names of those attending to - cgtriathlon@webmail.co.za.

F) Junior Clinic – for all Junior Athletes

ALL JUNIOR ATHLETES – If you are new to the sport or an old hand and would like to participate in a basic clinic for the Junior athletes, then you are invited to send your name and details to book your spot for the Clinic to be held as detailed below. This clinic will be run together with the Coaching Course.

We will present the course on the date most suitable to the majority. All Schools and Sport Clubs are also urged to encourage their pupils to attend.

Priority will be given to CGT Registered Juniors.

Course Dates / Times – 10 January 2010 **or** 24 January 2010

Venue – East Rand (TBA)

Confirm and book your spot now by emailing the names of those attending to - cgtriathlon@webmail.co.za.

G) Juniors - Floating Trophies - PLEASE URGENTLY RETURN FLOATING TROPHIES

URGENT NOTICE TO ALL THOSE WHO RECEIVED FLOATING TROPHIES LAST YEAR - Your Trophy is Urgently required to be returned to Craig at 10 Lorna Road, Muswelldale, (Cnr All Black Road, Anderbolt), Boksburg North, Boksburg.
(Tel 0861 123 333 – Office Hours) Please contact us to let us know when you can get the Trophy back to us.

H) Junior and Development Kit and Equipment - Assistance requested.

Any person or company who has old or unused bicycles (small or large mountain or road bikes), kit and equipment and who would like to donate their items to our Junior Development program are asked to contact the undersigned. Any Companies who have redundant stock that could be used for prizes and awards at our Junior clinics and events are also asked to respond. Your donations of goods will be put to good use.

We would like thank the following for their donations to our Junior Development Program.

Neil Plumbly and his family - for the donation of a racing bike and 2 wetsuits.

Derik Marcisz – for the donation of excess and redundant kit.

Berg Family – for the donation of excess and redundant kit.

In closing our thoughts and prayers are with Tiaan Rossouw and his family, one of our long standing members, on the sudden passing of his father.

Should you have any other news or information that you would like to forward to us, please do so.

Kind Regards

For and behalf of the CGT Committee

Craig Thysse

Secretary

Central Gauteng Triathlon

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CGT Website: <http://www.cgtri.za.org>