

**AREA 5 TETRATHLON TRAINING**

**AN EXCITING DAY OF VARIED, NON-MOUNTED TRAINING**

**WEDNESDAY 27 OCTOBER 2021**

**CHRISTLETON LEISURE CENTRE, PLOUGH LANE, CHRISTLETON, CHESTER CH3 7AS**

**Entries Close: Monday 11th October 2021**

**£30 each, with £5 reduction for 2nd and subsequent siblings**

**What’s on offer:**

**Shoot training** – Meg Green will offer three classes:

 Introduction to shooting for complete beginners who have never shot

 Shoot coaching for those looking for guidance or practice

 Practice under competition conditions for the experienced competitors

**Run training** – Vicky McKinnon is an ex PC Tetrathlete, PE teacher and head coach at Knutsford Tri Club. She says ‘I believe that a positive outlook, along with a healthy and active lifestyle is fundamental to improving performance. No matter what your ability the focus should be on individual progress whilst having fun and enjoying your achievements.’ She will cover the various aspects of a good run performance.

**Pilates** – Claire Godwin is an ex PC instructor. Her session will give a good indication of how Pilates can become a useful tool in your everyday life, including equestrianism and all sports, and how it can minimise injuries and reduce recovery time. She will concentrate on Posture, Flexibility, Core strength, Co-ordination and Sense of well being.

**Performance Support** – Reanne Benson works with people suffering pain or wishing to improve performance and uses techniques including massage, stretches, trigger point therapy and movement analysis. For us she will provide: ‘age adjusted performance support, taking into account physical and psychological factors affecting and contributing to athletic performance in and out of the saddle. This will include a brief theory session ranging from basic for the youngest to more technical for the seniors. Then they will do some dismounted exercises around balance, proprioception and conditioning.’

We are also in discussion with other trainers.

**Under 8s:**

The training is aimed at those who are 8 and over, but if there is enough interest from younger competitors we can add Bean Bag training and a ‘Meet the Animals’ session involving meerkats, skunks and reptiles. Price to be confirmed.

We need to know by Mon 20 Sept if you want this session so please email asap.

**Parents:**

If there is enough interest we can include a Pilates session for parents. Price to be confirmed.

We need to know by Mon 20 Sept if you want this session so please email asap.

**Supervision:**

Parents of children over 8 need not be on site all day but there needs to be a representative from each branch present and we need to know who is responsible for each child. Children under 8 will need a parent or other responsible adult to be on site.

**Guns:**

Guns which will not be under the direct supervision of an adult during the day must be clearly labelled and left at shoot control. We will have a system to sign them in and out of our care.

**What to bring:**

Children will need trainers for run training but also clean footwear for inside use. This should be shoot legal i.e. not covering the ankles.

There are no refreshments available and we will be discussing competitor nutrition so each child needs a healthy lunch (they may be inspected during the discussions!), healthy snacks and plenty of fluids.

Dress code is branch sweatshirts.

**How to book:**

Complete the attached form and email it to Area5tetrathlon@outlook.com

Pay online to Area 5 Tetrathlon, Sort Code 205108, Account 63384578

For reference please use CHR then your initial then surname then number of children.

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BRANCH……………………………………………………………………………………

TEAM MANAGER…………………………………………………………………………

CONTACT EMAIL ADDRESS for this competition……………………………………

PLEASE ADD ME TO THE MAILING LIST……………yes/no……………….

**Name Age on 1 Jan Shoot session Allergies/ Responsible Adult**

 **2021 new/training/practice Medical Conditions Name Phone**

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