



July 2014

Dear Teacher

Mini Triathlon at Hewett School

The British Triathlon Trust would like to invite your school to attend a FREE participation mini-tri for 8-14 year olds at Hewett School on Thursday 25th September.

Venue: The Hewett School, Cecil Rd, Norwich, Norfolk NR1 2PL

This event is funded by Pastafoods who have recently opened a factory in Norwich and are committed to their investment in the local community.

The British Triathlon Trust is a registered charity that aims to get children active and inspired to take part in regular physical activity as part of a healthy lifestyle.

Children between the ages of **8-14** will have the opportunity to take part in this FREE fun active day and experience being part of a professionally organised multi-sport event.

This is not a competitive event, it is about taking part and we want to encourage every child to get involved, even the non-swimmers or those that may not be able to ride a bike. Our team will support kids to take part in every activity or provide alternatives if needed.

Triathlon is a sport made up of three individual disciplines, **swimming, cycling and running**, however these events are done continuously from beginning to end, therefore the fourth discipline within triathlon is considered to be the point where you change between the sports and this is called the 'Transition'.

What are the distances?

This event has participation at its heart and however much we love seeing the children competitively racing around the course with their friends, we have set the distances so it is achievable for everybody. The distances may vary slightly and we will support every child to complete at least part of each activity with support if needed.

Swim: 20 Metres up to 80 M

Bike: 1200 Metres

Run: 300 Metres

We want this event to be as open and inclusive as possible so this means we will be offering this event **totally FREE** to all those who take part. You just need to be able to get there.

I have attached an invitation for your school with booking form and a photo consent form, which will need to be sent to parents once you have confirmed your space at the event.

Please return your booking form to me at your earliest convenience to secure your place. If you have any questions at all please don't hesitate to contact me.

We look forward to hearing from you and seeing you at the event!

Best wishes
Claire

Claire Kremer

British Triathlon Trust in partnership with Pastafoods and Hewett School

Clairekremer@britishtriathlontrust.org
[07946 042078](tel:07946042078)



Booking Form

How to Enter

Due to possible high demand, and because we assign time slots to ensure the quality of the day is maintained for all, we advise you register your interest and preferred times early. **So please enter now!**

Date: 25th September 2014

Venue: Hewett School, Cecil Rd, Norwich, Norfolk NR1 2PL

Schools Entry

If you are part of a school sports partnership and are wishing to register a group of children please fill in the following; if you are a parent and wish to register an individual, please see below. All entries need to be sent back to clairekremer@britishtriathlontrust.org. Once received, you will be sent an email confirmation of your start time.

Name of school: _____

Main Contact (name): _____

Role of Contact: _____

Telephone Number: _____

Email: _____

Number of Children Participating: _____

Any children that may need any additional support: _____

Preferred Time of Arrival * Please select 3 options, starting with your preferred first:

Individual Entries...

If you are wishing to enter an individual participant into this event please first check in case their school is already entered, and then complete the following:

Name of Child: _____

Name of parent / carer: _____

Contact Number: _____

Contact email: _____

Does your child need any additional support: _____

Please indicate your preferred time of arrival by highlighting the times below and we will do our best to accommodate your school at the chosen time.

10.00/ 10.30/ 11.00/11.30/12.00/ 12.30/ 13.00/ 13.30/ 14.00

(Please note that the estimated time spent at this event from arrival till leaving will be 1.5 hours, this includes time to get ready and take part in the event.)*

Time slots will be booked on a first come first serve basis at 30-minute intervals.

WHAT YOU NEED TO BRING

All you need is:

- Your swimming kit (and towel)
- Some trainers and running kit
- Bottle of water

A big smile!

WHAT WILL HAPPEN ON THE DAY?



▪ **ARRIVE!**

Get off the bus and wait for your teacher to register your group.

• **CHANGE**

Get changed into your swim kit, you will then be given a plastic box to put your Cycling/ Running Kit (Trainers, Socks, Shorts) into. Take this box to the pool side with you, you will be shown where to put it.



▪ **BRIEFING**

Listen carefully as you will be told what to do, and what not to do. Now is your chance to ask questions!



• **SWIM**

Time to swim! You will be set off one or two at a time at short intervals, The swim is slightly different as you will be swimming around large Buoys rather than doing lengths. Once you've finished go to your box and get dressed for the bike and run! For anyone that can't swim – our team will help you to swim



▪ **BIKE**

Once you have put on your trainers and t-shirt you will be directed to the bike transition. A helper will fit you with a helmet and give you a bike. You will then head around the bike course

following the directions of the marshals. Keep pedalling.....don't stop!!
Once finished another helper will take your bike and helmet and show you where to go for the run.



RUN

Off the bike and onto the run!! (See if your legs feel like jelly!) Keep going this is the final bit, follow the directions of the marshals and run all the way to the line if you can!!

▪ **SMILE!!**

Cross the line with your arms in the air and a huge smile on your face when you pick up your Medal!

You've finished !!!

