

TriLakes Development Plan

Tri-Lakes Triathlon Club was formed in 2009 when a group of like-minded enthusiasts were preparing for a season of long-distance swimming and then a few bikes were bought and it all started from there.

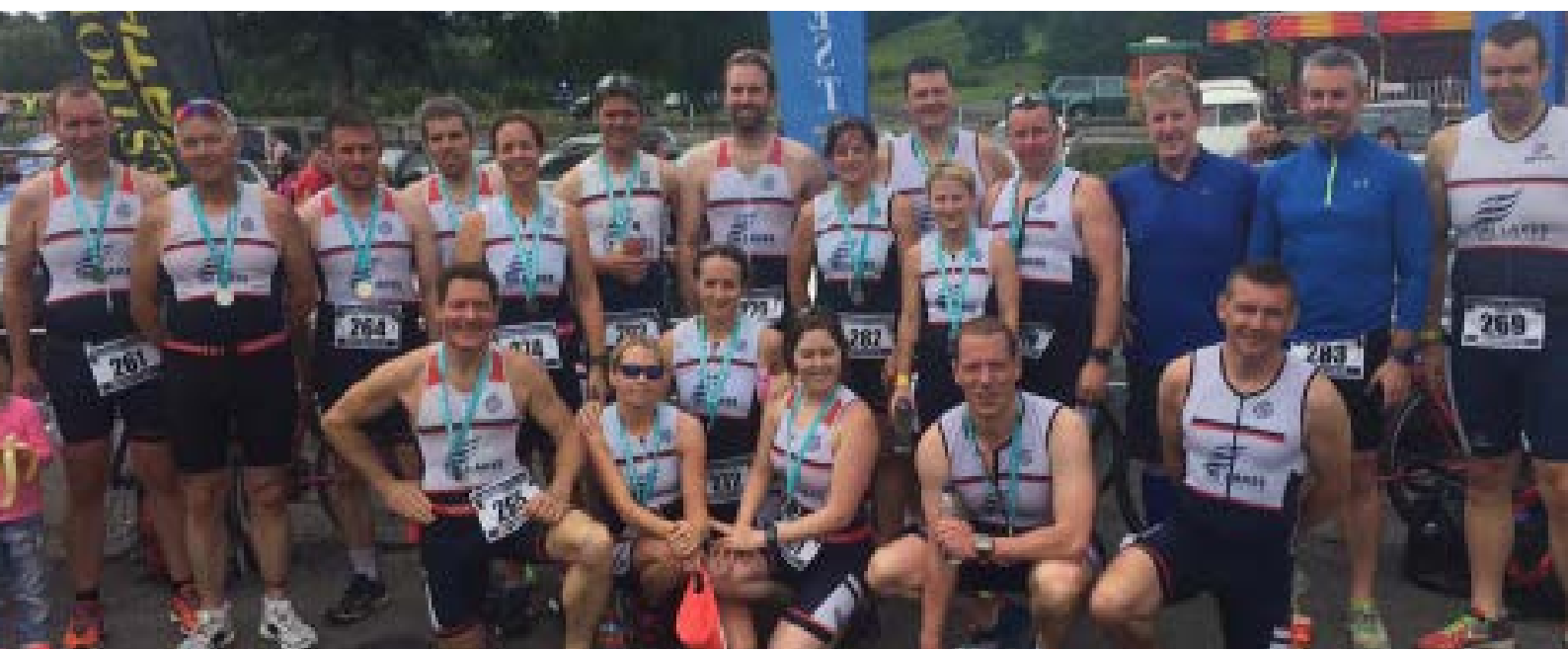
With a little experience, a lot of sore bums, a few mistakes and a lot of heart, gradually the club grew from strength to strength with a committed committee driving the club forward and with more members gained more experience and less sore bums and fewer mistakes!

Today the Club has close to 100 Members ranging from pensioners to preschoolers! And has vast experience from three World Championship Iron-man qualifiers to long-distance swimmers to ultra-marathon runners to people who don't know their gears from their goggles.

The members themselves are well geographically spread in a good part of Connacht ranging from central Galway, South Mayo across from Mountbellew to Headford.

The club has regular coached sessions as this benefits our members. There are also regular communications that we send to our members throughout the year.

Our Main objective is to remain financially stable, recruit new members, keep things simple and most of all have lots of fun in this amazing world of Triathlon.



CLUB S.W.O.T ANALYSIS

Strengths

- Good financial position
- Extremely warm and welcoming club
- Huge catchment area
- Great range of natural amenities to use to train.
- 2 swimming pools within catchment area.
- Very experienced coaches
- 9 years of experience the club has built up
- A previous well ran club triathlon- The Quiet Man - TI sanctioned
- A growing junior membership
- Some top performing athletes as members

Weaknesses

- No beginner swim lessons
- Lack of cycling opportunities and brick sessions
- More safeguarding and Tri leaders needed for our growing junior member sessions.
- Lack of a base /building to call our own.
- Lack of active tri leaders and coaches
- No access to a local running track
- Difficult to organise training with Geographical spread





CLUB S.W.O.T ANALYSIS

Opportunities

- Have more pool time coached sessions available for members
- Have more open water coached sessions available for members
- Have a club TI sanctioned triathlon

Threats

- Data protection
- Litigation
- Risk of burn out from volunteers
- Very little closed road spaces to choose from for junior cycle training





Club Membership Development

Objective is to grow our members by 5% each year.

2017	2018	2019	2020
89 Adults	97 Adults	102 Adults	107 Adults
31 Juniors	46 Juniors	49 Juniors	51 Juniors

We held an open and information evening 23rd March 2018 to help recruit new members, We have 17 new adult members this year.

Continue to follow the TI rules, Constitution and GDPR legislation, keep on the agenda at committee meetings where necessary.





Swim Development

2017	2018	2019/2020
<p>Weekly pool session in Coral Leisure, Tuam.</p> <p>Open water coached sessions</p>	<p>Weekly pool session in Coral Leisure Tuam on Thursdays</p> <p>Open water swim safety session on how to look after yourself in Open Water, Equipment required.</p> <p>Open water coached sessions in Lough Hackett in Caherlistrane</p> <p>Purchased buoys and have two marked out courses in the lakes on 750m and one 1500m at a cost of 369 euros</p>	<p>Sessions will be advertised on our website</p> <p>Continue with our weekly Thursday sessions and may be expanded if required</p>





Bike Development

Our Aim- To provide high quality cycling opportunities for adults and junior members

2018

- Continue with our Sunday cycles each Sunday
- Provide a coached ladies cycle for beginners

2019

- Provide weekly coached cycle sessions during peak and off peak seasons.
- Provide coached brick sessions , cycle - transition- run, training.
- Set up Zwift indoor sessions so members can still train together during bad weather

2020

- Continue with weekly coached cycle sessions.
- Provide coached brick sessions , cycle - transition- run, training.
- Continue with Zwift indoor sessions so members and build on feedback from our members





Run Development

Our Aim- To provide high quality running opportunities for adults and junior members

2018

- Carry out run sessions, led by our level one coaches, main focus on speed training.
- Continue with our 5k fun run blocks so that all levels can train together.

2019

- Carry out run training sessions 3 blocks of 12 week sessions, focus to be on speed.
- Continue with our 5k fun run blocks so that all levels can train together
- Make better use of our local amenities like Castle Hackett hill for training for a run block

2020

- Carry out run training sessions 3 blocks of 12 week sessions, focus to be on speed.
- Continue with our 5k fun run blocks so that all levels can train together



Junior Squad Development

Our Aim- To provide a fun juniour squad to develop young people and challange them in sport and help the develop as young adults

2018

- 10 week programme of mixed swim, run and bike
- Junior club event held at the national series at Loughrea Junior Triathlon on the 5th August

2019

- Define programme to distinguish between the levels, design a programme for under 11 and over 11 years old
- Find and use a safe place to train kids to cycle, investigate Valeo test track as a venue.
- Have a second day of the week during the 10 week block to train the juniors
- Increase the numbers attending the national series triathlon by 10%

2020

- Work with the council to come up with a plan to Invest in toilet and changing facilities at the lake for the juniors





Finance and Administration

Our Aim- To have a stable income each year to grow the club.

2018

- To continue to run a financially sustainable club
- Invest in open water equipment - Buy Buoys euro 369

2019

- To continue to run a financially sustainable club
- Create a vision and values for the club to work towards
- Invest heavily in safeguarding, Trileader and level one & two training so club has solid base
- Work at getting a building and base where the club can work out of

2020

- To continue to run a financially sustainable club
- Invest in safeguarding, Trileader and level one & two training so club has a sustainable team trained.
- Club base fully set up and operational.





Club Communication

Our Aim- Every club member receives Club communications regularly so they know what's happening in the club

- Launched our new website in 2018, All members will be able to view all updates in the club.
- A very active facebook page, Primarily to share all event photographs
- Continue with what's app group to allow our members network together better.
- Monthly newsletter shared to our members to allow them to read all the current stories
- Bulk text- We have created a text system process, where members can get an instant alert, e.g. an bullet point message or a prompt that a bigger communication like an email or newsletter has been delivered to them.
- Our plan for the next 3 years is to build on this foundation and always ensure every member gets all relevant communication delivered on time.
- Club base fully set up and operational.



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Time Trial Series
Junior Squad
Club Races

Please nominate your club person of the year

The club person of the year award recognises a club member who has made a special and significant contribution to the club over the year. The award is presented to the person who has made the most significant contribution to the club over the year.

HOW TO JOIN TRI LAKES

By joining Tri Lakes triathlon club you get the benefit of a team of experienced triathletes and the support of a club of triathletes who are passionate about the sport. You will be able to join the club and get all the support you need to get started. You will also be able to join the club and get all the support you need to get started. You will also be able to join the club and get all the support you need to get started.