



Newsletter December 2008

There's just enough time to squeeze in another newsletter before the year is out and be able to wish everyone a very Merry Christmas and a Happy New Year!

Lets celebrate!

Well done to all the Juniors who took part in races and events in the last few months.



Here's Alice, Zeke and Alex with their trophies for coming in the top 3 in their Tristar age group at Hillingdon. Joe narrowly missed out on a podium place by a few seconds coming 4th in his Tristar age group.

CPT Christmas party & awards night



Phil was awarded the Ridings trophy for his input and dedication to the club both junior & adult sections.

Karen was presented one of Jon's joke awards, a helmet to safe guard her against the hazards of training.



Congratulations!

Cathy Cooke (CPT coach) gave birth to William James. Cathy says both older brother Charlie and William are looking forward to being members of the junior club.



Get together

We hope everyone will be able to come to the Junior Social Event on Saturday 17th January. We plan to go bowling in Lewisham and then on for a pizza and the grand awards ceremony! Details of the event and cost will be emailed shortly.

Training sessions restarting

Our training sessions have now finished until the New Year and start back on Saturday 3rd January.

Cracking swim times

Joe received ASA gold 800m distance awards with a time of 13:13; Alice (7:10) and Zeke (7:42) received ASA bronze 400m distance award.

Free Training Sessions!

From Friday 9th January, for six weeks both the Friday and Saturday training sessions will be free of charge for all juniors. These sessions have been sponsored by the London Winter of Sport program in conjunction with Limelight Project and the London Development Agency.

We would like to encourage new people into sport and to the club and therefore invite everyone to spread the word and bring a friend to these sessions.

Please note all abilities are welcome to the Saturday session, however for the Friday swim session a minimum distance of 25m front crawl is compulsory.

What's coming up?

MINET PARK, CYCLING CIRCUIT, HAYES, WEST LONDON

18th January, 8th February, 8th March, 12th April

The London Region is holding free Junior cycling sessions (you will need a road bike for these sessions) from 12-2pm. Jon will be involved in the coaching with fellow London Region coach Alan Hanley and would like to invite the following CPT members to these sessions; Joe, Alice, Alex, Adam & Zeke.

Praise where it's due ...

Just like to take a few lines to acknowledge the hard work, effort and enthusiasm all the Crystal Palace coaches put into the Junior club, the majority of which is voluntary!

We've seen all the Juniors improve throughout the year in ability, times and confidence and as well as this being dedication (and sweat) on their part the coaches have also played a big part in their success.

So a big **thank you** to Phil, Jon, Audrey, Cathie, Greg, Cathy and Suse from all of us.

All kitted out

Audrey will be ordering junior trisuits in various sizes and these should be available for the start of the 2009 tri-season. We are also investigating Club hoodies for the junior members. More details to follow soon.

New to the CPT committee



A new position of Junior Co-ordinator has been set up within the CPT Committee to liaise with coaches and assist in moving the junior section forward. Greg Lewis, who most of you will have seen coaching (mostly at the Friday swim) will hold this position for the next 12 months.

Getting in touch

Please contact Phil or Jon for any matters regarding coaching of the junior section.

Phil Taylor – mobile 07736246478 – email phil@crystalpalace-tri.co.uk

Jon Horsman – mobile 07916 122898 – email horsman66@googlemail.com

For any other matters connected to the Junior Section please contact Greg Lewis – mobile 07976 182054 email greg.lewis63@tiscali.co.uk

Lastly, if you have any suggestions for future newsletters, or comments on this one please get in touch with Sheila (sheila.horsman@googlemail.com) feedback is always welcome. This newsletter is for you and we really want to make it as useful and relevant as possible. Don't forget to check the Club website regularly and let our [webmaster](#) know if you have any relevant news, results or photographs you would like posted.