

Summer Training

Juniors: Monday night swim 5pm Aquatic Centre is back on and prices have been revised \$5 members and \$15 non members.

All club members:

Tuesday night dam swim 5.30pm

Thursday Brick (run/swim) 5.30pm outside Aquatic Centre \$5 members and \$15 non members

Friday swim 6am Aquatic Centre (outside) \$5 members and \$15 non members.

Technical Officials

Are you or someone you know interested in becoming a technical official? You don't have to have been in triathlon. Is a great way to learn new skills, support community and meet great people. Full training provided. If you're interested please get in touch.



Happy New Year!!! We hope you and your families all had a great festive season and are looking forward to the rest of the tri season.

2022 finished with some great Christmas themed training sessions. Our Juniors chased chocolate in the park and our Thursday night brick session had the inaugural "Amazing Race " seeing some fierce competition, great selfies and lots of laughs. The annual Christmas dam swim and breakfast saw some good numbers and Santa's Elf back in action. Thankyou to everyone involved in organising, cooking or participating. A great last week leading into Christmas.



Races

Greens Beach Triathlon

This weekend. Please contact Will at will.blackaby@trientstas.com if you are going along and can volunteer. The LTC tent will be put on race day for members to use.

Beauty Point Teams

Scheduled for Sunday 8 January has been rescheduled to Sunday 2 April. Mark it in your calendars and start arranging your teams. It's fast, furious and lots of fun. The format is 300m swim / 10km bike and 2.5 run then tag your team mate. Short distances means everyone can have a go.

70.3 Hobart

5 February - Volunteers are still needed. If you are going down and interested in helping contact tasmania@ironman.com

Georgetown Triathlon

Sunday 19 February, Registrations open soon.

Georgetown Aquabike

Sunday 5 March, Registrations opening soon.

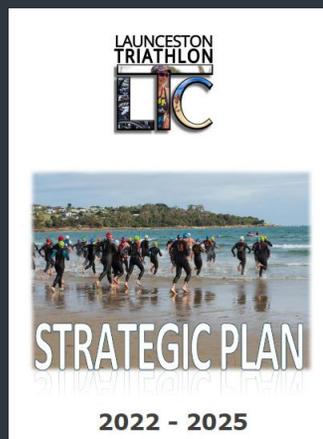
Coles Bay Triathlon

25 March with number capped this year we have secured x 3 long course team entries and x 2 Sprint team entries. If you want one of these place simply [register your team](#) with LTC in the name.

Strategic Plan

Thankyou to everyone who has provided input and Shandell Elmer who did the final edit for us.

This will guide us for the next three years. We look forward to launching the plan at an event soon. If there is something in the plan you are particularly interested in or feel you can help with please let us know.



Introducing our Member Protection Officer

Sarah Springer



Sarah is member of the LTC committee as well as a regular participant in races and training at the club. As a mum of 2 young boys, Sarah is passionate about ensuring a safe and inclusive environment on sport for all abilities and all ages.

As a professional, Sarah works as a project officer at the University of Tasmania and has a background in finance and compliance.

LTC's mission is to grow and promote health and wellbeing through triathlon and multi sports and this is something that Sarah is very passionate about driving this within the club along with the rest of the energetic LTC committee.

The Member Protection Officer role is aligned with Triathlon Australia's Member Protection Policy which is designed to protect the welfare, wellbeing, and health of everyone involved in sport. It provides clear

definitions of abuse, bullying, harassment, sexual misconduct, discrimination, victimisation and vilification in sport, along with information on how to report these behaviours.

The role of the Member Protection Officer is to provide a first point of contact within our club to raise or discuss any matters of concern confidentially and determine appropriate action in accordance with the policy.

Sarah is a warm and approachable person so please feel free to reach out at anytime either at an event or training session or feel free to contact her directly on 0417528120 or scspringer82@gmail.com for any issues or matters you would like to discuss.

Our next Committee meeting is 13 February @ 7.30pm. If you would like to come or raise anything please email ltontriclub@gmail.com. Club kit orders have been delayed due to COVID and should be on their way to your postbox very soon!

