

Newsletter

May'11

25 YEARS OF PASSION TO SHARE

Communicate and share your passion

Triathlon club de Genève.

That is the goal of this newsletter that you have in front of you.

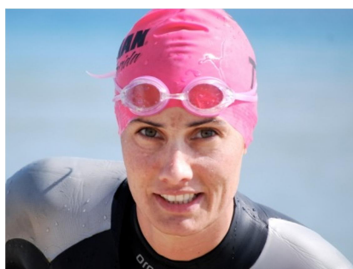
Happy reading!

Edito

Doing triathlons is a passion, a great pastime.

Writing a newsletter could seem to be a large innovation, a large step in communication. In fact, it's a practice that has already been in place in our club since the 90s. This newsletter edition is still an intermediate version in the sense that, when we introduce the new

club website, we will then have a more interactive communication tool available to the club.



Summary

- The Direction technique's section (DT)
- Information
- Small information
- Junior section
- Divers interviews



The Direction Technique's section (DT)

Well, what exactly is the DT? Who is involved? How does it work? What is its objective?

With these few lines in this edition of the newsletter, we hope to be able to communicate to you some practical information in respect of the DT of your club.

The DT is the body responsible for the planning of the training, of the co-ordination of the coaches, and the follow-up of the triathletes.

It manages also the budget and the remuneration of the coaches as well as keeping the various statistics (attendance, race participation etc). The DT is a "task force" in the club.

Since December 2010, Christophe Parent and Eric Dumauthioz are the new technical directors. Christophe is responsible for the technical side and Eric for the administrative side.

The DT, in co-ordination with the coaches, plan the cycles and periods of the

training throughout the year.

Communication and follow-up is done regularly by email.

Each month, a theme (reflection on a specific subject) in relation with the cycle underway is proposed and everyone contributes to its development by proposing specific exercises in order to dynamise and evolve the different training sessions. Everyone therefore profits from the experiences and knowledge of the others, which enriches our knowledge base. It's therefore a team work, formation and questioning ourselves continually.

This definitely, without doubt, enriches the content of the training that we propose. The DT sits on the Committee of the Triathlon Club Genève and is charged with putting in practice the sports strategy defined by the Committee. Its mission is, before everything else, to propose a training schedule attractive to all, and also training sessions

of high quality.

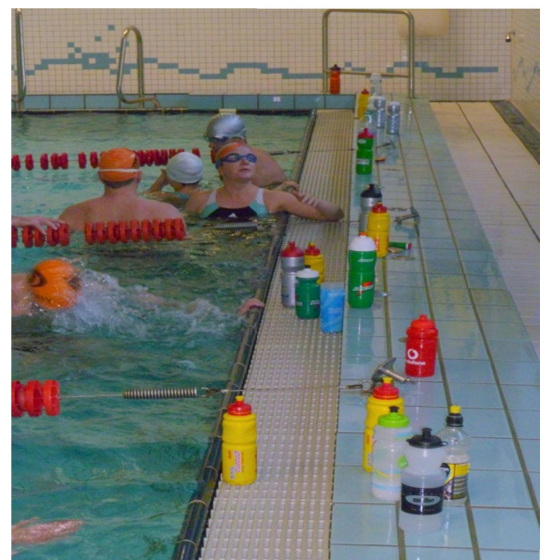
It is also committed to ensuring that all sessions take place in the best conditions possible and that they are covered by a competent, qualified and motivated trainer. The DT is continually looking for innovative and interesting solutions in order to improve what we can offer to the club members.

Do you have any questions? Wishes? Concerns? If so, don't hesitate to talk to us or submit your questions to us by email at coach@trigeneve.ch. Of course, your coaches present at your training sessions are also there to talk to you.

Finally, to finish, the DT would be nothing without your excellent collaboration and the fantastic enthusiasm of the pool of coaches of the club formed of Christophe Kolly, Charly Haymoz, Fabien Gothuey, Florian Milesi, Gabriella Halom, Ophélie Kopp, Olivier Bourlon, Stéphane Grandjean and Romain Monnier for the Junior section, and well as both Christophe and Eric.

To all the members of the Triathlon Club Genève, the DT wishes you an excellent season crowned with much success! Let's hope that 2011 is the year of many records!

Christophe & Eric
DT -Triathlon Club Genève



Medical and paramedical contacts

Following the request of many members, we are putting in place a list of contacts of people able to repair your aches and pains.

This list shall be available on the internet site.

Being in Geneva when you need help to curing problems is actually fortunate given that the choice of solutions is very large. Perhaps there is even too much choice to the extent we can get lost. And to propose one person is very subjective. We don't all like the same human traits. We need of course to be treated quickly in order not to compromise a season which has otherwise started so well.

Over to you to complete with your own contacts. To whom do you like to go? Let us know!

- **Athletica.** Let's put first of all our partner health who propose various different programs and services.

<http://www.athletica.ch/>



- The **Geneva University Hospital (HUG)**, which has the national Swiss Olympic accreditation, has the best all round structure in the region.

- The **Hôpital de la Tour** in Meyrin is the only private hospital to also be recognised by SWISS OLYMPIC

These are the 2 most recognised medical centres at this time.

Also to note:

- The **Beaulieu General Clinic** and it's sports medicine department.

Whilst waiting for the new section on the future website that will have all this information to hand, please find herewith the internet address and a list of other useful addresses:

<http://yellow.local.ch/fr/q/Gen%C3%A8ve/M%C3%A9decine%20du%20sport.html>

SMALL NEWS - SMALL NEWS - SMALL NEWS

❶ 25th Birthday !!!!

Please note already Saturday, the **08 of October 2011!**
We already started organizing a festive evening , with live coverage from this year's Ironman Hawaii
More informations will follow.

❷ Elections

Shortly after being approached by Swiss Triathlon , Eric Monnot was being elected into the Swiss Triathlon main committee, after the general assembly which took place 26 of mars. Congratulations to Eric for his election and good luck with this new challenge.

❸ Competitons calendar 2011

Discover our new internet site, the calendar of triathlon competitions in Switzerland and in France, with links to look at their websites.

Use our forum to find other members who might want to join you for one or the other competition.

Help us by telling us which competition you think is worth doing and should not be missed....

❹ Lost your pool entry card? What to do?

Go to the information desk at the pool and order a new one, don t forget to mention that you re member of Triathlon Club de Genève.

To order a new card will cost you 10 CHF and your former card will be cancelled.

❺ Triathlon International of Geneva (TIG)

We dont think we need to remind you about the strong link between the TIG and our club.

To make sure that the event is going to be a very nice and succesful one, we need your help as a volonteer , so from now on, you ll have the chance to register yourself ,just visit the site of the competition, you ll find all the useful informations you need....:

http://www.tig.ch/fr/benevoles_presentation.php

The “Young” section

Why not get to know the Young section and what it does? Here is an interview with Nicolas Berney, member of the Triathlon Club Genève, born in 1995.

Olivier: Hi Nico. You are one of the oldest persons in the Young section. How many years have you been training with us?

Nicolas: For the last 6 years.

Olivier: You've seen many generations of coaches: Anne Monnot, Cathy Arisch, Jean-Marc, Fabien, plus the current team. What are your impressions of these changes over the years?

Nicolas: At first, it was a

little strange to have all these frequent changes. We didn't really understand why there were these changes, we didn't really know what to think of all the changes. Each time we have a new coach, we asked ourselves what was going on, but finally it all passed well.

Olivier: The current coaching team have been in place for 3-4 years already, does this stability suit you better?

Nicolas: Yes, especially

because now we are a group with more younger members and we are now a stable group which in turn gives us more motivation to come to training than before. Beforehand it was a little strange because we were so few people that at some training, we were only 2 running. At those moments, I must admit that I thought of stopping triathlons but it was just a little afterwards that a good group began to form and in turn it became fun.

Olivier: It's been a good few months now since the Young section has some really good triathletes in running as well as swimming. Is that a good source of motivation for you? Does it push you further?

Nicolas: Yes. There are some triathletes who are stronger than me, it's great because I try to keep up with them. That pushes me forward!

Olivier: How are you able to manage your studies, sport, friends and girlfriends, family...

Nicolas: Up until now it's been possible, I try to work hard and see my friends at the weekend, and it's this way that I can manage school and sport together. Sometimes I'm short of time, for example this evening I have to do some homework for tomorrow and therefore I cannot go to swim

training. Nevertheless, this is rare, I can normally avoid these situations.

Olivier: How do you judge the planning of the various training sessions proposed by the club? Are they sufficient, is there too much, do the timings suit you?

Nicolas: In general, I find that they are well planned. In terms of timing, I manage to organise myself, I have time to get home from school and then go to training.

Olivier: At the start of a new season, do you have any particular objectives, for example a rank in the Youth League or just to compete for fun?

Nicolas: I'm not as focussed on competitions for the moment as I was before. I said to myself that this year I'd prefer to run for pleasure, I'll do some races and if I manage to do some good times, even better! I think that I'll do three or four, the most important ones where there are most people, but without any specific objective of getting a ranking in the Youth League. And why not some smaller races around Geneva in order to start the season gently.

Olivier: What is your favourite discipline?

Nicolas: Running!



Olivier: And is it there that you get your best results in triathlons?

Nicolas: Yes, exactly.

Olivier: You prefer running, therefore you train more in this discipline, and therefore you get better results?

Nicolas: Yes, swimming is the one I like the least, so I try to go to the running sessions more regularly than the swimming ones.

Olivier: You hurt yourself last year in the shoulder, did you manage to recover completely?

Nicolas: I injured myself doing barefoot (waterski with bare feet) in the middle of last year and I missed the courses in the month of August. It still hurts a little when I swim, but it's ok.

Olivier: This winter, we haven't done much snow activities because of the conditions. On the flip side, you did an initiation in indoor cycling a 2 weeks ago, did you enjoy that?

Nicolas: It was a shame that the winter activities weren't possible because those events were really good the year before. We'll see next year.

Nevertheless, this allowed me to discover indoor track cycling and I've been back since. With our group we said that we'd go back regularly on Wednesdays, the instructors at the Vel d'hiv told us we were welcome!

Olivier: We'll organise a orientation event in May. Are you excited about discovering this new activity?

Nicolas: Yes, why not? I'm open to everything. I've never done it but it'll be great to try it.

Olivier: And concerning school, what year are you in?

Nicolas: I'm in 1st year at College, in Calvin. Everything is going well for the moment. I like the science courses but I don't have too much of an idea what I want to do later. For now, my goal is to pass the maturity, then we'll see.

Olivier: Thanks Nico and good luck for the season

How to contact us?

Dont hesitate to share your ideas, critics, suggestions with us, so that we can we ll try our best to fulfil v so that well comments

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trigeneve.ch

SMALL NEWS - SMALL NEWS - SMALL NEWS - (2)

⑥ White wine and Cheese tasting

On the occasion of the 25 th anniversary of the Triathlon Club, round about 15 members took part in this first non sport event : a white wine and cheese tasting which was very festive and funny.

For those who wish, all the wines tasted that evening, can be ordered, please contact Anne or Christophe



7 Zerod

Saturday, 09th April, we distributed the new competition outfits from Zerod to those members who had ordered them previously. The suit, singlet and short will shortly be on stock at Cycle Performance (2bis Rue Louis de Montfalcon, 1227 Carouge).

Another week before we tried several different types of wetsuits in the pool at Lignon.

Around about 15 members of the club that were present, were able to test wetsuits from Vanguard and Atlante, wetsuits that were brought specially for the occasion from Montpellier by Zerod.

Cycle Performance will be the representative for the Geneva area and we remind you that you will profit off a 15% reduction as a member of the Triathlon Club Genève.



8 New sponsors :

The committee of the Triathlon club Genève is happy to announce several new sponsoring partners for the next three years



Help-for-Hope

Help-for-Hope is a humanitarian foundation that tries to offer to privileged youngsters a way to take part in creating a better future.

SRET Sàrl SRET sàrl ,

Network solution and telecommunications, very important company specialized in the installation of optical fibres all over the Geneva canton.



COLAS

The Colas Group Switzerland, operates in both road construction and civil engineering, production aggregates and bituminous products, as well as road engineering, sales materials and technology related to construction in general. and the particular route

Avec le soutien de



SRET sàrl



Partenaires offrant des rabais aux membres du Triathlon Club Genève



Interview of the month

To get better know to the people who form our club, we decided to have a short monthly interview. So, for the first one, we chose our president



ID CARD

Name: Mauris

Firstname: Stéfane

Age: l'âge du capitaine

ou
$$I(x) = \int_{0.2}^{\pi} \ln(x^2 - 2x \cos(\theta) + 1) d\theta$$

Member since : 1996

A sport ?

Do I have to answer ? ☺ Skiing

A flower / a plant / an object / an animal?

A flower : a daisy

An animal : a raptor in the Alpes

Of course, I like my country but for cities... I don't like cities

A recip / a meal / a drink?

A Powerbar

A vervein

Amélie Poulain for all 3 categories

A film / an actor-actress / a music

A novel / a book / a comic

That depends a lot of the mood I'm in but you can say :
'Veronika decide de mourir' (P. Coehlo) ou 'Ensemble c'est tout' (A. Gavalda)

What would you take with you in a deserted island?

The manuel of the Castors juniors

The most important thing in your life

Pfiouuuuu, what a challenging question ,let say : family ,loyalty, coherence between your thoughts and ations (difficult, difficult), but there are so many other things..

What annoys you the most? Any phobias

People who profit of others and the lack of ponctuality ☺

Your bad habits ?

There are many....let say a bit chaotic, a bit.. "procrastinateur » and the TV is always running (arghhh)

What make you feel sad?

The irresponsible and disrespectful behaviour of mankind towards our planete Earth and the future generations.

What make you angry?

Le comportement irrespectueux et irresponsable des Hommes vis-à-vis de la planète Terre et des générations futures

If you were elected president of your country, which law would you enact first?

I'd urge and encourage countries to use renewable energies and sustainable development