

TRI AND YOU'LL SUCCEED

The triathlon is the fastest-growing athletic sport in the UK and Cleveland Triathlon Club focuses on giving children the chance to take part in this thrilling mix of cycling, swimming and running



At some sports clubs, junior sections can seem like a bit of an afterthought, with the primary focus on adult athletes and the elite competitors.

That's certainly not the case at Cleveland Triathlon Club, where the youngsters and their families are seen as the future of the club.

Junior coach Sandra Main says: "Some clubs are interested totally in racing for adults, but we're very much a family club, trying to get kids involved from a young age."

"We're the oldest club in the area and the original members are all getting older. So it's great to have new blood coming through, not just the juniors, but also some of their parents who may come and volunteer as marshals or first aiders. Some of them have also become coaches."

"That's the lifeblood of the club, that's the way forward."

VOLUNTEERS

As part of our brilliant Grow Your Champions campaign, in association with the official supermarket partner of Team GB, Aldi, we are focusing on junior sports clubs in your area. We will be highlighting how dedicated coaches and volunteers are nurturing our next generation of sporting heroes.

We will also be asking their

advice on how to get your children into sport and an active lifestyle, even if they may not be a future gold medallist.

Triathlon is a combination of swimming, cycling and running, and the Cleveland Triathlon Club's juniors swim up to twice a week and take part in club cycling and running sessions twice a month.

Sandra says the focus is very much on enjoyment and healthy living.

"I always work hard on keeping the juniors interested so they keep coming and we have new blood coming into the club. I've always tried to make it as much fun as possible."

"We want them to enjoy it, and come back. It's enjoyment first, and a healthy lifestyle, too."

"It's really important to have something like this – there is a problem with children not being active enough and being overweight." Cleveland Triathlon Club's juniors can start competing from the age of eight, and take part

in races all over the country. If any show the potential to become future stars of the sport, there is a pathway for them to go from regional races to national championships and elite levels of competition.

Sandra, who is a BTF Level One coach with 30 years of triathlon experience, says: "Each region has a grand prix and the winners in each age group are regional champions."

"If we have any real stars, or spot kids with a special talent, we send them along to the regional academy where the elite coaches take over."

"The academy picks out the best juniors in the region, so if you can get into the academy you're classed as junior elite, and they pick a team for the nationals from different clubs."

PATHWAY

"So that means there's that pathway for them if they want to progress in the sport."

"We get juniors going through to European competitions. My granddaughter wants to do that but she can't this year as you have to be 17."

This summer, youngsters at the club will be inspired by the action from the Olympic Games in Rio, where Team GB are in partnership with Aldi. And if Team GB's Brownlee brothers repeat their gold and bronze medal success from London 2012, there is sure to be a flood of children keen to try triathlon, which is already Britain's fastest-growing sport.

Sandra says: "The Brownlees are brilliant. It went bananas last time. We got a massive influx and I assume that will happen again."



Cleveland triathletes

It's essential kids enjoy sport

- Don't push kids too hard. They need to have fun.
- You and your child need a certain level of commitment.
- Don't spend a fortune on equipment while they are growing. We loan out gear.
- They don't have to excel in all three disciplines.
- Don't expect them to become a triathlete overnight.

Sandra Main, coach, Cleveland Triathlon Club



Salmon Zucchini

Here's a very tasty and healthy meal that's packed full of vitamins and essential Omega-3 oils – perfect for building up budding gymnasts, and their families too!

Serves: 4 people
Prep time: 10 minutes
Cook time: 20 minutes

YOUR ALDI SHOPPING LIST

2 x 240g Packs Salmon Fillets
1 Courgette
30g Salted Butter
60g Petits Pois
150ml Single Cream
Juice and Grated Rind from Half a Lemon, use the other half for garnish.
A Little Sea Salt and White Pepper

METHOD

1 Pre-heat the oven to 200°C/400°F/Gas Mark 6.
2 Peel lengthways ribbons off the courgette.
3 Wrap the courgette

ribbons around the salmon fillets, making sure the ends are underneath, then put the salmon into a baking dish.

4 Chop any remaining courgette up finely and put into a small saucepan.

5 Dot the salmon with the butter.

6 Bake in the oven for 15 minutes.

7 Pour off any cooking juices and put them in the saucepan with the chopped courgette.

8 Pour in the cream, lemon juice and rind, add the frozen peas and gently heat until slightly thickened.

9 Season with some salt and pepper, pour over the salmon and serve garnished with the lemon.



This week's fresh offers...



Baby Corn
49p 135g



Chantenay Carrots
49p 500g



Limes
49p 5 pack



Mangetout
49p 155g



White Mushrooms
49p 380g



Baby Plum Tomatoes
39p 275g



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