



**COACH NAME**

Debbie Edginton

**TYPE OF ACTIVITY**

Triathlon

**LOCATION**

Keswick

**COACHING DETAILS**

Coach for junior ( age 7 to 14 yrs)  
and adult ( 14yrs plus) triathletes  
at Keswick Tri Club in Keswick.

*"Have self-belief -  
be confident in  
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athletes.  
To be impactful as  
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## #PassOnYourPassion

**How long have you been coaching?**

I started coaching through informal swim technique training 3 years ago with the open water swimmers I trained with. I used to teach swimming when I was a student in Birmingham, and when I lived in Australia for a year in my 20's.

**How did you get into coaching?**

In 2015, I helped set up Keswick Tri club with a few likeminded athletes. This was for adults initially. In 2015, I realised that there was no provision for juniors in Keswick to develop swim technique or



Open water swimming - Derwentwater

*Be part of it!*

swim endurance, so I arranged for 7 Keswick Tri Club members to take the level 1 Tri coaching course with British Triathlon - this included myself and 4 other female coaches, and 2 male coaches. In April 2016, we qualified. We set up a trial taster session for juniors, 26 turned up to the first one!

We now have 45 junior members plus 8 on the waiting list. We alternate swim and bike/ run sessions over the winter months. And during summer



Weekend bike session

months we train in Derwentwater - open water swim training. We continue to provide swim training for adults too which is pool based in winter, open water in summer. Plus I lead a bike session at the weekend, mainly a social ride, but we do efforts, Time trials, hill reps within the ride too.

All these Club training sessions couldn't happen without the fantastic voluntary support of the club coaches. They give up their free time each week to coach and motivate junior triathletes to learn new

skills, push themselves to improve their fitness and have fun at the same time. Keswick Tri Club coaches are amazing!

### What do you enjoy most about coaching?

Seeing the energy and enthusiasm club members have for training and competing in triathlon. We have lots of fun and when an athlete masters a new skill, you see their confidence grow and develop and they know they can do it / they want more. Since the club started I have coordinated fun informal GOTRI Triathlon / Aquathon / Duathlon events ( 4 per year), although this year I aim for to organise 6 GOTRI's. These events provide the opportunity for club members and non-members to practice their Tri skills in a local event. This year club members are competing for points in the Keswick Tri Club championship league.



Television fame for tri club

*Be part of it!*

### **Why are you passionate about Coaching?**

Personally I am passionate about triathlon, and as a club based in a rural community surrounded by lakes and fells - perfect triathlon training territory. To have a local club creating opportunities for athletes of all ability, ages and backgrounds to train and compete together is what drives me to be the best coach I can be within a friendly club.

### **Do you have any tips that would help the next generation of female coaches?**

Have self-belief and be confident in what you can achieve with your athletes. There are a plethora of resources available to help develop your knowledge, but I believe to be positively impactful as a coach you need to know how to communicate effectively with your athletes. They need to understand what you are instructing them to do and why it will make them better at that skill/ improve fitness etc. And most of all have fun!

*Be part of it!*