



Geelong Camp Sept/Oct 2014

Congratulations to all members who participated in the Geelong Camp, this was our second camp for the year and the weather was very kind to us this time. Holding the camp at Geelong Grammar gives us amazing facilities and quality food for hungry training athletes. (This is very important for them to get through a heavy training schedule)



We had 25 athletes attend, 4 being from the Triathlon Tasmania Development Program along with five coaches, Dave Huggett, Sue Sharples, Neil Brewster, Richie Stewart and Brian Vernon and 2 special guest speakers, Ryan Mannix and Bo Chudoshnik. Ryan took a session on running as well as giving the athletes a great insight into elite racing and Bo gave them a session on self-massage, stretching, recovery and injury management.



It is fantastic for all the athletes to be able to include our Tasmanian partners in our camps, it gives them an opportunity they can't get and our team the opportunity to be hosts as well as build a greater relationship for future racing.



We would also like to thank our sponsors for their support on this camp: Aquashop, CBD cycles, Features, Aquaforce, Scody, TCP, Physiohealth and Active Feet.