

Development Coaching Course – Hong Kong 2013

Triathlon Victoria held its first ever Development Coaching Course in Hong Kong! The course was planned and prepared by or coaching facilitator Mr Ryan Mannix. We would like to thank Ryan for the time and effort he put into making this event a huge success. A big thank you too to Andrew of 26 Coaching.

In his own words:

Just touching base and letting everyone know what a fantastic success our Development Coaching Course was in Hong Kong! We had 10 participants, 3 guest speakers, great weather and a fantastic venue.

Of the 10 candidates, 2 were Australian, 3 English, 1 South African, 1 Scottish and 3 local coaches. Not only did we receive wonderful feedback regarding the professionalism and manner in which the course was conducted but also the amount of knowledge and hands on learning that was taken away.

I was amazed at how the sport of Triathlon in Hong Kong has exploded! I attended multiple training sessions held by 26 coaching, where there were over 30 athletes. The amount of juniors coming through was also outstanding. I was also amazed at the number of races available and the beautiful training surrounds. From hilly rides, warm bay swims and lush trail runs, Hong Kong surely has much to offer the budding triathlete. Therefore with more coaches in the mix and our level of education, it can't but help be a recipe for success!

The weekend itself was conducted to educate coaches on proper swim, bike, run and transition coaching. We also provided education on writing programs and nutrition for Triathlon. There was plenty of group interaction and everyone fed off each other which was a huge plus for adult learning. We also had two guest speakers come in and address the group. Kevin Moore gave an interesting talk on injury prevention for triathletes and Lawrence Fanous a professional triathlete talked training, recovery and pre-race ideas. Both were very instrumental in providing terrific knowledge and ideas for our coaching candidates.

Sunday also saw the candidates participate in a formal practical assessment. We were privileged to have a real life scenario, whereby the coaches were paired up and each took a small group of juniors' through a warm up before an open water swim race at Repulse Bay. This worked extremely well and gave everyone some hands on practise in coaching which was not only a success but also beneficial for the juniors involved.

Overall, Triathlon Victoria's visit to Hong Kong to conduct a Triathlon Australia Coaching course: an accreditation that is well received and recognised in most countries was a huge success. Not only has it sparked more interest but also given us a great platform for sharing and collaboration with another great up and coming nation and number of coaches.

Ryan Mannix

