



TVDP Training Camp Ballarat September 2011

A week or two has passed since the Ballarat TVDP Camp and the dust has settled on what has been described as the best camp ever with the greatest turnout and support from athletes and coaches. The athletes had a busy schedule each day comprising of run, swim and bike sessions followed by lectures over dinner.

The local paper came to report on our presence in Ballarat along with WIN News who ran a nice report that night on TV. Interviews were conducted with selected athletes and Dual Olympian and 3Time World Champion **Peter Robertson** who was at the camp assisting in coaching activities. We also had **Steve Moneghetti** take the athletes on a fast loop of Lake Wendouree which they really enjoyed and **Jay** a pro-cyclist from Ballarat take us up Mt Buninyong.

To see the news article: <http://www.thecourier.com.au/news/local/sport/general/victorias-top-junior-triathletes-in-ballarat/2305858.aspx>

TVDP coaches supported the camp by giving up their time to participate. A very big thank you to:

Dave Huggett, Neil Brewster, Eric Hanssen, Richard Stewart, Brian Vernon & Peter Robertson.

Guest Lecturers consisted of:

Chris Brown - Lecturer, School of Health Sciences - University of Ballarat, Michael Peirce - Lake Health Group, Duncan Inkster - Pure Sport hydration & Peter Robertson, three time World Champion

The lectures provided the athletes with an insight to the different areas of their sport and training and gave them the opportunity to ask questions. They are so aware now of the needs in competing and recovery.

Special thanks to those that supported this TriVic initiative.

Sue Huggett (planning all the meals, accommodation

and heaps of running around)

Pure Sport

Ballarat Regional Tourism

City of Ballarat

Ventou

Red Lion Hotel Main Rd Ballarat

Frame 11 Photography

Golden Nugget Bakery

University of Ballarat



Athlete quotes

I would just like to say that it was an amazing experience and I cannot thank you enough for the opportunity. It was fantastic that the coaches were able to help me so much with my swim technique and I am instantly seeing how much easier it is to swim fast with good technique! It was really great to meet all the other boys and girls and they were very welcoming, it truly was a fantastic camp.



*First and foremost, I thoroughly enjoyed the camp and thought it was a very valuable tool for my training.
1) I thought Ballarat was an ideal location for the camp as the surrounding areas were great for training and we were supported so well by the community
2) I thought the advice we received from mentors and guest speakers was invaluable and I have already started implementing this into my training.
3) I think the size of the group is ideal as it is easy to get to know most people and challenge yourself against your fellow competitors.
I also thought the block of training we got was extremely worthwhile and after doing some trials upon returning I have also seen significant improvement.*

He was really thrilled with how great the camp was and how much he enjoyed the training and of course social side of things. He also said the food was fantastic!

As a parent I can only say a big thank you to you both for all the time and effort that has gone into preparing and organising everything and obviously a job very well done based on the enthusiastic response I got from my son.

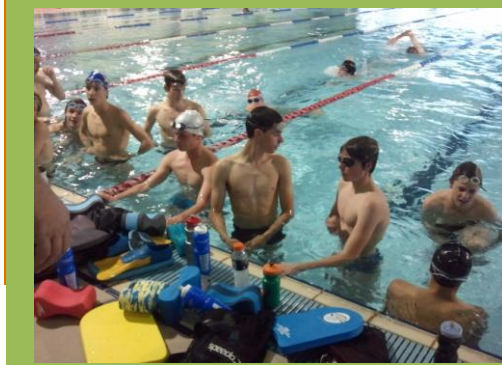
It is really pleasing to see some real positive progress in Junior development in Victoria and training camps are a great way for the team to build and grow.

Once again congratulation on a first class camp.

*First of all I would like to thank you for putting on such a good camp, overall I think it worked really well. The 3 things I thought were really good were
1. cabins
2. food (especially dinner)
3. the facilities and places that we went too such as the hill loop and the lake loop.*

*Overall I think it was a great success
It helped me realise where I am in the field of racing and what aspects I need to improve to be up there and have a good crack at the National series this year.
Thanks Dave for the great experience I really appreciate it*

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From the Coaches

"I had a fantastic time on the camp. The athletes were great to work with, really well behaved and some great talent too. It was great for my development too as a coach."

"Suffice to say there were some tired athletes and coaches by week's end."



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Another positive quote

"I just wanted to let you know that I really enjoyed the Camp. I found Peter Robertson fantastic and learnt heaps from him, particularly the way I approach my training and the importance of recovery. All the coaches gave lots of information which I found beneficial.

If there was any negatives it would only be that the lectures given were hard to listen to as we were distracted by dinner. I would have liked to have them given at a separate time.

Thanks once again to you and Sue and all the other coaches for a great week!"



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The Coaches in action on the Camp!

Instruction, advise, pointers, laughter, food and tour guide, their skills are many.

