



TVDP Camp 1 Geelong 2015

33 Athletes, 12 Coaches and presenters

This has to be one of our biggest camps if not the biggest ever.

We were fortunate to have perfect weather, it rained when we were either in the pool or at lunch.

The program consisted of bike evaluation skills and both running and swimming technique.

Base training and volume build were the main focus of this camp.



There was plenty of food to keep the hungry athletes and coaches fueled, usually 3 courses and the options to go back for more. (Many times over for some!)



At this camp we also did some mountain biking at the YouYangs followed by a trail run. This is the first time we have used the venue and were really happy with what opportunities we had there.





We were also able to use our road bikes in the same area, working on hill climbing and descending skills.



Thanks to our Coaches, Dave Huggett, Neil Brewster, Richie Stewart, Sue Sharples and Vlad Stanisavljevic. Our guest coaches Emma Carney, Zac Anderson and Damian Harrison, our training coaches Steph Demestichas and Jessica Marshall. Also we were lucky to have Bo Chudosnik from Fitnessworks present an interactive stretching session and Andy McGee from Physiohealth assessing all the athletes and giving them drills they could do to support their body.

