

2015 TVDP Camp 2 – Geelong Grammar School

We had 21 athletes and 9 coaches over the week at camp. It was an intense & specific race training camp unlike our last camp which was base building. Athletes had up to 4 training sessions per day starting as early as 5.30am.

A mixture of U23 athletes, program athletes staying for the whole time, some for a few days and one visiting for a day. (He was injured doing modified training but still wanting to be part of the program activities)

The nine coaches were spread out over the week too, some for a couple of days and others for the whole time.

A lot of the sessions were ran by Development Coaches under the guidance of the Performance Coaches. It was fantastic for the athletes as there was nearly one coach for every 4 athletes. Some really specific training for both athletes and coaches.

We held 4 presentations:

Fraser from MESH <http://www.meshhypno.com/home>

Bo from Fitness Works – Strength & Massage

Vlad – Performance Coach – Core

Zac – Development Coach & SSV – Stretching

We kept the families involved via Facebook posts so they knew the sort of training we were doing as well as the fun activities. We always get a big thank you for these posts.

And best of all the food was fantastic. (As always) Really can one stomach really hold that much food!!

Sue Sharples & Dave Huggett

Triathlon Victoria Development Program.



2015 TVDP Camp 2 – Geelong Grammar School

