



Congratulations to all the athletes and coaches who attended our Triathlon Victoria Development Camp last week.

With 22 athletes, 7 coaches and 3 speakers we had a very busy week concentrating on race specific skills.

With at least 3 sessions a day as well as other preparation there wasn't much down time, although we did fit in a bit of dancing!

It was really exciting to see the quality of sessions and how the athletes adapted to them, especially the open water session.



Thank you to our coaches and speakers

- Dave Huggett, Neil Brewster, Kyle Burns, Sarah Grove, Deiter McDonald, Zac Anderson, Damien Harrison
- Bo – Fitness works
- Fraser Carson - Mental toughness (MESH hypno)

