



## TV/TAS Development Program Camp at Geelong! Oct 2013

We, Triathlon Victoria Development Program have just arrived back from their longest camp with the largest numbers since starting many years ago. We also invited the Tasmanian Development Program too.

41 athletes, 8 coaches, 2 physios, education specialists and our sponsors all ventured to the Geelong Grammar School in Corio, near Geelong. TV/TAS athletes and coaches were there for 6 days and our other guests popped in for a day or two here and there.

With such beautiful surrounds, fantastic sport facilities and great coaches the high level Victorians and Tasmanians were able to really work hard in all areas.

The major focus was on performance specific skills for all 3 disciplines and a strong emphasis was put on recovery procedures.

Educational activities from putting on wet suits to breathing techniques and Yoga were presented in the evenings. We even attended a disco put on by textile students at the campus!

Visits from our sponsors Aqua Shop Melbourne and Skechers were really appreciated as were contributions from Scody and Dextro. We really appreciate your help and interest in our program.



To have a look at the program in action please follow the links:

Slideshow: <http://www.youtube.com/watch?v=ICNqrxOTX8>

Rain did not stop us: <http://youtu.be/WQ4k3xIs9tQ>



A few sessions were taken indoors as we had two days of horrific winds and a fair amount of rain but we managed to get some finer weather for our ride to Torquay on the Friday.

A big hit with the athletes and the coaches were the meals provided by the venue. They were planned around the amount of activity the athletes would be doing and there was heaps of it.

A very big thank you has to go to Dave and Sue Huggett for all their planning and preparation, this event would not have happened without them also to all the other coaches and education specialists. Thank you for your time, Triathlon Victoria really appreciates your efforts.

### Comments for Coaches and Athletes

Dear Dave, Sue, and all the TVDP coaches, I would just like to say a huge thank you for the opportunity to be a part of a TVDP camp. Although I had to leave early, those four days were undoubtedly one of the most eye opening, and enjoyable experiences I have ever had, and taught me so much about the sport I am passionate about.

I am so grateful for every bit of help and advice given to me by each and every coach. All the best to the team for the upcoming season!

I liked the joined effort and teamwork of all the Coaches, Thanks and well done to everyone!

I was very happy with the facility.

That was the biggest and the best TVDP Camp so far in Victoria. As a coach, I enjoyed every single moment, sharing experience and knowledge with other coaches and talking to kids.

GGs great place to hold a training camp

### And from the parents:

Just a quick note to say a big thanks you for the recent TVDP camp you organised.

I know it's a lot of work to arrange but I can say Lachie came back saying it was a terrific camp and he thoroughly enjoyed the mix of coaches and sessions you arranged. He also said the location of the camp was terrific (even though he didn't have his fishing rod!) and the accommodation and meals at Geelong grammar were great. So a big tick of approval on an excellent run camp!

I just wanted to say a big thank-you to you and the other coaches and support staff (including caterers - Hamish thought the food was great!) at the recent camp at Geelong Grammar.

Hamish had a fantastic time - said he learnt heaps and it was the best camp of any kind that he had ever been on....pretty strong praise from a 13 year old I think.

Once again, thank-you everything seemed to have been organised very very well particularly with difficult weather conditions at the start. A professionally run camp...



# TWDP

TRIATHLON VICTORIA DEVELOPMENT PROGRAM





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