

Triathlon Victoria Development Program – Mt Eliza Camp Jan 2018

Twenty TVDP athletes took part in a 3-day camp at Toorak College, Mt Eliza to sharpen skills after the Christmas break and leading into their racing for 2018.

Along with eight coaches they were mentored by elite triathletes in Marcel Walkington and Tasym Mona-Vale and U23 elite cyclist Kerry Jonker as well as state performance coach Danielle Stefano who gave insight into preparation and execution of racing under extreme pressure. The weather was very close to what we are expecting when racing in Glenelg so a quality rehearsal for all that attended.

The TVDP group is growing as a whole, we have several juniors that are growing in belief and experience. To see them grow in confidence is great and will show in racing shortly.

A training day was held on the Wednesday for our new Associate group, we had seven attend. They thoroughly enjoyed being part of the elite pathway and got so much from participating.

We thank the coaches for giving up their time so freely and encouraging our athletes in all their endeavours.

We were also lucky enough to have a 'strength and conditioning' presentation from Polly and 'Fulgaz' from Mike. Both these presentations were very valuable for both athletes and coaches. Thank you for your time.

The squad have a busy schedule going forward with ITU, schools and domestic racing between now and April. We wish them all well and look forward to seeing some great results and personal bests.

