



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

With 41 athletes, 13 coaches and 6 speakers we had a very busy week.

The ages ranged from 13 to 19. With at least 3 sessions a day as well as other preparation there wasn't much down time.

All the athletes are trying out for a spot in our Triathlon Victoria Development Program. We have a big task ahead of ourselves to pick a team as everybody put in 100%. It is really exciting to see the quality of athletes coming through the system this season.



Thank you to our speakers and sponsors

- Jonathan Cantwell - Swift Carbon
- Bo – Fitness works
- Clinton Hill – On running
- Zac Anderson – Strength and conditioning
- Katee Pedicini - Holistic Endurance
- Fraser Carson - Mental toughness (MESH hypno)
- Simon Hearn & Hannah Blanchett - PhysioHealth

