
Athletes Travel Distances to Join in the First Carina Leagues Triathlon Club Junior Skills Camp

Junior athletes and their parents put their Queensland flood troubles behind them to travel from Goondiwindi and Nanango to be involved in the first Carina Leagues Triathlon Skills Camp at the Clem Jones Centre in January.

Goondiwindi 10 year old Lachlan Cover and Mikeely Roberts, 16, from Nanango, trained with 35 other athletes at the skills camp held at the Clem Jones Centre, Carina, from Wednesday 19th January until Friday 21st January.

Head Coach Warwick Dalziel said he was very pleased Lachlan and Mikeely were able to attend in view of the distances they had to travel and the circumstances surrounding their rain affected communities.

“Certainly Lachlan and Mikeely seemed to enjoy themselves and learn quite a bit, as did the other junior athletes who were at the camp,” Warwick said.

“The Carina Leagues Triathlon Club has been so encouraged by the response from parents and junior athletes that we are investigating the possibility of holding another event in September and also making the January coaching sessions an annual occurrence.”

Warwick said he and other coaches, Jaimie Trotter and Jess Smith, focused on improving bike skills in the morning sessions, swimming during the middle of the day, and, running drills in the afternoon periods.

Warwick said the instructional sessions were mixed up with a few fun games at times to make the whole experience an enjoyable experience.

“The camp also a bike maintenance seminar from Matt Hopper of Avanti Plus, so participants learnt how to care for their bikes.

“Matt Ahlberg from Mental Notes Consulting held two sports psychology workshops, providing advice on the mental approach to racing and training, plus plenty of discussion and helpful hints to assist in race performances.

“The camp finished with a BBQ and Youth Olympic silver medallist Ellie Salhouse presenting sponsorship gift packs to all participants who ranged in age from ten to 16 years.

“The three days were sponsored by Avanti Plus, Active Stride, Mental Notes Consulting, VICI, the Clem Jones Centre and the Carina Leagues Club.

“Our sponsors provided very valuable support and allowed the Carina Leagues Triathlon Club to keep the costs quite low for attendees.

“We would like to thank them very much for their generous assistance.

“The Tri Club is planning another camp for the September School Holidays now and we would like to invite anybody who is interested to get on our mailing list at triathloncamp@hotmail.com for future updates,” Warwick said.

ENDS

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