



Local Athlete Luke Willian Wins Place Queensland Schools' Triathlon Team

Carina Leagues Triathlon Club Member Luke Willian, 14, has qualified for the Queensland Secondary Schools' Triathlon Team for the second year in a row after competing in the State Championships at Suttons Beach, Redcliffe, recently.

Luke came a very creditable second in the U/16 Division and he is a member of the Carina Tri Club's well-regarded Junior Development Program.

"While we have national and international triathletes training at the centre, we are also very conscious of the late Dr Clem Jones' wishes to provide sporting and recreation facilities for young people," Head Coach, Warwick Dalziel, said.

"Luke has been part of our program for a number of years and it is great that he is now reaping the benefits of our individualized training regimes held at the Clem Jones Centre, Carina.

"He began only 4 years ago as a shy 11 year old and already he is achieving some outstanding junior results," Dalziel said.

Luke will now represent Queensland in the prestigious National Championships in late March.

"We are very happy our increased representation from under 14 to Open categories at this year's State Championships was due to new athletes coming through our junior programs," Dalziel said.

"This is our third season for the 9 to 13 year old Junior Beginner Triathlon Program run under our very capable junior coaches," Dalziel said.

"People who may be considering giving triathlon a go are still welcome to join these programs for the last month of the season.

"We are excited that we have expanded our programs for juniors with two Triathlon Skills' Camps this September.

"There are two camps – one for two days on 22nd and 23rd September for 8 to 12 year olds - and one for three days from 28th till 30th September for 13 to 17 year olds.

"Each camp has expert coaching in swimming, cycling, running and transition; unique bike skills sessions; a bike maintenance seminar; a sport psychology workshop; and, a race preparation seminar, with morning tea and lunch thrown in daily.

"People can register interest in these camps via email at triathloncamp@hotmail.com

"All of our programs at the club focus on teaching fundamental skills, with an emphasis on participation, enjoyment and fitness.



“We have a dedicated child protection policy and we are committed to the safety and well-being of all young athletes.”

The Carina Leagues Triathlon Club website at www.carinaleaguestriathlonclub.com has a wealth of information about all activities and programs.

Dalziel said the Junior Development Squad for 13 to 18 year olds will commence on Tuesday 3rd May 2011.

The Junior Beginner Triathlon Program for 9 to 13 year olds begins on Monday 5th September 2011.

ENDS

7 March 2011

For more information please contact Warwick Dalziel on 041 161 5474 or Assistant Coach Jaimie Trotter on 0421 557 743