



## Popular Tri Skills Camps in September 2011 School Holidays

The Carina Leagues Triathlon Club has decided to host not one, but two junior camps in the next September school holidays following very positive feedback and much excitement from their first ever junior triathlon skills camp held in January this year.

The first camp will be a two day adventure for kids aged 8 to 12 years on the 22<sup>nd</sup> and 23<sup>rd</sup> of September and the second program for kids aged 12 to 16 years will run for three days from the 28<sup>th</sup> to 30<sup>th</sup> of September. Both camps will be held at the club's headquarters at the Clem Jones Centre, Zahel Street, Carina.

"The Carina Leagues Triathlon Club, recently named Triathlon Queensland Club of the Year, is also home to the Junior Coach of the Year, Warwick Dalziel," Jaimie Trotter, the club's Assistant Coach said.

"The camps will be directed by Warwick and run by me and Jess Smith, a Level One Coach with 3 years experience.

"Warwick is a Level Three Coach with 14 years experience and I am a Level Two Coach with 5 years experience, so all participants in the programs will be getting very good instruction and value for money."

Jaimie said both camps will run from 9am to 3pm each day using the outstanding facilities of the Clem Jones Centre.

"The camps are designed to introduce junior athletes to a flourishing sport, while teaching fundamental triathlon skills in a fun, safe and unique environment."

They include: valuable coaching in swimming, cycling, running and transition; unique bike skills sessions; a bike maintenance seminar, discussions on both race preparation and hydration, and a special sport psychology workshop for those people in Camp Two.

Morning tea and lunch will be provided each day and elite triathletes will make a presentation on the last day of the course. The cost includes a special triathlon gift pack valued at over \$50.

Jaimie said the Carina Leagues Triathlon Club coaching group had successfully coached National and State Triathlon Champions, as well as many international athletes since 2002. Apart from Triathlon Australia accreditation, all club coaches have first aid training and Positive Blue Card Notices.

Jaimie said the all inclusive cost of Camp One is \$120 per child and the cost for Camp Two is \$180. A discount of \$25 is offered to subsequent children in the family. A 50% non-refundable deposit is due by Friday, 12th August 2011 to secure a place in the programs. The full amount is to be paid by Thursday 15<sup>th</sup> September 2011 – one week prior to the first camp.

For more information on what the camps offer, or to book and pay contact Jaimie Trotter 0421 557 743 or Warwick Dalziel 0411 615 474. Email enquiries can be sent to [triathloncamp@hotmail.com](mailto:triathloncamp@hotmail.com). The web address is [www.carinaleaguestriathlonclub.com](http://www.carinaleaguestriathlonclub.com).

The skills camps are sponsored by Avanti Plus, Active Stride, Pure Sport, Mental Notes Consulting, VICI, the Clem Jones Centre and the Carina Leagues Club.

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For media information please contact Jaimie Trotter 0421 557 743