School Trailer Clinics

Jane Hunt

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Recommended Citation

School Trailer Clinics

Thanks to a $5,000 Gaming Machine Grant, TQ now owns a trailer with 20 wind-trainers and 5 bicycles. If you are a school student or teacher, you can organise to have this Trailer Clinic come to your school with a professional and/or QAS triathlete. Lowood High and St. Pauls have already booked a visit, so get in quick. The idea is that PE classes or an interested group experience a mini-triathlon e.g. swim 100m (or run 1km if no pool), change over onto windtrainer (5 minute ride), change into shoes for 1km run. Advice would be given on effective transitioning as well as training/technique tips for swim, bike and run.

ACTION: You need to have your Sports Coordinator or Head PE teacher agree to this and contact TQ on 07 3369 9600 to book a date for a Trailer Clinic.
I wish to extend our thanks to yourself and the staff of T.Q. for the use of the Schools’ Promotional Trailer at the recent Open Day at St Paul’s School, Bald Hills.

Your personal attendance provided the necessary legitimacy to the display, and raised the profile of the sport within the school. As a result, I have been advised by the school administration that triathlon is now a recognised school sport within St Paul’s and will receive the same exposure as traditional TAS/ISA sports - what a breakthrough !!!

The squad will continue to grow and provide quality results, and hopefully continue to advertise Triathlon as a truly great sport.

Many thanks,

Ian Harris - Coordinator

Well Done B.
Dear Brian

RE: Mobile Triathlon Trailer

Based on the immediate popularity of the Trailer, I am sure we can say that it will be a success. Visiting schools and conducting training sessions will become a vital role in our development of the Sport with juniors. It will help to increase participation, increase Triathlon Queensland Registration, increase recognition of Triathlon Queensland and is a tool for attracting sponsorship.

In order to ensure the continue success, Triathlon Queensland needs to seek formal endorsement from the QLD Secondary School Board. We also need to set in place booking procedures, evaluate the cost of the trailer and set a budget for the next 6 months.

I would like to discuss this with you in further detail. Do you have anytime available on Thursday?

Regards

Rachel Phillips
STATE ADMINISTRATOR
TO: Rachel Phillips, State Administrator
FROM: Brian Chapman, Development Officer
RE: TRAILER VISIT BUDGET FOR 2000
DATE: Jan.24 2000

Paul has asked me to submit the following budget in relation to proposed school trailer clinic visits for Y2K.

I have based it on Term 1 requests from schools received to date as well as Term 4 visits completed in 1999 (and assumed they will stay at least at existing levels).

Term 2 and 3 are more more difficult to predict because it is "out of season", so I have estimated three visits per term. In the event they are not taken up, they can be transferred to Term 4 which seems to have the heaviest demand for TQ’s services.

For the actual visits, the only budgetted outlay is my travel expenses to collect and take the trailer with the current rate of claim being 10 cents per kilometre.

For the purposes of this budget, I have estimated the average trip to be 300kms in length (equivalent to Tweed Heads to Brisbane northside and return via Albion Storage Depot). I have arrived at this notional estimate on the basis that at least half the demand comes from Sunshine Coast schools and metro Brisbane, rather than the Gold Coast.

<table>
<thead>
<tr>
<th>TERM 1</th>
<th>Six visits framed for Sandgate HS, Fairholme College (Toowoomba), Twin Waters, Rochedale SS, Tewantin SS and and Kawana HS.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6 @ 300kms @ 10c/km</td>
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<tr>
<td></td>
<td>4 visits (est.still to come)</td>
</tr>
<tr>
<td>TERM 2</td>
<td>3 visits (est.)</td>
</tr>
<tr>
<td>TERM 3</td>
<td>3 visits (est.)</td>
</tr>
<tr>
<td>TERM 4</td>
<td>Thirty visits (based on 1999 figures)</td>
</tr>
</tbody>
</table>

OTHER OUTLAYS RELATING TO TRAILER

| Annual Repairs & Service | 250 |
| Shed Rental at Albion   | ?   |
| Registration & Insurance | ?   |

TOTAL 1630
TO: Mr Nev Wagner
FROM: Brian Chapman
DEVELOPMENT OFFICER
RE: SEEKING "LETTER OF SUPPORT" FOR OUR TRAILER CLINIC VISITS TO SCHOOLS
DATE: 27 Jan 2000

Further to our phone conversation late last year, Triathlon Queensland wishes to proceed with an application seeking QSSSA's Letter Of Support for our trailer clinic visits to schools.

These visits are an integral project within our OSR-funded, statewide junior development program and involve our Development Officer driving a trailer load of 8 bikes and 16 wind-trainers (heavy duty wheel supports which enable bikes to be pedalled in a stationary position) to schools on request in order to introduce students to the sport of triathlon.

The Clinics normally involve a two length pool swim, transition to the bikes, a 5 minute pedal, then transition to a 5 minute run.

About 20 schools have already pilotted the program in their PE and Sport/Elective programs with great success and TQ believes a Letter of Support from QSSSA will serve to popularise the clinics even further.

TQ would appreciate it if you would raise this matter at the mid-February QSSSA Executive meeting.

Yours sincerely

[Signature]

Brian Chapman
TO: Kim Beckinsale (Please include in your next e.mail to your school triathlon contacts/regional managers)
FROM: Brian Chapman, Development Officer
RE: FORTHCOMING OPPORTUNITIES FOR SCHOOL TRIATHLON PEOPLE
DATE: 27 Jan 2000

TRIATHLON TRAILER CLINIC VISITS TO SCHOOLS

Schools should note that the Triathlon Trailer Clinic will be at the following locations during Term 1:

March 10 & 24 Kawana High/Caloundra Pool
March 19 The Glennie School/Toowoomba
April 10-14 Sandgate High

If your school is in one of these vicinities and you wish to have a triathlon clinic either as part of PE and/or Sport or as a special lunchtime activity, contact TQ (07 33699600 / Development Officer 07 55361174) to secure a date.

Note that other dates are still available and your school need not necessarily be restricted to when the trailer is in its vicinity (it just makes it easier to leave the trailer in one area rather than collect, restore, then collect it again).

The format of the clinic is that students swim 50-100m, cycle on the 15 wind-trainers provided (& 8 bikes for those who do not own one) and then run 400-800m. A normal class is broken up into two squads of 15 for this purpose and we run the students through the activity twice.

TRAINING CLINIC AT STATE SCHOOLS TRIATHLON, FRIDAY 18 FEB, 4 PM.

Teachers, parents and triathletes should note that the clinic featuring guest Australian representatives, which proved so popular after State last year, will be on again at the swim start at Twin Waters. Please keep that timeslot clear and take the opportunity to hear from some of the nation’s best.