Clinics and Seminars

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Bond University, Jane_Hunt@bond.edu.au

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QUEENSLAND TRIATHLON ASSOCIATION
IN ASSOCIATION WITH AUSTRALIAN AIRLINES

TRIATHLETES SEMINAR 1990

CO-ORDINATED BY TWIN TOWNS SERVICES SPORTS CLUB

SATURDAY 1st DECEMBER 1990

AT TWIN TOWNS SERVICES CLUB AUDITORIUM
WHARF STREET, TWEED HEADS

8 QUALITY SPEAKERS, covering all aspects of triathlon including sports medicine, nutrition, physiology.

OPEN FORUM: Four international level competitors will join the speakers on stage in an open forum, question/answer, time for multi sport athletes attending seminar.

SPEAKERS:
DR. RICHARD TELFORD – A.I.S. Dip. Physical Education, B.Sc. (Hons), M.Sc., Ph.D Physio, Melb Uni
A.I.S., Level 1 Triathlon Coach, Chairperson, Tri-Fed Women's Committee
MR. PETER RAEBURN – B.H.M.S. (Ed) (Hons), Lecturer in Exercise Physiology, University of Queensland, Member, TAQ Coaching Committee
MR. GREG REDDAN – M.PE, B.PE, Dip PE, Grad Dip Human Nutrition, State Coaching Director, Chairman, TAQ Coaching Committee
MR. PETER MOORE – Batchelor of Physio, Dip. Physical Education
MR. BARRY HAWKINS – President, Triathlon Association of Queensland, Executive Board Member, Triathlon Federation of Australia, Chairman, National Selection Committee, President, Palm Beach Currimbim Triathlon Club

GUEST COMPETITORS: For open forum

SCHEDULE: 10.00am – Enticer Triathlon Race 3 Registration
11.00am – Lunch, Refreshments
12.30am – Seminar to approximately 5pm

SEMINAR COST INCLUDES: Carbo Lunch (pasta, salads, fruit & drinks)
Souvenir folder with speaker profile and notes for future reference.

FEE: T.A.Q. Race Licence Holders & entered in Enticer Triathlon Race 3 – $30.00
Non-licenced holders entered in Enticer Triathlon Race 3 – $35.00
All others attending non-race entrants – $40.00

Limited numbers, register and don't miss the opportunity to improve your knowledge in a sport of the future.

REGISTRATIONS: CLOSING ON MONDAY 28th NOVEMBER.
Fill in the attached Registration Form and forward with cheque or money order to:

Twin Towns Services Sports Club, P.O. Box 6005 South Tweed Heads 2486.

ALSO SEE ENTICER TRIATHLON SERIES ENTRY FORMS FOR REGISTRATION OR INFORMATION
ENQUIRIES: PHONE BARRY HAWKINS (TAQ) 35 6477 • DOUG McLaren (TTSSC) 54 1544

REGISTRATION FORM - TRIATHLETES SEMINAR 1990

NAME ....................................................................................................................................................................................
ADDRESS ............................................................................................................................... POSTCODE .......... PHONE .....

RACE LICENCE No. (T.A.Q.) ........................................... SEMINAR ONLY (Non-Race Entrant) (✓) ...........................................

ENTICER TRIATHLON RACE 3 ENTRANT (✓) ...........

Enquiries to: Barry Hawkins (T AQ) 35 6477 • Doug McLaren (TTSSC) 54 1544
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Leader</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>08.00am</td>
<td>Registration</td>
<td>Jo &amp; 2</td>
<td>Equipment display, information kit; name tag</td>
</tr>
<tr>
<td></td>
<td>survey participant details including experience</td>
<td></td>
<td>Competition experience:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>number of events</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>most recent event including category/distances</td>
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<td></td>
<td></td>
<td></td>
<td>self assessment of skill in each discipline</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Assign participants to groups</td>
</tr>
<tr>
<td>08.30am</td>
<td>Introduction</td>
<td>Gavan</td>
<td>Camp Clinic 1: 21/9 Race 5/10 - 19/10</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td>Camp Clinic 2: 12/10 Race: 11/10</td>
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<td>Camp Clinic 3: 22/3 Race 24/3</td>
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<tr>
<td>09.15am</td>
<td>Session 1 - first station</td>
<td>Gavan/Julie</td>
<td>Swimming a - Gary</td>
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<td></td>
<td></td>
<td></td>
<td>Swimming b -</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Cycling a - Leisa</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Cycling b - Colin</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Running a - Phil</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Running b - John</td>
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<tr>
<td>10.30am</td>
<td>Morning Tea</td>
<td></td>
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<tr>
<td>11.00am</td>
<td>Session 2 - second station</td>
<td>Gavan</td>
<td>Parents encouraged to attend</td>
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<tr>
<td>12.15pm</td>
<td>Lunch with the stars/Nutrition for triathletes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>01.00pm</td>
<td>Session 3 - third station</td>
<td></td>
<td></td>
</tr>
<tr>
<td>02.15pm</td>
<td>club details</td>
<td>Col/John</td>
<td></td>
</tr>
<tr>
<td></td>
<td>club activities</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>coaching program</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>race calendar - entry level/advanced athletes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>thank sponsors, leaders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>02.45pm</td>
<td>A Race</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>Coach and Leaders will provide support for small groups at</td>
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<td></td>
<td></td>
<td>at least one Event including warm-up; pre-race briefing;</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td>transition guidance; and post-race debriefing</td>
</tr>
<tr>
<td>03.30pm</td>
<td>BBQ with leaders</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Due to **November** 2/11/97

**Mo/Lo/bah** - 26/4/98
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Leader</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00am</td>
<td>Registration</td>
<td>Jo &amp; Club members</td>
<td>Assistants set out equipment display, registration sheets &amp; name tags. Assistants prepare folders and kits. Participants &amp; (parents) complete registration sheets. Gavan analyses registration sheets and assigns participants to groups.</td>
</tr>
<tr>
<td>09.30am</td>
<td>Introduction of the leaders (video)</td>
<td>Gavan</td>
<td>Assistants set out activity stations and equipment. Gavan set out the program contents. Gavan explains goal setting, safety and stretching, equipment, rules and protocol.</td>
</tr>
<tr>
<td></td>
<td>the leaders</td>
<td>Gavan</td>
<td></td>
</tr>
<tr>
<td></td>
<td>the program contents</td>
<td>Gavan</td>
<td></td>
</tr>
<tr>
<td></td>
<td>goal setting</td>
<td>Gavan</td>
<td></td>
</tr>
<tr>
<td></td>
<td>safety and stretching</td>
<td>Gavan/Troy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>equipment</td>
<td>Gavan/Phil</td>
<td></td>
</tr>
<tr>
<td></td>
<td>rules and protocol</td>
<td>Phil/Troy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>the event</td>
<td>Brian/Col</td>
<td></td>
</tr>
</tbody>
</table>
| 10.00am | Session 1 - first station                  | Swimming novice - Gary | Cyclists novice - Col  
Running novice - Alan/Phil  
Advanced 11 & under - Leesa  
Advanced 12, 13 & 14 - Duane  
Advanced 15 & over - Troy/Gavan |
<p>|         | goal setting                               | Troy/Gavan      |                                                                                                                                         |
|         | safety and stretching                      | Troy/Gavan      |                                                                                                                                         |
|         | equipment                                  | Troy/Gavan      |                                                                                                                                         |
|         | rules and protocol                         | Troy/Gavan      |                                                                                                                                         |
|         | skills specific to the discipline          | Troy/Gavan      |                                                                                                                                         |
|         | transitions                                | Troy/Gavan      |                                                                                                                                         |
|         | technique                                  | Troy/Gavan      |                                                                                                                                         |
|         | training methods                           | Troy/Gavan      |                                                                                                                                         |
|         | workouts                                   | Troy/Gavan      |                                                                                                                                         |
| 11.00am | Morning Tea                                | Jenny, John and Andrew |                                                                                                                                         |
| 11.30am | Session 2 - second station                 | Leaders and Assistants |                                                                                                                                         |
| 12.30pm | Great Moments in Triathlon                 | Troy/Gavan      |                                                                                                                                         |
|         | Lunch                                      | Jenny, John and Andrew |                                                                                                                                         |
|         | Nutrition for Performance                  | Gavan/Troy      |                                                                                                                                         |
| 01.30pm | Session 3 - third station                  | Leaders and Assistants |                                                                                                                                         |</p>
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Facilitator(s)</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>02.30pm</td>
<td>Session 4&lt;br&gt;club details&lt;br&gt;club activities&lt;br&gt;coaching program&lt;br&gt;TQ details&lt;br&gt;race calendar - entry level/advanced athletes&lt;br&gt;thank sponsors, leaders</td>
<td>Col/John&lt;br&gt;Col/John&lt;br&gt;Gavan&lt;br&gt;Brian&lt;br&gt;Phil/Col&lt;br&gt;Jo</td>
<td>Parents encouraged to attend&lt;br&gt;Assistants set out course&lt;br&gt;Coach and Leaders will provide support for small groups at least one Event including warm-up; pre-race briefing; transition guidance; and post-race debriefing</td>
</tr>
<tr>
<td>03.00pm</td>
<td>The Race</td>
<td>Gavan/Col/Phil</td>
<td></td>
</tr>
<tr>
<td>03.30pm</td>
<td>Suggestions for Individual Workouts</td>
<td>Gavan</td>
<td></td>
</tr>
<tr>
<td>04.00pm</td>
<td>BBQ with leaders</td>
<td>Jenny, John and Andrew</td>
<td>Participants collect folders and kits</td>
</tr>
<tr>
<td>Date</td>
<td>Race Name</td>
<td>Location</td>
<td>Distance</td>
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</tr>
<tr>
<td>Jan</td>
<td>Powerade Triathlon Series</td>
<td>Kawana Waters</td>
<td>500/15/4</td>
</tr>
<tr>
<td></td>
<td>Saucony Adventure Series</td>
<td>Currimundi</td>
<td>500/20/5</td>
</tr>
<tr>
<td></td>
<td>adidas New Challenge Tri Series</td>
<td>Sutton's Beach</td>
<td>400/12/4</td>
</tr>
<tr>
<td></td>
<td>QLM Label Makers Qld Wineries Tri P1</td>
<td>Stanthorpe</td>
<td>750/20/5</td>
</tr>
<tr>
<td></td>
<td>QLM Label Makers Qld Wineries Tri P2</td>
<td>Stanthorpe</td>
<td>750/20/5</td>
</tr>
<tr>
<td></td>
<td>Look Summer Series</td>
<td>Robina</td>
<td>500/20/5</td>
</tr>
<tr>
<td>Feb</td>
<td>Powerade Triathlon Series</td>
<td>Kawnda</td>
<td>2000/60/20</td>
</tr>
<tr>
<td></td>
<td>Saucony Adventure Series</td>
<td>Currimundi</td>
<td>2000/10/2</td>
</tr>
<tr>
<td></td>
<td>Bribie Is. Triathlon</td>
<td>Bribie Is.</td>
<td>750/20/5</td>
</tr>
<tr>
<td></td>
<td>adidas New Challenge Tri Series</td>
<td>Palm Beach</td>
<td>600/18/4.5</td>
</tr>
<tr>
<td></td>
<td>PGE Chinchilla Melon Triathlon</td>
<td>Chinchilla</td>
<td>750/20/5</td>
</tr>
<tr>
<td></td>
<td>Tuffkidz Multisports Series</td>
<td>Limestone Park</td>
<td>Various</td>
</tr>
<tr>
<td></td>
<td>Powerade Triathlon Series</td>
<td>Sunshine Coast</td>
<td>750/20/5</td>
</tr>
<tr>
<td>Mar</td>
<td>Rival's Hayley Lewis Tri Tour</td>
<td>Wivenhoe</td>
<td>1/2/14 Iron</td>
</tr>
<tr>
<td></td>
<td>Caloundra Triathlon</td>
<td>Caloundra</td>
<td>750/20/5</td>
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<tr>
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<td>Trimax Quadrathon</td>
<td>Pelican Waters</td>
<td>500/20/45</td>
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<td></td>
<td>Tuffkidz Multisports Series</td>
<td>Limestone Park</td>
<td>Various</td>
</tr>
<tr>
<td></td>
<td>Paradise Challenge</td>
<td>Gold Coast</td>
<td>1500/40/10</td>
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<tr>
<td></td>
<td>Great Sandy Region Qld Dist Champs 2.30p</td>
<td>Tin Can Bay</td>
<td>1500/40/10</td>
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<td></td>
<td>LOOK Summer Series</td>
<td>Raby Bay</td>
<td>400/15/4</td>
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<tr>
<td></td>
<td>Tweed Heads Challenge</td>
<td>Tweed Heads</td>
<td>400/15/4</td>
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<tr>
<td></td>
<td>Super Iron Kids Event</td>
<td>Coifs Harbour</td>
<td>Various</td>
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<tr>
<td></td>
<td>Bananacoast Life Education Triathlon</td>
<td>Coifs Harbour</td>
<td>1100/33/9.5</td>
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<td></td>
<td>Saucony Adventure Series</td>
<td>Pandanus Beach</td>
<td>300/10/3</td>
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<td>Bribie Is. Triathlon</td>
<td>Bribie Is.</td>
<td>750/20/5</td>
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<tr>
<td>Apr</td>
<td>adidas Pelican Waters Qld Sprint Champion</td>
<td>Pelican Waters</td>
<td>750/20/5</td>
</tr>
<tr>
<td></td>
<td>Kawana Waters Triathlon</td>
<td>Kawana Waters</td>
<td>300/8/3</td>
</tr>
<tr>
<td></td>
<td>Powerade Triathlon Series</td>
<td>Gold Coast</td>
<td>400/18/4</td>
</tr>
<tr>
<td>#</td>
<td>adidas New Challenge Tri Series</td>
<td>Hervey Bay</td>
<td>1500/40/10</td>
</tr>
<tr>
<td>May</td>
<td>Oill and Dust Triathlon</td>
<td>Julia Creek</td>
<td>800/25/5</td>
</tr>
<tr>
<td>10</td>
<td>Mooloolaba Triathlon Aust. Championships</td>
<td>Mooloolaba</td>
<td>1500/40/10</td>
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<tr>
<td>10</td>
<td>Gold Coast Corporate Triathlon Qld Series</td>
<td>Gold Coast</td>
<td>300/6/3</td>
</tr>
<tr>
<td>16</td>
<td>Byron Bay Triathlon</td>
<td>Byron Bay</td>
<td>1500/40/10</td>
</tr>
<tr>
<td>Jun</td>
<td>Townsville Corporate Triathlon Qld Series</td>
<td>Townsville</td>
<td>300/6/3</td>
</tr>
<tr>
<td>21</td>
<td>Cairns Corporate Triathlon Qld Series</td>
<td>Cairns</td>
<td>300/6/3</td>
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**N.B. Please note the change of dates.**
TRIATHLON

“Introductory Training Clinic
For Women”

18 April 1998
at

Bracken Ridge State School Pool

Program includes:

* one hour at each discipline
* nutrition
* information on race rules
* bike maintenance
* a taste of competition
* advice on performance (if you are already competing).
Venue: Swimming Pool
Bracken Ridge State School
Denham Street
Bracken Ridge

Start Time: 9.00 a.m. to 3.00 p.m.

Enrolments due by 15 April 1998:
- Enrolments without fees will be returned.
- Enter early! Numbers are limited to 30.

Fee: $40 includes lunch (cheque or money order payable to N.D.T.C.)

Post To: Northern Districts Tri Club
PO BOX 130
Everton Park Q 4053

Or

Hand In To: The Run Inn Shop
821 Stafford Road
Everton Park Q 4053

---

ENROLMENT FORM

Complete this enrolment form and post with correct money to Northern Districts Triathlon Club, PO Box 130, Everton Park Q 4053.

Family Name........................................ First Name............................................
Address............................................ Postcode:......................

Phone (h)........................................ Phone (w)........................ Mobile..............

Date Of Birth:..................................

Triathlon experience to date:..............................

or future goals in triathlon:................................

..........................................................
About the clubs -

Northern Districts Triathlon Club
NDTC was formed in 1991. Members range in ages and abilities from those competing at a national level to those who compete for fun and fitness. The main aim of the club is offer expert coaching for all levels, comraderie and social events for its members.

Bracken Ridge & Districts Aquatics Club
Bracken Ridge & Districts Aquatics Club Inc. is affiliated to the Queensland Swimming Assoc. and Brisbane Swimming Assoc. The club is presently the second largest registered club in Queensland.

The Run Inn Triathlon Club
The Run Inn Tri Club is based at the Run Inn Shop Stafford Rd Everton Pk. A regular training schedule is aimed at group training and individual ability levels. Individual training programs can be written for members who cannot attend sessions. The club has an active membership who also assist at tris events when not competing themselves. Social events are an important part of the club’s activities with weekends away at special events being organised regularly.

TRIATHLON

Development Training Clinics for Juniors
1997/98 Season

Clinic 1  20 September 1997
Clinic 2  20 December 1997
Clinic 3  28 March 1998

Program includes -
* one hour at each discipline.
* nutrition for young athletes.
* information on races and club activities.

Sponsored by the Gaming Machine Community Benefits Fund
What You'll Do -

The Junior Development Training Clinics are aimed at encouraging Juniors (8 - 15 year olds) to participate in triathlons. The clinics are organised by the Northern Districts Triathlon Club, Bracken Ridge Swimming Club and the Run Inn Triathlon Club. (See back page for details.)

Skills in swimming, cycling, running and transition will be demonstrated, developed and practised with each clinic finishing in a mini event such as an aquathon, duathlon or a mini triathlon.

This is an opportunity to be coached by professional coaches as well as meet some of the stars of the sport.

Participants in the clinics will be encouraged to enter junior triathlons, especially the "Kids Of Steel" series at Bribie Island during the 1997/98 season.

What You'll Get -
* a lot of fun;
* expert coaching;
* a taste of competition;
* improved fitness;
* advice for performance
  (if you are already competing.)

Details -

Venue - Swimming pool
Bracken Ridge State School
Denham Street
Bracken Ridge

Time - 9:00 am - 3:30 pm

Enrolments due by 20 March 1998
* Enrolments without fees will be returned
* Enter early! Numbers are limited to 50 per clinic.

Post to - P.O. Box 130
Everton Pk
Q 4053

Hand in to - The Run Inn Shop
821 Stafford Rd
Everton Pk
Q 4053

Complete this enrolment form, parent permission form (on back), and post with correct money to
Northern Districts Triathlon Club P.O. Box 130 Everton Pk, Q 4053.

Hand in to The Run Inn Shop
821 Stafford Rd
Everton Pk
Q 4053

(Work money order payable to NDTC inc.)
Ironman Training Seminar
Sunday 25th January 98
venue T.B.A.

Speakers include----

Allan Pitman --- 5 time Hawaii Ironman, Qld. long course champion for 94,95,96,97, 45 to 49 age group, coach to East Coast Cycos triathlon club, Hawaii 97 coached 11 Hawaii Ironman qualifiers.

Faye Collins --- 3 time Hawaii Ironman, Qld champion at all distances, Hawaii Ironman 96 world champion 45 to 49 age group, no doubt the fastest grandmother in the world, assistant coach East Coast Cycos triathlon club.

Brett Newton --- 3 time Hawaii Ironman, Top ten 97 NZ Ironman, Hawaii 97 1st Australian finisher.

Subjects to be covered

Nutrition------------------ Mental preparation --------

Training methods ------ Tactics ---------------

Race plan --------------- Tapering -------------

The seminar will be run in the Brisbane area, the venue is yet to be confirmed. We will start at 10 am and conclude with a question answer session from 2.30 till 3 pm. A lunch break will be taken.

Cost $30.00 per person ---- all proceeds will be donated to Camp Quality, a charity organisation caring for terminally ill children in a holiday camp environment.

For further information phone 3378 8247 bus. hours

*VENUE:--  NUTRI-METICS INTERNATIONAL BUILDING
1/31 COMMERCIAL DRIVE
SHAILER PARK    (LOGAN)
Championship Preparation

"The Final Four Weeks"

A Seminar and Discussion Forum at Sports House on Tuesday, February 2nd, 7 - 9 pm.

Featuring

Kim Beckinsale

- State Long Course Triathlon Champion.
- TQ Series No.1 - ranked professional, 1995 - 98.
- Queensland Schools Team manager, 1993 - 98.
- Winner of Stanthorpe, "Legends of Surf," State series Aquathlon and Duathlon titles, Isle of Palmes and Bribie Triathlons.
- Australian age group rep.

This form is especially aimed at juniors aiming for School Championships & State Junior Titles
PLUS
Age Groupers aiming for State & National Titles

Topics will include:

* What swim, cycle and run sessions will bring you to a peak of fitness.
* When should your taper start?
* What to do the day before the big race?
* How to make up for training lost to injury or illness.
* Dietary tips and mental preparation, etc.

Action Post $5 (payable to TQ) per person attending to Triathlon Queensland, 1.13 Sports House cnr Caxton & Castlemaine Streets, Milton 4064 by January 27. This will reserve a seat.
TO: KIM BECKINSALE — URGENT
FROM: Brian Chapman
RE: INFO. ON "SCHOOLS CLINIC" TO GO WITH YOUR CIRCULAR TODAY
DATE: 2/2/99

k, Thanks for the opportunity to do this. Here are the details. See you tonight.

TRIATHLON CLINIC & FORUM

featuring

International triathletes, male and female, from the Queensland Academy of Sport.

The clinic (Practical session focusing on transitions, bicycle set-up, tactics for open water swim, etc.)

Friday, Feb.26, 4-5:30 pm at Transition Zone, Twin Waters.

The Forum (A Question & Answer session focusing on training ideas, tactics, technique for swim, cycle and run, etc.)

Friday, Feb.26, 7-8:30 pm at Twin Waters Resort Meeting Room.

Cost $1 for each session.

PS k Kim,
A "Natalie" at Twin Waters has booked a Conference Room for us. Is it ok for us to come under whatever deal your Committee has? (ie either f.o.c. or discount hire fee). Thanks. BC
KIDS MULTISPORT TRAINING
FOR FUN

INTRODUCTION & EDUCATION FOR:
TRIATHLON, AQUATHON, DUATHLON

7 TO 12 YEARS OLD

COMENCING: 5TH JUNE 2001

WHERE: PIZZY PARK OLYMPIC POOL

TIME: 3.30 PM

DAY: TUESDAY AFTERNOONS

COST: POOL ENTRY PLUS $6 PER SESSION

BRING: TOGS, GOGGLES, BIKE, HELMET, WATER BOTTLE
RUNNING SHOES, T/SHIRT ELASTIC LACES, TOWEL

MEMBERSHIP: $10 1-YEAR CLUB MEMBER

CONTACT: JENNY ALCORN - COACH
DETAILS: 55220445, MOBILE 0409550445
EMAIL - trijen@onthenet.com.au
A New Year’s Gift From
PAT CLOHESSY
Seminar:
“Running for Triathletes”
How to Improve Your 5km and 10km Times

Thursday February 5th 7-9pm
at
Sports House,
Cnr Caxton & Castlemaine Street’s, Milton
(Upstairs meeting rooms)

$10 Adults, $5 Students & Under 20’s

Pat Clohessy was the Head Distance Running Coach at the AIS for more than a decade with world marathon champion Robert De Castella the best known of his charges. Since his relocation to Queensland, Pat has taken Australian junior rep. Mark Roland and 3 time State Schoolgirl Champion Annabel Luxford under his wing, along with several age group triathletes. This seminar will feature demonstrations by Pat’s runners as well as a question and answer session.

IF YOU WANT TO IMPROVE, THIS SEMINAR IS A MUST

Action: Obviously, places will be limited so to reserve spots for yourself, family or friends, phone TQ’s office on (07) 3369 9600 by February 3. (Payment on night)
20 TIPS FROM THE TOP

A Seminar and Discussion Forum from which you will take 20 new things you hadn't known about Triathlon before! GUARANTEED

It might be a training tip, new technique, drill, tactic, strategy, dietary supplement, a new stretch, equipment advice or new contact

Featuring
PROFESSIONAL TRIATHLETES OF THE QUEENSLAND ACADEMY OF SPORT & MANAGER / SPORTS SCIENTIST DR. DARREN SMITH

(Two weeks before their World selection race at the Nationals and prior to their departure for Europe)

TUESDAY, APRIL 20, 7-9 PM
SPORTS HOUSE (Upstairs Conference Room), cnr. Of Caxton and Castlemaine Streets, Milton.

ACTION:- Please post $5pp (payable to T.Q.) with your name and contact details to Triathlon Queensland, 1.13 Sports House, cnr. Caxton & Castlemaine Streets, Milton 4064 by Thursday April 15 to secure your seat.
Looking for a New Challenge?
Wondering what it takes to complete a Half-Ironman or Ironman Race?

"How to become a Successful Long Course Triathlete & Sub 10-11 Hour Ironman"

Part of a TQ Series of Seminars

Featuring

BRETT NEWTON
First Australian at Hawaii last year

EMMA PUGH
First Queensland woman at Forster this year

ALLAN PITMAN
Coach of 39 Forster Ironman finishers this year

FAYE COLLINS
8-times Ironman finisher (including Hawaii, NZ, Forster)

Tuesday June 2nd - 7 to 9 pm
at Sports House
Cnr. Caxton & Castlemaine Streets, Milton
(Upstairs meeting rooms)

$10 Adults, $5 Students & Under 20's

TOPICS will include Training without "Killing Yourself", Time Management, Mental Toughness, Tactics, Eating and Drinking During Races/Training, Recovery from Long Sessions and How to get Rid of a Stitch. (Shorter course triathletes may even find these endurance principles of value in 500/20/5 races)

ACTION, as with the Clohessy seminar, there is a seating limit of 80, so reserve spots for yourself, family or friends by phoning TQ's office on (07) 3369 9600 by May 29 (payment on night)
Learn the secrets of racing and preparing for

* 5 easy ways to knock minutes off your time
* Update on course changes for this year's race
* What swim/cycle/run training you need to be doing now, mid-August, mid-September and mid-October
* How to ride the hills (both up and down)
* How to gain up to two minutes in transition
* What to eat/drink on race morning
* Warm-up advice for race morning

Featuring

COL STEWART

The Foundation Coach of our sport, he attracts scores of World Class triathletes to his Gold Coast training squad. He and son Miles Stewart (Olympic Squad, 1991 World Champ), studied the Noosa course meticulously to ensure his 1990, 1994 and 1996 victories. Learn from the best!

NICK CROFT

Four times Australian rep, Nick has won Noosa twice and arguably knows the course better than anyone

SUNDAY JULY 19  6.30 - 8.30pm
at Sports House
Cnr. Caxton & Castlemaine Streets, Milton
(Upstairs conference room)

$10 Adults, $5 under 20’s & students (I.D. Please)

ACTION: As with the Clohessy and Ironman seminars, there is a seating limit of 80, so reserve spots for yourself, family or friends by phoning TQ's Office (07) 3369 9600 by July 16 (payment on night).
TRIATHLON QUEENSLAND

INTRODUCTION TO TRIATHLON CLINIC
AT CLEVELAND DISTRICT STATE HIGH SCHOOL

Featuring a Professional Triathlete

DATE
- Tuesday 12 October  Years 8 – 9 (Year 7)  Session 1a (1.30 – 3.30 p.m.)
- Wednesday 13 October Years 10 – 12  Session 1b (1.30 – 3.30 p.m.)
- Thursday 14 October (7-12)  Session 2 (3.30 – 5.00 p.m.)

WHERE
- School Oval  Session 1 a & b
- Raby Bay  Session 2

WHAT TO BRING
- Sports Uniform (Run/Cycle suitable)
- Hat
- Shoes (Running)  Togs
- Helmet

COST
- Free

Any students who are interested in trying Triathlon
Swimmers, Cyclists (MTB Road BMX), Runners

Complete and return this form and medical form attached if you wish to participate to K. Beckinsale by Friday 8 October

Name: ___________________________  Home Group: _________  Age: _________
Date of Birth: ___________________  School: _________________________

Session Attending:
- Session 1a  □
- Session 1b  □
- Session 2  □

Past Experience (Please tick)
- Swimming  □  Triathlon  □
- Cycling  □  Mountain Bike  □
- Running  □  BMX  □
Run off the bike successfully in a half Ironman or Ironman race

SPEAKERS INCLUDE:

- Giving the coaches and athlete’s view
  - Allan Pitman
    * 6 times Hawaii Ironman
    * Coach of 40 Forster Ironman finishers 98

- Presenting the women’s perspective
  - Faye Collins
    * 4 times Hawaii Ironman
    * 96 age group winner Hawaii Ironman

- Avoiding injury and back pain in long races
  - Chris Brady
    * Leading physiotherapist
    * Ironman New Zealand finisher

- Getting it together mentally
  - Phil Jauncey
    * Sports Psychologist to:
    * Brisbane Broncos, Qld. Bulls, Brisbane Bullets

Venue: Sports House
Date: Sunday 1st November
Time: 10 am to 3pm
Cost: $25.00

Please book and pay by 28.10.98
Enquiries to East Coast Cycles -
5 Moordale St, Chapel Hill 4069
Ph: 3378 8247 bus. hrs
The most important Junior Seminar a parent or coach of any Junior Triathlete (10-15 years) could ever attend. A Sure Sell-out.

HOW MUCH, HOW HARD, HOW YOUNG?

☐ When should Juniors start?
☐ When should they specialise?
☐ How many sessions a week?
☐ How often should they race?
☐ When to buy an expensive bike?

☐ How to keep them interested?
☐ Surviving their growth spurt.
☐ Is speed or endurance more important?
☐ Should they concentrate on swim, cycle or run?

featuring

BRETT SUTTON

Coach of 6 World Junior Championship medalists
Former Triathlon Australia Head Coach (1996-98)
Current coach of Loretta Harrop, Joanne King and Greg Bennett

Hear many of the myths about Junior Development exposed. Be surprised at what training Juniors are capable of without harming themselves.
Be prepared to have your beliefs about Junior training turned upside-down!

MONDAY 2nd NOVEMBER 7pm
SPORTS HOUSE; Cnr. CAXTON & CASTLEMAINE ST's, MILTON

$10 Adults  $5 under 20's & Students (ID please)

ACTION: There is a seating limit of 80, so reserve spots for yourself, family or friends by phoning TQ (07) 3369 9600) by Friday October 30. A "wait list" may result in a second session.
DO NOT MISS

THIS AFTERNOON'S CLINIC (4pm at Swim Start) and TONIGHT'S FORUM (7pm at Maroochy Room here)

featuring JOSIE LOANE - #12 ranked junior in the World - Australian junior rep. - Youngest Queenslander ever to win a major Open Triathlon (First at TriMax/Runaway Bay as 14 year old). - Competes on TV's Formula One Series.

and LEVI MAXWELL

Race #: 10
Nickname: Alien
Resides: Banyo, QLD
DOB: 3 February 1978
First triathlon: 1991
Best F1 result: 5th Twin Waters 1998
Goal in '99 series: If you're not here to win, you shouldn't be here at all
Favourite discipline: Transitions (he's quick)
Best time for a 10km run: 33.20 (track)
Best results in 1998: 3rd World Junior Champs, Switzerland; 2nd Lyon Triathlon, France; 5th Twin Waters F1
Career highlights: Has never pulled out of a race in 7 years of competition and doesn't intend to

GRAB THIS CHANCE TO

* Hear how two international juniors would've approached today's swim, cycle and run as well as their approach to swim-bike and bike-run transition.
* Discover their weekly training program, race tactics and other secrets for becoming a top triathlete.
* Bring your own bicycle today if you want some practical advice on set-up. They'll have a look at your open water swimming technique and running style also if you wish. That's 4pm at the swim start (then moving up to Transition, etc.).
* The Question & Answer Forum at 7pm (The "Maroochy Room" at the Resort) is not to be missed. Bring along your own questions and listen to others who may have similar problems.

COST PER SESSION: -- $1 per person.
## Tri Program

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<th>Age &amp; Experience</th>
<th>Novice</th>
<th>Advanced</th>
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