

Mac Tri Juniors Triathlon Coaching Camp
20-22 January 2014
Sydney Academy of Sport and Recreation Narrabeen
Camp Report

By Guy Creber

The Macarthur Triathlon Club held a coaching camp for Mac Tri Juniors at the Sydney Academy of Sport and Recreation Narrabeen on the 20 to 22 January 2014 (2 nights, 3 full days).

The camp was for Mac Tri Juniors aged 11-16. Seventeen (17) juniors plus five (5) parent triathletes attended.

Mac Tri Junior Development Coach Guy Creber ran the camp with assistance from Chelsea Creber. (The help from parents in attendance – Carol, Scott and Craig was much appreciated).

A great time was had by all. We learnt a lot about the 3 triathlon disciplines (swim, bike and run) plus transition. We had a number of coaching sessions covering each discipline including using the running track, having the indoor pool to ourselves several times, going to a Sydney Harbour beach for an open water swim session and running on trails around the centre and along the lake. We did transition drills on ovals and had a couple of bike rides around the quiet roads and paths within the centre. We did some strength and conditioning sessions.

We had plenty of fun within the sessions including running and swimming relays (very competitive), the “cup on forehead” back sculling relay, transition/bike relays and races and believe it or not an archery team relay simulating a triathlon team relay event.

We used the Recovery Centre twice which included getting into and out of hot and cold plunge pools (several times) and under hot and cold showers. That was very relaxing and great after lots of hard work.

We had brief talks about our Mac Tri Juniors motto – Be Safe, Have Fun, Develop Skills, Go Hard, about our VALUES, and about nutrition, drugs in sport and general things like racing and tactics.

We did some fun stuff too, like Sport and Rec operated activities including High Ropes and Archery.

Our dorm accommodation was perfect and the camp food was great. Sport and Rec gave us heaps of snacks between main meals also and each night we raided the kitchen fridge and had supper including milo and cookies. One night we had a movie on the big screen.

A copy of the program and attendees is attached. This was a model for the future and we hope to run similar junior camps in January from now on. We wouldn't change much - it was great. Sport and Rec were fabulous hosts. Nothing seemed too much trouble for them. The facilities were perfect.

From a personal perspective, I really enjoyed the experience. The juniors were extremely well behaved, willing to learn and I was excited by the fact that they wanted to be there and be part of a team – *Mac Tri Juniors*. I appreciate the support from the parents who attended, as well as the club's original trust and endorsement to go ahead. Raising some funds through a raffle in December (managed by Maria) helped soften the blow cost wise, even though the price from Sport and Rec was great. The club also contributed some funds from our Juniors budget which was boosted this season by extra funding for the Juniors Program from Wests. Thankyou!

Our Mac Tri Juniors triathlon development program is certainly alive and doing well!

Looking forward to other exciting initiatives in 2014 and next year's junior's camp already!

Guy Creber
Mac Tri Junior Development Coach
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What Some of the Kids Said

- **Caitlyn** – I enjoyed the bike skills sessions. The high ropes was my favourite activity. I got the most out of the transition sessions including mounting and dismounting my bike. Generally I realised that each individual has their own special skills and you can learn off each other as part of a team. I realised triathlon can be a team sport rather than just being an individual sport.
- **Paige** - I really enjoyed the open water swim and the recovery centre was also great fun. The important thing I took away from the camp was how to set up for transition, and to try and stop wriggling while I'm swimming. It was also very special to spend time with my friends and also to make new friends.
- **Cody** - I enjoyed the running/track sessions the most. The archery was my favourite activity. I learnt how to hold the archery bow and shoot it. The important triathlon thing I took away from the camp was to relax while I'm swimming especially in open water (and to try not to worry about the fish). I was excited to make good friendships and I enjoyed becoming more a part of the Mac Tri Juniors team.
- **Erin W** - I really enjoyed the high ropes activity and the open water swim. The recovery centre was also great fun. The important thing I took away from the camp was how to scoot on the bike. I was impressed by the teamwork and the archery was fun, especially “making a pizza”.
- **Ella** - I enjoyed the running/track sessions and the transition sessions the most. The high ropes was my favourite activity. I learnt how to hold the archery bow and shoot it. The important triathlon thing I took away from the camp was scooting on the bike and learning to control the bike going slow. I thought the camp food was awesome, and it was great being with other athletes and triathletes.
- **Daniel** - The triathlon coaching session that I enjoyed most was the open water swim at the beach in the bush around from Clontarf. We were able to practice swimming in a group and simulate a race. The high ropes course was definitely the best activity. Everyone faced their fears and participated. The team bonded the most through completing this activity as we were all looking out for each other and cheering each other on. Over the three days I learnt that fast is smooth and smooth is fast. In all aspects of a triathlon is it important that you focus completing the tasks quickly but correctly. For example in transition easy seconds can be made and can contribute to a personal best. Throughout the three days I realised the importance of a team within triathlon. Although our sport is individual, it is fantastic to surround yourself with people who understand the sport of triathlon. I realised that having fellow triathletes around can mean the difference between going for a hard run and staying in bed. We were able to push each other and everyone completed all activities which was fantastic.
- **Kate** - I probably got the most out of the open water swim because I believe it was not only an opportunity to get some training in but it was also a time where I think we most bonded as a group. I definitely enjoyed the high ropes activity the most even though I was very

scared. It was a great new experience for me. During the camp the most important thing I learnt was how to work as a team, I felt as though we all helped each other out in one way or another. The older kids helped the younger kids and I think we all coped with each other's different level of skill, which was great. The second thing I learnt was to always look up (sighting) in open water. The drugs in sports talk was very good for me as well, I think we all took at least one thing away from that and we all learnt that drugs is never an option when it comes to sport as you're only cheating yourself.

- **Morgan** - I had the best time at (Mac Tri Junior) camp. I enjoyed the transition session we did on day 2 the most because I learnt how to relax and I could practice in a fun environment with a great team of friends. The most fun activity was the plunge pools. They made me feel great! The most important thing I learnt at camp was how important it is to relax in transition. Another thing I learnt was how much the younger members of the team look up to you, and the responsibility you have to be a good role model to the younger ones is hard work because you have to be thinking about what you say and do all the time. But it was awesome and I made some great new friends too - some who I hadn't really talked much to before camp. Having the dads there was good for the older boys as well...
- **Helena** - I enjoyed every activity but the one I most enjoyed was the pool sessions. The most fun activity was the archery because team spirit was displayed. One of the most important things I learnt was how to swim freestyle in open water - that was my first time ever. Secondly, I learnt how to hold a bow and arrow in archery.
- **Holly** – I enjoyed the open water swim in the harbour because it was different to pool swimming. It was fun playing cricket at the beach with the noodle. I really enjoyed archery - I was much better this time than the last time I did it. I learnt some good bike skills like scooting, turning, going slow and pushing my bike. Generally the friendships and teamwork were highlights for me.
- **Elodie** – I enjoyed the swimming sessions. I feel I improved a lot just over the three days. I also enjoyed the run/track session – I can't believe I said that. I loved the high ropes but the archery was great too. The camp food was yum. I enjoyed staying in the dorms. We set off the fire alarm when cooking popcorn. It was fun to be with friends.
- **Thomas** – I loved the swim sessions. I learnt more about swimming in those three days than I have in three years of swim squad.
- **Carol** (parent/triathlete) – I enjoyed the swim sessions with the superfit juniors. It was great to watch the kids bond. I loved the open water session on the harbour, including the trip getting to/from there. A skill I learnt was how to run with my bike (never been able to do that properly). I loved doing the archery session including how to work as a team, and I loved the chocolate milk and cookies.



Attendees List

Guy Creber (A) (Coach)
Chelsea Creber (A) (Assistant Coach)
Elodie C
Holly C
Erin C
Carol W (A)
Ella W
Erin W
Craig O (A)
Caitlyn O
Scott M (A)
Jordan M
Caitlin S
Paige E
Morgan S
Daniel W
Kate W
Thomas H
Cody T
Anthony Y
Helena Y
Kristen Y



**Mac Tri Juniors Coaching Camp Program
Sydney Academy of Sport and Recreation Narrabeen
20-22 January 2014**

20 Jan

- * 10.30-11.00am arrive and check into rooms
- * 11.00-11.30am briefing and get to know
- * 11.30am – 12.30pm run session on track inc some warm up/strength/conditioning and run technique drills
- * 12.30-1.30pm lunch
- * 1.30-3.15pm pool session inc swim technique/drills
- * 3.30-5.00pm bike skills session
- * 6-7pm dinner
- * 7.15-9.30 movie on the big screen

21 Jan

- * 6.30-7.00am trail run (older guys)
- * 7.30am breakfast
- * 9am-11.30am High Ropes course (Sport and Rec activity)
- * 11.45am-12.30pm transition drills inc bike/short run session
- * 12.45-1.45pm lunch
- * 2.00-5.30pm short trail walk then open water swimming skills (short loop close to shore) inc relax/swim at Harbour bush beach near Clontarf
- * 6-7pm dinner
- * 7-9.00pm – pool session and Recovery Centre

22 Jan

- * 6.45-7.15am run/walk (easy)
- * 7.30am breakfast
- * 9.00-10.30am Archery (Sport and Rec activity)
- * 11.00am-1pm pool session inc swim technique/drills (plus short discussion re the triathlon disciplines, nutrition, drugs in sport)
- * 1.00-2.00pm lunch
- * 2.00-3.00pm bike drills/transition skills plus running/exercise circuit
- * 3.00-4.00pm beach volleyball
- * 4.00-5.00pm Recovery Centre inc plunge pools etc
- * 5.00pm depart





