



Mac Tri Juniors Newsletter October 2013



We Are Mac Tri Juniors!

We are Macarthur Triathlon Club juniors who came together as a squad in September 2013. We are triathletes aged between 10 and 17. Initially we had 15 junior members sign up. With additional juniors now registered we are a group of 20. Most of our group is around 10 to 13 but we have 5 who are 14 or older. The older guys form our leadership group. We voted Daniel White our captain. Guy Creber is our coach. We held our first full coaching session in early October. We also had a swim session in mid October. Many of us raced in the Club duathlon championships recently. Meeting Natalie Van Coevorden, a Mac Tri club member who now travels the world racing triathlons, was a highlight for us. We are looking forward to more coaching and competing in club races. We are also looking forward to doing some external events as a squad. We are excited about our sport and excited that we have the support of our club to develop our skills and experience new things in triathlon. We acknowledge the support of our club sponsors including Wests and ABC Bikes.



Katie – technique!



Ethan – hot lap!

Our Motto

Be Safe
Have Fun
Develop Skills
Go Hard



Our Values

RESPECT – for others including family and friends, team mates, competitors, officials, volunteers and importantly respect for ourselves

SPORTSMANSHIP – congratulate fellow competitors, wish them good luck or help them overcome disappointment

HEALTH – take pride in maintaining a healthy active lifestyle

ENJOYMENT – don't forget to have fun along the way especially with family, friends and team mates

BELONGING – be proud to be part of family, club and team

DEDICATION – we acknowledge that it takes discipline and commitment to achieve our goals

ACHIEVEMENT – recognising the hard work and sacrifices required to achieve and reflecting on and enjoying success when it comes along

BALANCE – finding the right balance in a busy lifestyle, knowing our priorities and knowing what is important, with family and school always top priorities



Elodie – thinking about her favourite after sport food – BANANA AND MANGO SMOOTHIE



Race start including a Wooldridge "Sister Act"



Daniel on Nat's Tail

Coaching Session Snippets

General - Technique focus; safety; know our own space; respect for others; know the course and race rules; how many laps?; attend race briefing; strategise, visualise; relax at start; have a plan A, B and C; nutrition important; warm up/cool down; be organised; minimise injury by using good equipment and technique.

Swim – Streamline; head down; body along surface; relax; kick important; strong hand catch and pull; relaxed breathing; have a start strategy.

Bike – Know your bike; proper fitting helmet; NO HELMET NO RIDE; technique and handling before speed; learn to pedal and spin and how to use gears; cadence; mount/dismount skills; keep left unless passing.

Run – Develop around natural style; cadence; relax shoulders/neck; relaxed breathing; upright posture with slight lean forward; front or flat foot contact; run “light”; minimize head wobble and body twist.

Transition – practice! things like bike scooting, getting your shoes on quick; know transition layout; know where your spot is; gear neat and tidy; bike push; elastic laces; practice elements; think through before race.

Nutrition General – balanced, healthy eating; carbs for energy, protein for growth and muscle strength and repair; hydration (water) important; try to eat from the 5 food groups every day vegetables, fruit, bread and cereals, meats and dairy; YES - breakfast is important.

Coach Says

Skill = Technique + Good Decisions

Swim Session Snippets

Thanks to Mark Randall, Mac Tri member and swim coach for assisting and giving his special advice!

- focus on technique when training
- while your face is under water you should always be blowing bubbles
- body should be long and streamlined in the water, with the full length of the body at and parallel with the surface
- feet not too far apart when kicking
- breathing both sides and high elbows are important
- in the stroke, extend and reach well forward hand entry into the water in front of your shoulders about when your elbow is level with the front of your head, and reach and extend a little further forward under water before catching and pulling with hand
- body should rotate about its central axis with each stroke, strong core muscles important
- head low, one eye still under water when taking breath
- strong hand catch and pull
- finish stroke by pulling hand right back to our hip
- head down but not too deep in water, but not high up either, with face down and eyes looking slightly forward
- “get that bottom and those legs up to near the surface”



Morgan concentrating!



Bryce relaxed on the bike

Coaching News

- Guy and Chelsea Creber recently attended a Triathlon Australia/NSW “Trystars” and Australian Sport Commission Active After Schools Communities Coaching Course. They are now qualified in these areas.
- There will be an announcement in early November from Triathlon Australia/NSW about the “Trystars Kids Triathlon” program for triathletes aged 7 to 12 years old. We’ll keep you posted.
- Watch out for a running session soon, an M7 bike ride and maybe an ocean swim too.



Our first coaching session (a few guys missing as they were on holidays)

News Flash!

- Kate, Daniel, Morgan, Richard (Daniel and Kate’s dad) and coach Guy went for a “bunch” cycle ride around Camden and Razorback (with some coaching assistance from Macarthur Cycle Club cyclist Craig Elborough).
- Ella and Erin competed at the Penrith Regatta Centre in the Nepean Triathlon races – great results, well done! (Natalie VC podiomed in the big one! Elite company).
- Morgan selected in Regional water polo team!
- Ella competed at Primary School State athletics champs in 800m after winning Regional 800m. Also 2nd U12 NSW Athletics relay champs, state cross country rep, 1st in Harrington Grove 2km Fun Run.
- Erin selected for school zone Razorback hockey squad, 2nd in Harrington Grove 2km Fun Run.
- Holly selected in Camden District U12 netball rep squad and blitzed NAPLAN.
- Elodie - school State Hockey champions, regional athletics, regional team in school State netball champs, district netball team in State champs, into semis for school State cricket knockout, Regional school Futsal champs then played in State champs, PB in Year 6 maths!
- Big performances from Ethan, Zac, Ella, Erin, Elodie and Holly at Camden Little As.
- Daniel and Morgan raced their first criterium race at Penrith Panthers club race meet with Coach Guy in tow – raced hard, learnt some skills, had fun (Daniel won, Morgan close by). Draft legal endorsement the goal.
- Great races by all in Mac Tri club duathlon champs. Great FUN. Daniel 5th overall in Event 5, Morgan PB first time under 1 hour, great job Bryce and Anthony. Big races from the girls in Event 3, well done Ella, Kristen, Helena, Holly, Erin, Katie, PB for Dana. Well done Elodie in Event 4. Ethan smashed the Weatbix after things not going his way in transition!
- Morgan racing Huskisson triathlon and Daniel in Kurnell and Forster triathlons in November.
- Ella and Erin racing Womens Tri Festival in November.

Ethan

GETTING TO KNOW.....Natalie Van Coevorden

- Natalie is a proud ex Mac Tri junior (she's grown up now!).
- She now travels the world racing triathlon in world series races.
- You must read her blog, it is a fabulous read. It documents her travels and races and insight into the sport over the last couple of years. Check out her blog at <http://natalievc.blogspot.com.au/>
- Natalie achieved her first podium placing in a world cup race (in South Korea) recently.
- "Getting To Know" asked Natalie some searching questions only recently ... (thanks heaps Nat for the lengthy answers and time spent on this)

What do you love about triathlon?

I love challenging myself and pushing myself everyday. Triathlon is always changing and I am always changing and growing as an athlete. I am very lucky that I get to race all around the world for 5 months of the year. I get to train with a great coach, athletes and support team that make what I do a lot easier. I always loved swimming and running growing up so triathlon just fell into place.

What was your sporting background before triathlon?

I used to swim up to 9 times a week at Campbelltown Swimming Club for 10 years. I used to swim 5km and 10km open water swims in the Australian championships. I played netball and ran a few times a week to keep fit for swimming.

What is your favourite triathlon discipline and why?

Probably swimming. I grew up with it and I probably could swim all day. It's always different with every session and I am still developing and growing stronger. Although its taken some time already to get better, its exciting and always challenging, physically and mentally.

What is your favourite training session and why?

Heart rate and threshold swim sets are my favourite for sure. I am growing to love a hard bike session e.g. moto-pacing and Time Trial efforts.

What is your most memorable sporting achievement in triathlon, apart from winning Mac Tri races?

My first world cup podium was pretty cool a few weeks ago. Something I always wanted to achieve and a good end to the season. I think making my first junior worlds team in 2011 for Beijing after only doing the sport for 6 months was something I will never forget.

What is your ultimate triathlon goal/what are you working towards now - say over the next 5 years?

I am looking forward to Glasgow and Gold Coast Commonwealth Games but the Olympics is my ultimate goal within the next few years. I want to keep developing my swim/bike/run and get stronger as I grow older. I want to try to get top 3 in World Cups and top 10 in WTS races. Maybe win World Championships would be amazing too ... we shall see.

Where do you train now?

I currently train in Wollongong for most of the time I am in Australia with a few days spent at home in Campbelltown. For the other 5 months of the year, I live in Vitoria, Spain in the Basque country. I train with other under 23 girls and elite females and males not only from Australia but international as well (Gwen Jorgensen).



Wooldridge sisters excited to meet Nat

GETTING TO KNOW.....Natalie Van Coevorden

What is your FAVOURITE:

- activity away from triathlon - *sitting at a coffee shop and just relaxing*
- pre-race food before race start - *nutella on toast with scrambled eggs on race morning*
- after training/racing recovery food/drink - *yogurt and muesli or chocolate milk*
- place to race - *San Sebastian in Spain*
- Sport Team - *Sydney Swans*
- Movie - *Crazy, Stupid, Love*
- Book - *any autobiographies*
- Food - *eggs and nutella*
- Drink - *Pepsi Max*
- Hobbies - *writing blogs, shopping, cooking*
- Animal/pet - *my beautiful labrador, Keesha*
- Athlete in Triathlon - *Erin Densham (another Mac Tri junior who won a bronze medal at the 2012 London Olympics)*
- Athlete in General - *Matthew Mitchem*

What is one thing you can't do without?

My phone. Just has so many functions for every occasion.

How did you balance school and triathlon when you were growing up?

I only really started triathlon in my last year of school as a bit of fun and started taking it seriously when I finished so I could train full time. But growing up as a swimmer, I would swim at 5am in the morning before school and then back to the pool in the afternoon. It was important to make the most of weekends so I had plenty of time to train during the week. The coach and myself were never too happy when I had to miss a session. I loved training.

How important are friends and family in the sport of triathlon?

They are definitely my biggest fans and support crew. Without my parents, I wouldn't be where I am today. They supported me from the start when I told them what I was getting myself into. I am pretty lucky to be training with a great group of girls and guys that I could call my second family. I spend a lot of time with them and they are important in training to get me through tough days. Having friends within the sport allows you to enjoy your time at training and races as you are probably quite similar in things you enjoy.

What is an important tip you can give aspiring triathletes?

Be patient. Things don't come as quick as you want them to or go the way you want them to but all good things come with time.

Can you give us one key thing to focus on in each of swim, bike, run and transition?

- Swim – *technique; catch is very important in swimming. You can look messy on top but as long as you are efficient under the water is the key. A high elbow and shallow catch are fundamental.*
- Bike - *skills; if you are confident on your bike then the other people around you feel confident too. Just hit up the local car park and do some figure 8's or place some cones to do cornering or breaking.*
- Run - *running is pretty individual as everyone has different techniques but basics like keeping a high cadence is important for running off the bike. Try to keep light on your feet by doing some drills (you can find heaps on youtube) before every run.*
- Transition - *practice, practice, practice! One main thing is to break it down into segments so you're not trying this whole new movement at once. You can learn to scoot or learn to swing your leg over your bike just in your joggers.*