



# Mac Tri Juniors Newsletter December 2013

## Mac Tri Juniors Go From Strength to Strength



Since Macarthur Triathlon Club's Mac Tri Juniors came together as a squad in September 2013, we have had a great time and some great experiences. In the last couple of months we have done

some coaching sessions, some training, competed in plenty of races and learnt lots about our sport. A highlight recently was our coaching session with twice ITU World

Triathlon Champ and multiple world cup race winner Emma Carney. Plenty of juniors won trophies at the club annual presentation night with Katie Schwarzel winning several big ones including overall triathlon and duathlon series championships. There have been some wonderful results including exciting PBs by juniors in races all over NSW and even in Queensland. We are looking forward to more coaching sessions and events in 2014. We are particularly excited about our first junior coaching camp to be held at the Sport and Recreation Sydney Academy at Narrabeen in January. Merry Christmas and a happy new year to everyone. We wish you safe and rewarding racing and plenty of PBs in 2014 and most importantly have FUN. We acknowledge the support of club sponsors including Wests, Rola Roof Racks and ABC Bikes.

### Our Motto

Be Safe  
Have Fun  
Develop Skills  
Go Hard







## Important Values at Christmas

Mac Tri Juniors has a set of VALUES that guide us in triathlon and in life generally. Our values particularly important at Xmas include RESPECT, ENJOYMENT and BELONGING.



Some "Trystars" joined us at a recent coaching session



Transition practice at a recent coaching session

## Coaching Session with Emma Carney

On Sunday 24 November we held a two hour juniors coaching session with twice triathlon world champion Emma Carney joining juniors coach Guy Creber at our Macquarie Fields base. Many of you attended (a couple of you weren't feeling well but toughed it out – well done). How good was it training with a triathlon world champ. Many thanks to Emma Carney for her time and advice.

We started off by having a fun improvised triathlon team relay for the very young club members who are 6 to 10 (our “Trystars”). We did races incorporating “dry land swimming” (running with arm movements), transition, “cycling” with hoola hoop bikes, transition, and then running to a finish line. The young kids had great fun and learnt some things - about transition in particular. Emma was a bit daunted by the bike leg but ended up mastering it.

Then we held the Mac Tri Juniors session incorporating swim, bike and transition activities. Emma provided great advice regarding basic skills and technique in each of the disciplines and provided advice to each of the juniors at times on a one on one basis.

In the pool Emma provided some important advice about triathlon swim skills and gave some pointers regarding swim technique including breathing, sighting, swim stroke and streamlining. Emma was impressed with your swim ability. She highlighted a number of things that juniors need to focus on including staying streamlined, head down, smooth not excessive kick, body roll/twist and strong hand catch and pull. A few juniors have a hip wiggle (which we are working on) and Emma picked this up and said it was important to eliminate this and keep body long and straight in the water.

Guy was particularly impressed with Caitlyn's swim and Rhys's swim. Rhys listened when given advice about high elbows and instantly nailed it.

In the bike activity Emma provided great advice on bike handling, cornering and bike mount and dismount. Cornering included keeping inside pedal up, leaning bike a little into the corner with a little extra body weight on the outside pedal, and looking through and around the corner not at the corner.



We also ran some transition drills with Emma watching on. Emma emphasised the importance of transition as the fourth discipline. She provided advice about transition skills including transition set-up (including gear layout, shoes and helmet ready), and tactics and strategies to assist the triathletes to get through transition quickly and safely and with minimum stress (having a landmark and a colourful towel helps you find your spot in transition). Emma said that practicing all elements of transition is really important. Practice bike dismount, running with bike, getting shoes on (shoes best to be on ground then put feet in), getting helmet on etc. Practice makes perfect. Guy reckons good transition skills boosts triathlon confidence. (Remember helmet on before un-racking bike in T1, rack bike before helmet off in T2). Guy also emphasised being organised and reasonably neat and tidy in your transition area.

Guy was particularly impressed with Katie's scooting when mounting her bike. We could tell she has been practicing. Also Rhys laid out his gear in transition perfectly. We all need to think about our route in and out of transition and think about what side is best to lay out our gear and how it is easiest to get our bikes off the rack and take off quickly.

Emma had a chance to chat with the “older juniors” for a while and gave her thoughts about things like:

- race pacing (knowing your limits and practicing at various thresholds, plus analysing race efforts and results to assist working out pacing)
- race tactics (aligned with race pacing, important to visualise race and have back up plans; expect the unexpected)
- riding in the wet (technique becomes more important and training in the wet helps familiarise you with racing in the wet; tyre choice important),
- training quality versus training volume (quality important especially when time limited, focus on technique and skills)
- touched on the importance of the mental side of things in training and racing (sometimes need to tough it out; how determined you are and how willing you are to push sometimes makes the difference).



## Coaching Session with Emma Carney (continued)

Interestingly Emma wasn't a fan of "brick" training sessions (brick sessions are where you train two disciplines in a session, one after the other). She questioned why flog yourself with two disciplines in a row, especially if you go hard. Better off splitting sessions, for example do swim or ride in the morning with run in the evening.

**Emma emphasised the importance of safety and having fun in triathlon.**

The juniors were clearly very excited about the opportunity to be coached by one of our great triathletes and they were noticeably inspired to participate and learn as much as they could from Emma. Each of the squad members who participated took away some valuable advice and key points to focus on.

Coach Guy said it was a privilege to coach alongside Emma. He enjoyed it very much.

Guy reassured juniors that even though we talked about some advanced triathlon skills at different times, particularly bike mount and dismount, we don't expect that you will try those out in a race if you are not comfortable. Just race within the skill framework that you are comfortable with. But by all means practice some of those drills/skills and when comfortable, have a go in a race.



## Coaching News

Triathlon Australia recently provided an update on the proposed "Trystars" program. TA is looking to roll out the program for clubs to implement starting early 2014. Mac Tri is keen to explore opportunities to be part of this program. Trystars is for ages 6-11. We'll keep you posted.

## News Flash!

- Daniel – great race at Forster NSW Junior Series (draft legal tri) (see Daniel's race report further on)
- Morgan – great race at Husky NSW Junior Series tri (see Morgan's race report further on)
- Ella, Erin (and Mia) – big races at Callala Bay Triathlon even though race modified due to rough water (and Mia dropped a chain on the bike leg but still finished strong – well done Mia!)
- Ella did well at State Athletics Relays including making final in 100m relay and podium (3<sup>rd</sup>) in 800m relay. Morgan also raced and did well. Several juniors raced at Little As zone and did well.
- Did we hear correctly - Ella awarded sporting scholarship at Elderslie High!
- Caitlyn – great result at Husky tri including fast swim
- Morgan and Daniel ran quick times for 5km Treloar Shield track race at Campbelltown Athletics Track
- Morgan played well in SW Sydney Regional Water Polo team in State Champs (sore shoulder and all)
- Holly selected for Camden District U12 Netball rep squad and 1<sup>st</sup> in Music and PDHPE Year 5 at Macarthur Anglican
- Elodie Citizen of the Year at Harrington Park Public School, big PB in 100m at Camden Little As
- Katie S – raced great at Hamilton Island Tri (so fast the race marshalls couldn't believe she was so quick)

- Club Tri Races 10 Nov – Thomas just pipped Katie in Event 3; well done Jordan in event 4; well done Bryce with top swim in event 5
- Club Tri Races 8 Dec – Hey! Katie just pipped Thomas in Event 3 this time, well done Dana and newcomer Cody; well done again Jordan in event 4, blitzed it, well done Kate also – great swim; in event 5 well done Daniel (great bike) and Morgan (great swim)

## BREAKING NEWS

**Can't wait for our Mac Tri Junior 3 day Triathlon Coaching Camp at Narrabeen Sport and Rec Sydney Academy in January - should be a blast!**

## Club Presentation Night Awards (Juniors)

- Katie S (Overall Triathlon Series Champion, Overall Duathlon Series Champion, Junior Point Score Winner)
- Morgan (Most Improved Junior) (Nominated were Dana, Ella, Katie, Anthony)
- Triathlon Club Champs Trophies Male – Jordan (10-11), Rhys (12-13), Daniel (14-15)
- Triathlon Club Champs Trophies Female – Katie (10-11), Kate (12-13), Mikaila (14-15)
- Duathlon Club Champs Trophies Male – Morgan (14-15), Daniel (16-19)
- Duathlon Club Champs Trophies Female – Ella (10-11), Elodie (12-13)





## GETTING TO KNOW ... Emma Carney

- Emma was special guest at our club presentation night and guest coach at a recent Mac Tri Juniors coaching session.
- Emma is twice ITU world triathlon champion and she won lots of triathlon world cup races in the 1990s. Her story is inspiring, sad, uplifting and enthralling. If you want to know more about Emma it is worth watching a series of interviews with Emma at <http://www.witsup.com/the-seed-emma-carney-interview-by-kendall-macdowell/>
- “Getting To Know” asked Emma some searching questions recently ... (thanks heaps Emma for the answers and time spent on this)

What do you love about triathlon (maybe what you loved when you were competing and now what you love having retired and into coaching)? *I love that triathlon suits the Australian lifestyle. We all can learn how to swim, bike and run well.*

What was your sporting background before triathlon? *Running. Middle distance. I have a 9.07 PB for 3000m on the track.*

What is/was your favourite triathlon discipline and why? *Running. I had the world covered.*

What is/was your favourite training session and why? *I used to like my 6 x 1km reps. Tough set. Always hurt – even when fit.*

What is your most memorable sporting achievement in triathlon? *My world titles.*

What do you miss about triathlon racing now you have retired? *Everything.*

I hear you are coaching, what one key piece of advice would you give a coach about getting the best out of their athletes? *Never yell & be a great role model for what you are teaching.*

Who/what was the biggest influence in your triathlon career? *My own goals.*

What/Who is/was your FAVOURITE:

- activity away from triathlon – *resting up!*
- pre-race food before race start - *Various. I didn't have a pre race food, as I was often overseas and could never be guaranteed the same food.*
- after training/racing recovery food/drink - *same as above.*
- place to race – *Noosa!*
- sport team - *I don't follow a specific team. I like watching all top level sport.*

What is an important tip you can give aspiring young triathletes? - *Train smart. Work on skill and technique.*

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

- Swim - *relax*
- Bike – *correct bike position*
- Run – *interval training*
- Transition - *organisation*



Morgan was excited to meet Emma at Presentation Night

## **2013 Macarthur Triathlon Presentation Night – Mac Tri Juniors “Coaches Wrap” for the Year**

It is with much pride and pleasure that I report to you tonight on our Mac Tri Juniors and indeed club juniors in general.

As with all of us, with triathlon the kids have their strengths and weaknesses, but impressively they seem to be in it for the love of sport, being part of a team, to learn and to have fun. That's what excites me about Mac Tri Juniors.

There are a range of juniors of younger age who have enjoyed mini races and weebix and other races on club race days. How good is it to see a young kid jump in the water and swim like a champ, ride their bike (some with training wheels), and run with arms and legs pumping like pistons all to finish (a mega distance) junior club race. Better still they have had great fun and want more. That's a good way to get a Sunday morning started if you ask me!

Many of the juniors compete in other sports with school and other sporting clubs and organisations. Many have achieved impressive results. What is most impressive to me is that the kids want to participate and experience various sports. Its nice to do well but it is also very fulfilling to try something new and succeed, whether it be first across the line, just in finishing or just overcoming those event nerves and apprehensions. Well done!

Our targeted Mac Tri Juniors squad commenced in September/October this year and already we have some notable achievements. We have a squad of about 20 Mac Tri juniors ranging in age from 10 to 16, all with different strengths and all enthusiastic and keen to learn.

We have had some coaching sessions and many juniors have participated in various club races and external events.

We hope to be able to participate in Triathlon Australia's "TryStars" program soon. This is for 6 to 11 year olds new to triathlon. We should hear more about this from Triathlon Australia and Tri NSW in January. We'll see if the model fits with our club and if so, then we'll include you all in developing the program.

I think triathlon is just waiting to explode in South West Sydney. I hope we as a club can continue to provide opportunities in the future for kids to experience the sport. I know sports like gymnastics and athletics are touted as being wonderful for child development. I reckon triathlon is equally as good if not better. It is a real "thinking sport" also. "Watch this space on this one" – with some proper pathways for the sport in the south west, it can really take off.

Now back to Mac Tri Juniors - I don't want to pick any particular athletes to single out tonight. They are all doing exceptionally well, particularly given they have many other pressures to contend with, most importantly including school.

I do want to mention that the juniors selected Daniel White as Club Junior Captain for this season. A great choice! Daniel is leading by example and has recently competed strongly in open company in running, cycling and triathlon events. He won his first criterium cycling race

and came second in a hot field the next week. He is now draft legal endorsed meaning he can race in draft legal triathlon races. Daniel competed in his first draft legal NSW Junior Series race today at Forster. Well done Daniel.

Others might get some awards tonight. Well deserved. In my eyes all of you deserve awards for having a go and doing your best at a sport considered daunting by some. Congratulations on a great season to all juniors and double congrats to all those kids new to the sport. I also want to acknowledge and congratulate the few juniors who have competed in many of the club races over the season, hardly missing a race day. You know who you are. Well done.

There are a few people that we at Mac Tri Juniors want to thank for helping and assisting at various times. Thankyou to Mark Randall for helping with our swim sessions. Thankyou also to Chelsea for helping at coaching sessions. Thanks to our club sponsors, particularly WESTS for their support. Thanks to Glenn and the Committee for supporting us, and thanks for their tireless work in helping the club to operate and succeed. Thanks to parents for taking the time to get the kids to events, “coaching” and coaxing, and just generally for everything they do.

To finish off, I am happy to report that all of the juniors have embraced and demonstrated behaviour supporting our Mac Tri Juniors motto:

*Be Safe  
Have Fun  
Develop Skills  
Go Hard*

We also developed a set of values (8 in total) that will guide us, (not just in triathlon but I'd like to think generally). These are based on Triathlon Australia values, plus we have added a few more. I want to mention three of these tonight:

*“RESPECT – that is respect for others including family and friends, team-mates, competitors, officials, volunteers and importantly respect for ourselves*

*ENJOYMENT – this is about having fun along the way especially with family, friends and team-mates, and*

*BELONGING – this is about being proud to be part of family, club and team”*

What I want to highlight is that “family and team and team-mates and club” feature prominently in these values. It means a lot to the juniors to be part of a great family club with so many fun, dedicated and inspiring team-mates.

Let's continue to build on this wonderful foundation for the future.

Go Mac Tri Juniors!

Thankyou and cheers!

Guy Creber



## RACE REPORTS

**Daniel White Race Report – Forster NSW Junior Series (16-19) Sprint Race Nov 13 - Travelling up to Forster I was a bit apprehensive for my first draft legal race. Upon arriving at the event I began to feel very nervous as I was racing some the best athletes in Australia in my age group. Competing in a draft legal race was different to any other race I have been in with a much higher level of scrutinising of equipment from the race officials. It was a beautiful day for racing and I was so glad that I was able to compete at this level. Although the race did not go to plan, I can take a lot from this experience. (I realise I need to improve my swim time to give myself a chance on the bike in draft legal races). Since Forster I have focused on my swimming technique and have noticed a dramatic improvement. The race at Forster has given me a benchmark that I must reach in order to be competitive at the top level in my age group. Overall Forster was a great experience and a goal that I can say I have completed this season. This race has only made me hungrier to achieve my goals.**

**Morgan Sillis Race Report – Husky NSW Junior Series (14-15) Enticer Race Nov 13 - Little Husky was my first big race this season. It's also the first one I've done in the enticer distance – which was a 300m swim, 8km bike ride and 2km run. This is the distance I have to do because of my age group in the Tri NSW Junior series. To me it felt very short because all my club races I've done are longer than that.**

*It was a fun race but it was a bit of a shame that it was wet and cold for most of it. It was a nice place and the whole course layout was cool (except for the stairs coming out of the water into transition). It would've been pretty hot on a sunny day. I bumped into Stephen Pauley from our club on the way to the transition area and it was really good to get some encouragement from him before the race. I also saw Caitlyn O and her dad Craig before the race and it was nice to catch up with them after the race too for a little debrief.*

*I enjoyed the swim because the water was warm, even if my shoulder was hurting me from my water polo injury. I used my tactic of swimming on the inside to get out first and it worked. A few of the others that were close came and pushed me out as we went around the first buoy but then coming around the last buoy I sat behind the person in front of me until we got to about waist height where I sprinted to the stairs and got in front of him. I think I could have porpoised a bit more and I have to learn not to get swum over around buoys. Overall though, the swim was pretty good.*

*The transition was really fast – I think the fastest I've ever done it but getting on the bike with wet feet was a bit hard because my foot didn't slip into the shoe the way it does when it's dry. The road was really slippery and wet and taking corners was really dangerous. You had to be cautious not to slip and come off the bike.*

*Most of it was straight road but at one corner at the half way point a boy in front of me stopped dead and almost slid across the road and almost took me out. I had to weave to avoid him. That made me also come to an almost complete stand still and it was really hard to get momentum and speed up again. I think I lost a lot of time at that point, and it made my bike time more ordinary than I hoped. I did learn however how to avoid a collision in the wet.*



## RACE REPORTS

*Coming back in, my transition was faster, then going out on the run I think I started a bit slow and came back hard a little too late. My big toe got stuck in my shoe at the beginning of the run and it was out of place and felt wrong. That didn't help. I could learn to not rush as much putting my shoes on, and make sure that everything is right before I start running. The last stretch felt really long and seemed like it took for ever even though it was such a short race. When I finished I felt like throwing up but I was hungry! The post-race food and drink was good.*

*For my next race I'm keen to focus on avoiding bunch ups at the turning buoys, watching for fast swimmers that are coming across from the far side, and getting a fast start to my run. I also hope that it's not such a wet day – but at least I have some experience at that now. I'm looking forward to my next big race in Nowra in January.*

