



Mac Tri Juniors Newsletter

April 2014



Mac Tri Juniors Enjoy Huge 2013/14 Triathlon Season

Mac Tri Juniors have enjoyed a huge triathlon season in 2013/2014. We have about 25 Mac Tri Juniors now. The Juniors have learnt heaps, had great results, produced plenty of pbs and most importantly have had

fun. They have built new friendships along the way. A highlight over the last few months was obviously the Mac Tri Juniors camp at Narrabeen Sports Academy. Lots of juniors attended the camp and had a great time. On the camp we had plenty of coaching sessions across each of the triathlon disciplines and also did some fun things like archery and high ropes. Lots of the juniors have competed in club races and other external triathlons over the last few months with many notable results. It has been great to see our juniors venture out to do some of the bigger external races and to experience that different competitive environment. Those external races really develop their confidence and stimulate a desire to learn more about the sport. But their dedication and enjoyment doing club races hasn't gone unnoticed! Also lots of juniors do other sports and in this regard there have been many incredible achievements by many of our juniors. They have participated in sports like netball, cricket, softball, athletics, hockey, cross country, swimming, criterium cycling, football and rugby league at school and in weekend sport. Many have progressed to zone, regional and state level. Congratulations all! Mac Tri is looking forward to even bigger and better things for the juniors in coming seasons. And yes, thank you to club sponsors including Wests, Rola Roof Racks and ABC Bikes.

Our Motto

Be Safe
Have Fun
Develop Skills
Go Hard



Mac Tri Juniors Coaching Camp January 2014



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.

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 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 did some other fun stuff too, like Sport and Rec operated activities including High Ropes and Archery. We had a couple of recovery sessions in the hot and cold plunge pools.

A great time was had by all.

Coaching Tips

So many things to learn, so many skills to develop, so many goals and aspirations! Where to start?

It is important to realise that things don't happen overnight and it takes time to develop technique and skills. Practice, training and consistency are key to developing skills. Also it is important to learn from every experience and every race.

Remember Skills = Technique + Good decisions.

Visualise your race before your start and strategise. Think about transition, where to start the swim, race tactics. Have a plan B and a plan C. There is always something that doesn't go to plan in triathlon. It is a thinking sport too!



Practice makes perfect. Trying something new is great but before rolling it out in a race make sure you practice it over and over. Like scooting to mount your bike. Or when you progress to clip in shoes/pedals for the first time – practice!

Consider what is your weakest discipline and give it a little more focus. You can get some big improvements that way.

Practice transition. You can sometimes gain a good minute or two even by perfecting this part of your race. Have a routine for setting up and also for getting through transition. Visualise racing through transition when you are setting up. Little improvements add up. Elastic laces are a must. Know where you are in transition.

Hey! Having fun is important. Let's not take this sport of triathlon too seriously unless of course you've decided you want to make the Australian team or you want to win All Schools. Even then, having fun, especially with team mates is important and keeps you sane along the way. Talk to fellow competitors, wish them luck, congratulate (or commiserate with) them when you/they finish. Respect for fellow competitors is one of our important values.



It is good to have target races and it is good to have races where you just want to go and have fun and enjoy. That's OK!



Watch others race and learn from what they do. Ask them questions when you get a chance. Read about triathlon and watch ITU racing on TV if you get a chance. Plenty to learn that way.

Don't underestimate the importance of eating good food, getting plenty of rest and keeping everything including family and friends, and school and sport in balance.

Coaching Tips (cont)

Talking about the Mac Tri Juniors Values – great if we can live life by them – Respect, Sportsmanship, Health, Enjoyment, Belonging, Dedication, Achievement, Balance.

Now winter is coming we might not be racing or training as much. It is a good time to reflect on what you have done over the last season and what you might want to do in the next 12 months or so. It's a good time to develop a strategy including training and future race aspirations.

Winter is good too for working on flexibility, strength, and conditioning. Develop a simple exercise routine to do for 30 to 45 minutes a couple of times per week. Incorporate body resistance exercises like push ups, crunches, sit ups, squats, lunges etc. Try to work different parts of your body including upper body, core and back, quads, hamstrings, glutes and calves. Older teenagers might want to incorporate some light weights. Maybe learn about and have a go at some pilates or yoga. Remember always warm up with some light dynamic exercises and warm/cool down.

Try to do a couple of sessions of swim, bike and run each week during winter if you can. Find a good indoor heated pool, maybe try some organised cross country trail runs or ride the M7 or go mountain biking on some trails - all rugged up. Do you have an indoor bike trainer or spin bike? Maybe try ParkRun at Raby every Saturday morning. Look it up on the internet. (Coach Guy has his run squad members do the Campbelltown Joggers 1km/3km track race on Tuesday evenings once a month at Campbelltown Athletics Centre. Maybe you might want to come along).



On cold rainy winter days it is great to grab a triathlon or sports book or mag and just relax reading. Watch some ITU races on TV. Winter is a good time to check out some Youtube videos on swim technique. Watch cycling races on TV including TDF highlights. Check out their cycling technique. Watch and learn. Maybe catch up on some school work too!

It is great how lots of our juniors play or compete in other sports also. In some ways for some, triathlon is their second sport rather than their first. That's good, triathlon is that sort of sport. You can come and go, or just have fun with it, but one day maybe triathlon will be your number one and all those skills you have learnt along the way will come to the fore.



Tri Australia/NSW News

Triathlon NSW and Triathlon Australia recently provided another update on the proposed "Trystars" program (for 7 to 12 year olds). TA is looking to roll out the program for clubs to implement soon. We are advised that the framework has been established but they are still working on the detail. Fingers crossed it happens soon. Oh yeah! Did you see that 2014/15 TA membership is open now (as of 1st April).

Lots Doing!

So far 2014 has been massive for Mac Tri Juniors. Juniors have raced in club and external triathlons and aquathons. They have all competed in other individual and team sports at school and weekend sport. Feedback suggests all are having great fun and developing lots of skills. Their sporting achievements have been truly inspirational. Congratulations to all Mac Tri Juniors! Some of the sporting events and achievements since Christmas include:

Coaching Camp – a highlight has to be the Mac Tri Juniors coaching camp at Narrabeen Academy of Sport in January. 17 Mac Tri Juniors participated and learnt heaps and had lots of fun.

Mt Annan run – some of the juniors ventured into Mt Annan Botanic Gardens for an evening of run training in early January. It was fun running the trails including a few hills.

M7 bike rides – we've had a couple of M7 bike rides to develop some bike skills.

Penrith Cycling Club Criterium January – after Daniel, Kate and Morgan raced crits late 2013, Morgan was back for more in January finishing 3rd Div 5 - strong.

Husky Triathlon – Mia (2nd 7yrs Miniman, 1st in U10s 5km fun run), Erin (9th overall female 5km fun run), Ella (2nd overall female 5km fun run), Morgan (1st 15-19 5km fun run, 7th overall and 5th 14-15s Enticer) and Jordan (24th 12-13 Enticer).

Wollongong Aquathon Australia Day – Well done Aleesha, Caitlin, Caitlyn, Cody, Morgan, Daniel, Austin and Kate.

Wollongong Triathlon – great racing by Katie, Aleesha, the Wooldridge girls, Caitlin (10th in 12-13s Enticer), Morgan (5th in 14-15s Enticer), Caitlyn (5th in 14-15s Enticer), (and Trystar Ryan blitzed his first big triathlon – wearing an Ironman race belt!).

Nowra – Morgan (3rd in 14-15s Enticer) raced fast here to earn more points towards the NSW Junior Series.

Club races – juniors raced strong with plenty of pbs at 6x club races January to April. Many stepped up in distance. Well done. (see later for more details).

Athletics – many juniors also compete at club athletics (Little As) and many made zone, region and even state carnivals. Special mention to Ella, Erin W, Aleesha and Cody for fabulous performances in middle distance races.

Country State Athletics Champs – Ella performed great in middle distance races at Country State Athletics champs.

Swimming carnivals - many juniors also compete at club swimming and school swim carnivals and many made zone, region and even state.

Cross Country – Wow, some great results by Juniors at school cross country with heaps of podium positions - Daniel, Cody, Aleesha, Caitlin, Elodie, Morgan ... the list goes on, congrats guys, good luck at the next levels.

VO2 Testing – Morgan and Daniel did a VO2max treadmill test producing plenty of useful information to guide training in the future.

Wests Encouragement award – well done Kate!

NSW Junior Series – Morgan currently sitting 7th in 14 to 15 age bracket with one race to go – very impressive! (Look after those injuries though).

Tri NSW Club Champs – great efforts by Katie, Ella, Erin W, Mia, Helena, Anthony, Morgan and Bryce; efforts by all the juniors were high quality, special mention to Ella who blitzed the junior race, Bryce and Morgan who raced in seniors race and performed well - great running Bryce, great swim Morgan.

Hills Club Races – juniors competed at a couple of Hills races including big results from Ella, Erin and Mia, and Daniel and Morgan in the Enduro triathlon format.

All Schools Triathlon – big competition and big results by Mac Tri Juniors racing for their schools; well done Daniel, Morgan (8th Govt Schools Intermediate), Austin, Rhys, Jordan, Thomas, Kate, Elodie, Ella (5th Govt Schools Juniors), Caitlin, Caitlyn and Jackson (9th overall Juniors).

Campbelltown Track Racing – Daniel, Cody, Elodie, Caitlin and Aleesha ran 1km and 3km track races Campbelltown Athletics Stadium. Great times.

Mac Tri Trystars run session – oh yeah! we held a Trystars run coaching session too, plenty of juniors turned up to learn a little about run technique, well done!

Mac Tri Juniors Coaching Session April – this was a

great session at Macquarie Fields after our club race. It included some swim drills in the pool (which we had all to ourselves), a bike technique session and running drills. After we had pizza and had fun in the water play park!



Club Racing

January Club Race – great results for so soon after xmas. Ella, Cody, Katie, Thomas, Helena, Tanya and Dana had a ding-dong battle in Event 3. Jordan, Austin and Anthony in event 4, and Morgan with a strong showing in event 5.

2 Feb Club Race – Well done Holly and Paige in Event 2. Erin W 1st in Event 3, followed closely by Cody, Thomas, Katie, Jacob, Helena, Dana, Aleesha, Caitlin, Tanya. Well done Kate 1st in Event 4 with Ella and Caitlyn in hot pursuit. Austin and Anthony strong in Event 4. Morgan and Bryce strong in Event 5.

23 Feb Club Race – Great racing in Event 3 by Katie, Caitlin, Helena, Aleesha, Tanya and Holly. Well done also Thomas. In Event 4 Kate 1st again with Caitlyn and Elodie close by. Jackson, Austin and Anthony great in Event 4, great time Jackson. Big races by Daniel, Morgan and Bryce in Event 5.

9 March Club Race – Cody, Katie and Helena well done in Event 3. Austin, Jordan, Anthony, Thomas and Jacob strong in Event 4. Well done Morgan in Event 5.

30 March Macarthur Club Triathlon Champs – plenty of juniors competed on this big day, great to see how far all have come; big results and plenty of fun all round; special mention to Ella winning the girls event 4W, Erin winning event 3 and Paige, Katie and Aleesha in event 3, and also Jordan, Cody, Thomas and Austin in Event 4 for fabulous close racing; also Caitlyn and Caitlin in event 4 and Anthony, Daniel, Morgan and Bryce in event 5.

13 April Club Race – A hot field in event 4 saw Jackson, Cody, Ella and Austin go head to head. Kate and Caitlin powered in event 4 womens. Well done Morgan and Bryce in event 5. Big race in event 3 with Erin W, Katie, new members Mackenzie and Tanya, Elodie, Josh, Paige and Holly all impressive.

Impressive participation and results by all. Everyone deserves accolades for their enthusiasm and performances, but a notable group have really made significant progress and a few have started their triathlon journey, new to racing.

Special mention to Cody, Aleesha, Caitlin, Paige who are new to the sport but already having fun and getting into it in a big way. Well done!

Jordan



Bryce has been working on his running and his times have been progressively getting better. A whopping 4 minutes off his 4km run time. Hard work paying off! Well done!

Special mention too to Katie, Austin and Morgan who have raced all club races so far this year and to pretty much everyone else including Thomas, Anthony, Cody and Helena for racing 4 or more club races so far this year.

Congrats also to all the Mac Tri Trystars who have participated in club races, many new to the sport but all keen and enthusiastic. (We're hanging out for the TA Trystars program to be finalised so we can get some Trystars coaching happening).

Ella



RACE REPORTS

Cody (Mac Tri Club Triathlon Champs 30 March) - *I felt very nervous about stepping up to a bigger, longer and harder race as this was my first time doing Event 4 and it was Club Champs! Coming up to the big event all I was thinking of was my strategy. I got I signed in, got my gear ready and went for a warm up lap on my bike. When I got back I said 'hi' to the other guys that I have met whilst being with Mac Tri and at the camp. At the end of my race my results went as planned and got the results I expected. I placed 2nd by 10 seconds in my age group with a time of 37.23. I am so pleased with my effort and progress. I hope that I can continue to improve and do this for a very long time. I would like to thank Guy for all the time and effort he has put in to helping me with my running and triathlons.*

Bryce (Forster Tri NSW club champs 5 April) - *The end of the triathlon session has come around again so fast, and it was time to head up to Forster for one of my favourite races. On the way up we lived in fear of a cancelled race due to the torrential rain and forecast, but when Saturday arrived the rain held off, making for a dry race but with lots of cloud cover. The day began with an aquathlon for the younger kids with great results being obtained by the Mac tri juniors, but the time rolled around for Morgan and I to step up and race the big race. (1km swim, 30km bike and an 8km run over the bridge to Tuncurry). The swim was a wetsuit optional swim, with Morgan and I in the under 30's race start. The only thing that I didn't like about the swim was not being able to feel my hands at the half way point. We then had to move on to a technical bike course with hills, slight winds and sharp bends with all of the Macarthur triathlon members, making it out with no injuries. The run was my favourite part of this triathlon because of the scenic views and the fact that my running has improved from the training undertaken. I would like to congratulate all of the Mac tri juniors for their effort throughout the day especially the volunteers who gave up their weekends to make the race a safer place. The favourite part of the whole weekend would have to be the great relationships formed with fellow club members especially from the Mac tri juniors over dinner and breakfast. It was an amazing weekend and I can't wait for more fun with the Macarthur triathlon club in the future.*



RACE REPORTS

Caitlin (Wollongong Elite Energy Race March 2014) - Wollongong was my first race apart from a few club races. I was a little nervous about the race after seeing a few of the Australian Triathlon kids in their uniforms in my race. The race was a 300m open water swim, 7km bike ride, and a 2km run. It felt like quite a long race because in the club races I had been only competing in event 3. The open water swim was a first for me. Before the race in Wollongong I had never raced in the ocean before. The swim was quite challenging for me because there was no guide on which direction you were heading to the buoys. It was also quite challenging knowing where to stand at the start of the race so I didn't get trapped in with all of the people starting at the same time. They all went out extremely fast. It was a struggle to keep up but after a while I got into my rhythm and set my own pace. I was relieved to hit the sand with quite a number of competitors behind me. The transition between the swim and the bike went really well. I got ahead of a few people in the transition area. The bike ride was really fun apart from the fact that I only had a mountain bike and most other people had a racer but it was still good fun trying to keep up with them. The run didn't feel that far at all. When I got to the turn around place to go to the end it didn't feel like 1km there and then another kilometre back. As a whole for the race I felt like it went really smoothly and it was extremely fun for my first ever race outside of club and I can't wait till the next race that I do coming up.



Helena (Forster Club Champs Juniors Aquathon 5 April) - While my dad was driving up to Forster I was very nervous about the race and then I thought about not doing it but I knew somewhere deep down I wanted to conquer my fear and complete the Aquathon. On the morning of the race I was even more nervous but then I saw the people I was racing against and then I realised they were in the same boat as me. During the race I felt like a champion because everyone was cheering for me which gave me support and courage to keep on going. When I had finished the race I had the best feeling ever because I had conquered my fear by swimming in the ocean water with sea weed and fish. Overall I believe that the Aquathon has given me confidence to swim in the ocean water. This was a very good experience.



Anthony (Forster Club Champs Juniors Aquathon 5 April) - At the 2014 club champs in Forster, I competed in my first ever race other than those at Mac Tri. I wasn't really nervous prior to the race but I didn't know what to expect in the swim. The first time my face was submerged in the cool ocean water my body decided that it was too cold and I drastically lifted my head up for a breather. Even though my race was an Aquathon it was a good experience swimming in an ocean and running on soft sand rather than on concrete. Competing in this race has given me the confidence to compete in further races in my triathlon career.

GETTING TO KNOW Erin Densham

- Erin was a Macarthur Triathlon Club Junior who has gone on to win international and ITU triathlons all round the world. Erin won bronze in the triathlon at the London Olympics in 2012.
- Coach Guy and family were lucky enough to see that race in London. Erin's effort to force the pace in that Olympic race was one of the most inspiring performances of the Olympics. If you get a chance to watch the race, do so, and watch how Erin surges often in the run to take the race up to the other top competitors.
- Erin also competed in the Beijing Olympics for Australia. She was U23 world champ in 2006. Erin has been top 10 in stacks of ITU world series/champ races and has won heaps over the last decade.
- "Getting To Know" asked Erin some searching questions recently ... (thanks heaps Erin for the answers and time spent on this).

What do you love about triathlon?

Being able to travel the world and see and experience new places.

What was your sporting background before triathlon?

I was a competitive swimmer from the age of 6 to 12. I always ran cross country at school and was able to go quite well. I played netball for 9 years and played every sport I possibly could throughout school.

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

I used to swim train some mornings and do some runs and swims in the afternoons. Riding mostly happened on the weekends. I also had a part time job, which for me at the time, took precedence over training so I could make money to fund my sport pursuits. Then in 2005 I went and raced in China and Korea one week after the other. That was a real eye opening trip that came with a lot of challenges. But I also won both races and came away with a years worth of salary from the two. That's when I realised I could probably make a living from this and maybe get a bit more serious about it.

What is/was your favourite triathlon discipline and why?

It can change all the time depending on how I'm feeling. But when all is well my favourite is generally the run. I love the feeling of running fast.



The Crebers were lucky enough to meet Erin (and Emma Moffat) in London at the Olympics in 2012.

What is/was your favourite training session and why?

Lots of sessions can be my favourite for different reasons. I really enjoy crit racing, hill running sessions and I have a love/hate relationship with threshold swim sessions.

What is your most memorable sporting achievement in triathlon?

Winning Under 23 Worlds in 2006. I certainly wasn't the favourite and it just felt really good to come out on top.

Who is/was the biggest influence in your triathlon career?

My husband, Jonathan Hall and also our old National Performance Director, Bill Daveron.

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

Very important. They are always there no matter what happens.

What/Who is your FAVOURITE:

- activity away from triathlon – *Reading.*
- pre-race food before race start - *A gel about 20min before the start.*
- after training/racing recovery food/drink - *Protein shake and a cookie or muffin.*
- place to race - *There are so many amazing places that I get to race. I couldn't possibly choose one.*
- movie - *All the twilight movies - tragic, I know.*
- animal/pet - *I don't have any pets as I don't stay in one place long enough. But when I do I would like to get two pug dogs.*

What is one thing you can't do without? - *The great outdoors.*

What is an important tip you can give aspiring young triathletes? - *Have fun. That's it.*

What one key piece of advice would you give a coach about getting the best out of their athletes? - *Everybody is different. It's a full circle. The coach must understand the athlete and find what methods get the most out of them, and the athlete must trust the coach and buy into what they are doing.*

What is your fav way to relax/recover after a big training session/block or a big season? - *After a big training session, recovering with a shower, a great feed (or protein shake) and plonking down on the bed or the couch. After a big season, going on holidays.*

What other sports are you into as well as triathlon? (eg are we seeing mountain biking a favourite and why?) - *I really enjoy Mountain Biking. It's always different and you always have to be on your game. I also enjoy watching cycling. All the grand tours and the classics are always great viewing.*

Do you have a triathlon/sporting goal that you are working towards now? - *Making the Australian Team for Rio 2016. Then winning that gold medal.*

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

- Swim - *Technique*
- Bike - *Cadence*
- Run - *Forward lean*
- Transition - *Walk through transition when you are finished setting it up. Know where the entry and exits are for each leg. Know where your bike is. Even choose a land mark as a guide (tree/building/banner) or use a bright towel to make your transition position stand out.*

