


# VISION TRI CLUB

www.visiontriclub.com.au

## YOUTH DEVELOPMENT SQUAD

<ul style="list-style-type: none"> <li>WHO - <b>7 to 16 year olds.</b></li> <li>Coach Liam will be running sessions throughout the state school term. Areas of focus included – Base training and Skills Development; General conditioning; Specific Competition Training and Speed for Racing. Each term Liam will conduct skill acquisition and performance indicator tests to monitor improvement and to enhance further development (all with enjoyment and camaraderie.)</li> </ul>	<p style="text-align: right;">Vision Tri Club Youth Development Coach- <b>Liam Bromilow</b></p> <ul style="list-style-type: none"> <li>Level I Triathlon Coach</li> <li>Level III Running Coach</li> <li>Level I Cycling Coach</li> <li>Blue Card Suitability</li> <li>Ph 0400012156</li> </ul> <p>Email <a href="mailto:discover@visiontriclub.com.au">discover@visiontriclub.com.au</a></p>
<p style="text-align: center;">Vision Tri Club Head Coach – <b>Cath Rogers</b></p> <ul style="list-style-type: none"> <li>Development Manager Triathlon QLD</li> <li>Level II Triathlon Coach</li> <li>Level I Swim Coach and Athletics Coach</li> <li>Blue Card Suitability</li> <li>Ph 0408792552</li> </ul> <p>Email <a href="mailto:discover@visiontriclub.com.au">discover@visiontriclub.com.au</a></p>	<p>Accredited coaches of</p>  <p>TRIATHLON QUEENSLAND</p>

## Youth Development Squad Timetable

Monday	Tuesday	Friday
<b>Triathlon Skills- Goodna Aquatic Centre</b> <b>Swimming</b> 4.00pm to 5pm	<b>Triathlon/Duathlon Skills- Springfield</b> <b>Run/Cycle</b> 4.00pm to 5pm Bring Bicycle	<b>Triathlon Skills- Goodna Aquatic Centre</b> <b>Race simulations</b> 4.00pm to 5pm Bring Bicycle and Windtrainer (If owned) Windtrainer hire fee- \$2

**Round 4 – Monday 3<sup>rd</sup> October to Friday 25<sup>th</sup> November (8 weeks)**

Casual Coach Fee = \$8

Block Fee for Coach = \$100

VENUES- Goodna Aquatic Centre- Brisbane Tce, Goodna. Springfield- Robelle Domain Parklands- Sinnathamby Blvd- Springfield.