

VISION TRI CLUB

www.visiontriclub.com.au

July Newsletter... All about the Athletes!

One Vision

Coach Cath's Corner

Hello Athletes,

Well because it is me writing this section I am going to say Good Luck to myself in delivering my third child

'naturally and without pain relief' – I do hope it all goes well and to be sitting on my bike again in the next couple of months!!!! – As I said – PLEASE PRAY for me!! – The coach has a lot of work to do to catch up to her squad!!



Now, the club schedule will remain the same throughout my absence - which is not set with a time or date. It will come down to when the baby arrives, how good the delivery goes, and how well the baby fits into our lifestyle. Coach Matt will be delivering the sessions on my behalf. Matt has spent his own time with me working on the program and understanding what is expected from the athletes and me.

Matt will be collecting any monthly and casual fees if I am not at a session and the \$2 lane hire fee at every swim session/power hour session will continue to be recorded in the brown diary and collected by the coach. Athletes who have an 80's card with myself and Matt will be using up the card they have with Matt and the one they have with me will be extended past the expiry 2 month date until I return. If you don't have a card with Matt and only with me then he will record your attendance at a session and I will mark it off my card and I pay Matt for his coaching directly – no extensions on expiry date this way.

Very Easy – All Training as Per Usual – Athletes Goals Achieved – Programs Written by Coach Cath – All Sorted right!!

Coach Cath

Club Memberships

The club membership forms will be available on the website by mid July. Please print it out and return it and the fee in an envelop - to the coach or to Natalie. Individuals (or 2 packs per family memberships) will include:

- Red VTC logo'd back pack
- Bumper Bar Sticker



- Large VTC Tattoo, face only
- \$60 Jaggad Voucher

- Referral Postcard for Red Hill Physiotherapy, Bikeology, Vici and Jaggad – entitles the holder to the specials and discounts



Website:

CHECK IT OUT!

We are a great club with great coaches and great athletes. Social yet dedicated to training and racing goals. The atmosphere is fantastic.

If you are a casual or seasoned athlete – beginner or established – come along to a session and see what you think.

Vision Merchandise

Vision Tri Club Beanies, Run Caps, Visors, Military Caps and tattoos are now available. There is limited stock available after our influx of orders so get in quick. Colors include:

- Beanies - \$15 – Red / Fluro Orange
- Run Caps - \$20 – White Only – Full Cap Mesh
- Run Visors - \$15 – White / White & Navy Trim
- Military Caps - \$15 – Khaki / Hot Pink / Sandstone
- Tattoos - \$ Members Discount \$1.00

Please order through Cath and money can be made via cash and recorded in the brown diary or electronically transfer into the club account. Please remember to identify who you are and what the money is to be used for. Your help with this will make treasurer Nat's job much easier!

TQ Duathlon Club/State Championships

August at Gatton – what a place to be right?? Well yes it will be great to see many athletes racing and supporting. Get your race gear out or sponsor shirt and come to Gatton to support the athletes. The race will allow TQ members and VTC members to accumulate points and a prize at the end of the season....so get entered and good luck.

Athlete News

A big good bye to Mel for a few weeks. Mel is going to the land of 'sex in the city' to be with her husband. She has her training plan and will be back to embark on Noosa for the first time and then off to NZ for the half ironman – Have fun Mel and we will look after your daughter for you!!!!

Sponsorship



Find us on [facebook](#)

