

The Coaches

The Carina Leagues Triathlon Club coaching group has guided National and State Triathlon Champions and many international athletes since 2002. They have also helped numerous age group athletes accomplish individual goals, including finishing ironman and half ironman events. Club athletes have gained Australian age group selections, starting as beginners, firstly in Enticer events, then progressing through to Sprint or Olympic distance races. All coaches have Triathlon Australia accreditation, first aid training and positive blue card notices. Head Coach Warwick Dalziel maintains a heavy focus on ongoing coach education, with external service providers such as physiotherapists, sport psychologists, other coaches, and also with weekly in-service education.

Warwick Dalziel – Head Coach

Level 3 Triathlon Coach –

13 years' triathlon coaching experience
Additional Qualifications – Masters Applied Science in Sports Coaching, Bachelor Physiotherapy, Bachelor Human Movement Studies and Bachelor Science with Honours

Contact Warwick about the Professional and Competitive Triathlon Squad's and general enquiries

m 0411 615 474

e coachwarwick@carinaleaguestriathlonclub.com



Jaimie Trotter – Junior Development Coach

Level 2 Triathlon Coach –

4 years' triathlon coaching experience
Additional Qualifications – 3rd year Bachelor of Psychology, Austswim Teacher of Water Safety

Contact Jaimie about Junior Triathlon Squad

m 0421 557 743

e coachjaimie@carinaleaguestriathlonclub.com



Gary Hoban – Adult Age Group Coach

Level 1 Triathlon Coach –

2 years' triathlon coaching experience
Additional Qualifications – Advanced Diploma of Business Management, Austswim Teacher of Water Safety

Contact Gary about Adult Triathlon Squad

m 0412 021 645

e coachgary@carinaleaguestriathlonclub.com



Jess Smith – Junior Beginner Coach

Level 1 Triathlon Coach –

2 years' triathlon coaching experience
Additional Qualifications – Certificate IV & V in fitness, Austswim Teacher of Water Safety



Training Fees

Training fees vary depending on the maximum number of training sessions available for athletes. They cover coaching costs and facility hire at the Clem Jones Centre, including GST. There are discounts for quarterly, or annual, fees paid in advance. All fees are payable to the Clem Jones Centre. There are no refunds for fees paid.

Triathlon Program Option	Monthly Fee Payable	Quarterly Fee Payable	Annual Fee Payable
Professional Squad (12 months)	\$500 + 10% of prize money won as Coach Bonus	\$1,350 + 10% of prize money won as Coach Bonus	\$5,100 + 10% of prize money won as Coach Bonus
Competitive Squad (12 months)	\$285	\$770	\$2,907
Adult Age Group Squad (12 months)	\$200	\$540	\$2,040
Morning Adult Beginner Squad (12 months but limited sessions)	\$150	\$405	\$1,530
Evening Adult Beginner Squad (12 months but limited sessions)	\$150	\$405	\$1,530
Junior Age Group Squad (11 months)	\$200	\$540	\$1,870
Junior Development Squad (11 months but limited sessions)	\$145	\$392	\$1,356
Junior Beginner Squad (half year from Sep to Mar)	\$115	N/A	N/A

Payment options include:

- Monthly in Advance – by 7th day in each calendar month
- Quarterly in Advance – by 7th day in July, October, January, April (10% discount to paying monthly)
- Annually in Advance – by 7th day in July (15% discount to paying monthly)
- Family Memberships –20% discount for fees for the second and extra school attending family members. They must be from 9 to 17 years old and members of the Junior Beginner Squad or the Junior Development Squad. This discount is not available on fees payable for the Junior Age Group, Competitive or Professional Squad.

Contact

CARINA LEAGUES TRIATHLON CLUB INC.
PO Box 182 Carina Q 4151



Information

Information updates about all the training squad's are available at www.carinaleaguestriathlonclub.com/Triathlon-Programs

Online Triathlon Training Programs

Athletes who can't train at the Clem Jones Centre receive programs through www.triathlononline.com.au run by the Carina Leagues Triathlon Club coaching team.



Based at the Clem Jones Centre



Proudly Sponsored by the Carina Leagues Club



CARINA LEAGUES TRIATHLON CLUB

Training Squads Information 1st July 2010 to 30th June 2011



Junior Development Squad 11-18 years (11 months of the year – no April)

This squad focuses on teaching fundamental skills used in the sport in a fun and enjoyable environment. The program offers athletes of similar ability sessions to improve and progress to the Junior Age Group Squad where they can train on Saturday mornings.

MON	TUES	WED	THURS	FRI	SAT	SUN
					NO SESSION AVAILABLE	Bike or Race
4.30 to 6.30 Swim	4.30 to 6.30 Bike + Run	4.30 to 6.30 Gym + Swim	4.30 to 6.30 Run + Swim			

Junior Age Group Squad 12-18 years (11 months of the year – no April)

This squad develops fundamental triathlon skills and conditioning. It offers a flexible timetable including Saturday mornings.

MON	TUES	WED	THURS	FRI	SAT	SUN
5.30 to 7.00 Swim	5.30 to 7.00 Run + Water Run		5.30 to 7.00 Bike + Run	5.30 to 7.00 Swim	6.00 to 9.00 Bike + Run	Bike or Race
4.30 to 6.30 Swim	4.30 to 6.30 Bike + Run	4.30 to 6.30 Gym + Swim	4.30 to 6.30 Run + Swim			

The Club

The Carina Leagues Triathlon Club offers both professional and competitive training programs. Athletes must become club members after training for a month. Please join through the club website www.carinaleaguestriathlonclub.com forms tab. This is club policy and complies with child protection legislation. All athletes must also hold a current Triathlon Queensland Membership available via www.triathlonqld.com.au

The club has access to many great facilities at the Clem Jones Centre including the 25 and 50 m heated pools, running tracks and storage areas. The club provides windtrainers, an ice bath, rollers, swim paddles, pool buoys and has race day equipment of tents, trailers, and bike racks for members.

Junior Squads

Junior Beginner Triathlon Program 9-13 years (September to mid December & mid January to end of March)

This squad offers a fun and enjoyable beginner program to start in the sport.

Coaching focuses on teaching the fundamental triathlon skills with emphasis on participation and enjoyment, under coach direction.

As junior beginners master the basic skills they are encouraged to join the junior development squad.

MON	TUES	WED	THURS	FRI	SAT	SUN
					6.00 to 8.30 Swim + Bike + Run	Race
4.15 to 5.30 Bike + Run		4.15 to 5.30 Gym + Swim	4.15 to 5.30 Run + Swim			



Adult Squads

Morning Adult Beginner (Maximum 30 Members) (12 months of the year)

This squad offers a beginner triathlon program, with a maximum of 30 athletes of similar ability, to improve skills and fitness with the aim of progressing to the Adult Age Group (subject to vacancies).

Morning Adult Beginner Squad members must attend only the morning sessions (described below) and must not be training more than 4 times in any given week.

Peak Session Profile

Months – September, October, November, December, January, February and March

MON	TUES	WED	THURS	FRI	SAT	SUN
5.30 to 7.00 Swim	5.30 to 7.00 Bike + Run		5.30 to 7.00 Swim	5.30 to 7.00 Run	NO SESSION AVAILABLE	Bike or Race

Off Peak Session Profile

Months – April, May, June, July and August

MON	TUES	WED	THURS	FRI	SAT	SUN
5.30 to 7.00 Swim	5.30 to 7.00 Run + Water Run or Swim		5.30 to 7.00 Bike + Run	5.30 to 7.00 Swim	NO SESSION AVAILABLE	Bike or Race



Adult Age Group Squad (Maximum 30 Members) (12 months of the year)

This squad offers an affordable triathlon program for fun and improved fitness. Skills development and a conditioning program are emphasized. Members of the public can join this squad if there are places available.

MON	TUES	WED	THURS	FRI	SAT	SUN
5.30 to 7.00 Swim	5.30 to 7.00 Run + Water Run or Swim		5.30 to 7.00 Bike + Run	5.30 to 7.00 Swim	6.00 to 10.00 Bike + Run	Bike or Race
6.00 to 7.30 Swim	6.00 to 7.30 Bike + Run	6.00 to 7.30 Gym + Swim	6.00 to 7.30 Run + Swim			

Evening Adult Squad (Maximum 30 Members) (12 months of the year)

This squad offers a beginner program for a maximum of 30 athletes of similar ability to improve skills and fitness with the aim of progressing to the Adult Age Group Squad (subject to vacancies). The Evening Adult Beginner Squad members must attend only the evening sessions or Sunday morning (described below) and must train more than 4 times in any given week.

MON	TUES	WED	THURS	FRI	SAT	SUN
6.00 to 7.30 Swim	6.00 to 7.30 Bike + Run	6.00 to 7.30 Gym + Swim	6.00 to 7.30 Run + Swim		NO SESSION AVAILABLE	Bike or Race

