

2012 Junior Series Race 1 and 2011 National Development Camp

The Super Sprint Race Weekend and 2011 National Development Camp didn't exactly go the way I had planned, yet turned out to completely change my perception and attitude to training and racing.



After everyone finally made it to the airport in time and had checked in bikes we got away on time. The flight went quickly as did the bus to Gold Coast which meant we could unpack and ride our bikes as soon as we got to Runaway Bay. The Zoot compression tights had done the job as we mostly felt good even after the 5 hour flight. After familiarizing ourselves with the bike course we had a quick swim before we went to dinner and was able to meet our competition from other states. We got one last sleep in on Friday before registration and uniform and bike checks. The Super Sprint race weekend is a series of 7 races, ranging from individual sport races to aquathons and sprint triathlons in which you can gain points leading into the Grand Final. The person with the most points at the end of the weekend is the winner of the Junior Series Race 1. Race 1 was swimming with a 50m, 100m and 200m with the



accumulative time of all competitors being ranked. It was a slow start for WA in cold conditions for Queensland. The second race is the most dangerous over the entire weekend, the 8km criterium with everyone starting together. Even with the boys split up according to age to make it safer there was a significant amount of crashes. The girls went the first to go off and in the first lap there was a crash at the corner resulting in a head injury requiring stitches which also collected Mikala. The track run was the last event for the day with Sam, Jesse and Gabe narrowly missing the finals while Jaz, Kenji and I raced well in the finals while Mikala recovered from her crash.

Day 2 was when the recovery started to make a difference. An early start for the aquathon was a challenge and while Mikala was ready to race Jesse came down sick which showed in the first race and caused him to pull out of the weekend. With only a short break until the first short triathlon everyone had to focus on what they were doing and let the coaches focus on all the other athletes. I was in the first heat and had



made the first pack on the bike before the girl in front clipped the wheel and came down leaving no alternative for me but to crash. After taking a long time to get back on the bike which lost almost a lap to the leaders I continued on and still managed to catch some of the poorer cyclists before completing the race. But in the medical tent my wrist was starting to hurt and I couldn't move it resulting in a 3 hour visit to the emergency department of the hospital. After missing all of the rest of the races and several hours of having to wait patiently I returned in plaster with no hope of racing the next day or completing the race weekend.

If you look hard enough you can always find a positive even with injuries and I managed to the next day. Standing on the sidelines watching the grand finals was one of the hardest positions to be in and even though there were others with





broken bones I would have given anything to race. Sam finished strongly and Gabe did really well in the B final before Mikala won her B final, Jaz won the A final and Kenji won his A final. The end results were excellent for the entire team with Kenji in 2nd, Jaz in 2nd, Gabe in 26th, Sam in 48th, Mikala in 22nd, Jesse didn't race after race 4 and so finished in 64th and I didn't race after race 5 finishing in 16th. None of this would have been

possible without the help from all of the coaches throughout the weekend Grant and Stuart Denton as well as Stuart Durham and Chris Lang. A special thanks to the sponsors of the WA TEP of Zoot, Department of Sport and Recreation, Bike sure, Trievents, Ryders, Sustagen, and Triathlon Western Australia.



After the celebrations the athletes got a short break before we got launched into the camp. Split up into four groups with the head coaches being the four national talent academy coaches we now got to learn all we could from the top junior coaches and athletes across Australia. Coming from racing the rest of Sunday was all about recovery with a swim session then in the evening a talk from Wayne Goldsmith focusing on the level of commitment and attitude required to be the best in the world.



Early next morning was cycling which was mainly skill based. Running was next after breakfast where despite high temperatures everyone gave it their all in the session composed of VO₂ type testing with 30m, 200m and a 6 min effort after drill work. With the small groups with 5 coaches any corrections needed to your technique and drills got picked up so you could improve. Due to being in plaster I was unable to swim in the afternoon so my head coach Jan Rehula (NTA – VIC and TAS) sent me to the gym to work on other aspects that I could when I

was injured. An anti-doping session in really small groups followed the afternoon training session, where we could build on and discuss what we had learnt in the online course, the message being that you are completely responsible for what is in the body so know what you are taking. That night the QAS athletes of Emma Jackson, Ashleigh Gentle, Ryan Fischer and Dan Wilson came in to answer questions that we wanted to ask them. Once again it was fantastic to see the athletes who can potentially be racing at the Olympics, have won World Championships and learn from their own experiences.





The next day was the 1km swim TT in the morning. Again I couldn't do this so instead was able to do a run session one on one with Bobby McGee, the head running coach for the camp. Despite being injured I was still able to train really hard and received lots of feedback.



Cycling was similar to the day before but the skills were extended to transitions which were made fun by friendly competition. The afternoon brought the legendary mystery session where you compete in teams doing skill based activities. Taking off back wheels, swimming and transferring shirts, running with hula hoops, quick transitions, mounting, weaving while carrying bikes and riding in pairs blindfolded were just some of the challenges everyone faced as well as team rivalry. The last night was a late one following the mental skills session given by Bobby McGee.

Despite being the last day everyone was still challenged the next morning with the last running session. Everyone was tired and exhausted yet stayed focused and tried hard at the last hard session before they could recover and then have fun in the swimming relays invented by the team coaches for fun and team points.



The final presentations followed this last session with the camp photo, the winning team announced (this year green, blue failed to win again despite massive effort), awards given out and final words from the coaches and one of the committee members of the 2018 Commonwealth Games to be held in the Gold Coast. The entire WA team thoroughly enjoyed the National Development Camp 2011 and everyone was able to learn so much from the great coaches and other athletes. A huge thank you to Triathlon Australia for funding and organizing the camp, Craig Redman for running the camp as well as all the coaches and athletes for putting in the time and effort to make the 2011 camp such a success.

