

Warwick Dalziel

Head Coach



Warwick has been the coach of the Carina Leagues Triathlon Club since its inception in 2001.

He has successfully coached National and State Triathlon Champions over the past 6 seasons. Many other age group and beginner triathletes have also benefited from his advice and experience during this time to be able to accomplish their individual goals.

Warwick's qualifications are as follows:

- Bachelor Human Movement Studies
- Bachelor Science with Honours
- Masters of Applied Science in Sports Coaching
- Bachelor of Physiotherapy
- Level 2 Triathlon Coach
- Level 1 Swim Coach
- Level 1 Strength & Conditioning Coach

Warwick is always happy to speak with any triathletes who are interested in joining our triathlon club. Phone 0411 615 474.

Email: coach@carinaleaguestriathlonclub.com

Jaimie Trotter

Assistant Coach



Jaimie Trotter has been Assistant Coach of the Carina Leagues Triathlon Club since January 2007 and has a special interest in our Junior Beginner Development Triathlon Squad.

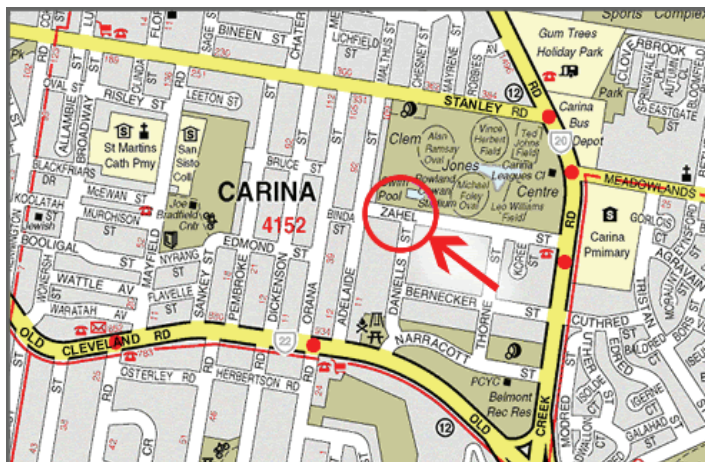
She is completing a bachelor of Psychological Science with plans to major in Sport and Exercise Psychology.

Jaimie's qualifications are as follows:

- Level 1 Triathlon Coach
- Austswim teacher swimming and water safety
- Commenced a Bachelor of Psychological Science in 2007.

Please contact Jaimie by emailing her: assistantcoach@carinaleaguestriathlonclub.com

Clem Jones Centre Training Facilities



The Carina Leagues Triathlon Club has excellent facilities available to Triathlon Club Members, with heated swimming pools, large gymnasium and a variety of road running circuits and cycle loops to assist in event preparation. These facilities provide great flexibility in training programs for athletes, from beginner through to elite level.

The Gym

The well equipped gym provides excellent alternatives for sessions in bad weather. A number of strength sessions are undertaken during the week with specialist exercises to enhance core muscle development. We also run regular treadmill sessions to refine running pace and technique.

The Pools

Both the 25m & 50m pools are available all year round. We have dedicated lanes for squad swimming.

Ice Machine

We are very focussed on the recovery process. We consistently complete sessions with water running or ice baths to eliminate soreness and reduce the risk of injury. We have an ice machine which allows us to provide this unique service to our members.

Wind Trainers

Members have access to the club's wind trainers for their training sessions. This allows us to conduct controlled bike/run sets, again concentrating on correct techniques and drill work.

The general training schedule is in the table below:

TYPICAL WEEKLY TRAINING SCHEDULE

	MON	TUE	WED	THUR	FRI	SAT	SUN
5.30am	Gym Run	Run	REST	Bike Run	Swim	Swim- Bike-Run	Bike
4.30pm	Swim	Bike Run	Gym Swim	Run Swim	Gym Swim	REST	REST

CARINA LEAGUES

TRIATHLON CLUB

Club Membership Brochure 2008/09

Everybody's Club



The Carina Leagues Triathlon Club is a club for everyone, from Beginner to Elite. We cater for all athletes starting with athletes as young as 9 years through to our more discerning mature athletes. Our members compete in a broad range of events, from the local short distance events through to the iconic races like the Hawaiian Ironman. We even cater for other multiple discipline sports such as duathlon, aquathlon and x-terra racing.

Club members travel all over Australia and overseas, competing in all forms of triathlon and at all levels. The club has a long list of athletes who have represented at regional, State and National level.

The club also competes in cross country and distance running events outside the triathlon season—one of the favourites being the Gold Coast Marathon carnival with members participating in the 10km, half marathon and marathon events.

Mums and Dads are also welcome. Many parents have taken up their own training at the centre, with such great facilities and very affordable pricing it creates an ideal opportunity to make good on those New Year's resolutions or to chase some personal goals

The club has a very social atmosphere. Group rides, occasional post training BBQ breakfasts and group dinners create a welcome & relaxed environment for all members. The club also conducts various fund raising activities and is heavily involved in the culture and long term development of the sport.

The club holds its Annual Sign on Day at the Clem Jones Centre in the first week of September each year and all are welcome to come along and check out the facilities and meet the members and Coach. Go to our website for more information.

www.carinaleaguestriathlonclub.com

Elite Athletes

The club has a crop of young, up and coming athletes who will contribute to the future of triathlon in Queensland and Australia over the next few years. The Clubs' most recent success is Josh Maeder. Josh was one of the first members of the Club in 2001 and very soon after was determined to make Triathlon his future. Josh has recently had podium finishes in nearly all local and national races in the last couple of seasons and has been a member of the Australian U19 and U23 team competing at World Championships in 2007 and 2008.



Carina Leagues Triathlon Club Fees From 1st July 2008/09

Payable to Carina Leagues Triathlon Club Inc		Annual
<input type="checkbox"/>	Club Membership Fee	\$ 60.00
<input type="checkbox"/>	Club Membership Fee - 2nd family Member	\$ 60.00
<input type="checkbox"/>	Club Membership Fee - 3rd Family Member or more	\$ 30.00
<input type="checkbox"/>	Associate Membership Fee	\$ 10.00
<input type="checkbox"/>	Online Club Membership Fee	\$ 30.00

Payable to Triathlon Queensland		Annual
<input type="checkbox"/>	TQ Adult Member - 20yrs & over	\$ 120.00
<input type="checkbox"/>	TQ Junior Member - Under 20yrs	\$ 80.00
<input type="checkbox"/>	TQ Family Membership #1	\$ 230.00
<input type="checkbox"/>	TQ Family Membership #2	\$ 200.00
<input type="checkbox"/>	Non competing member	\$ 40.00

Clem Jones Centre Training Fees From 1st July 2008/09

Fees Payable to Clem Jones Centre	Monthly	Annual
<input type="checkbox"/> Professional Athlete	\$ 400.00	\$ 3600.00
<input type="checkbox"/> Competitive Squad	\$ 205.00	\$ 1965.00
<input type="checkbox"/> Age Group	\$ 160.00	\$ 1535.00
<input type="checkbox"/> Beginner Squad—Adult	\$ 120.00	\$ 1150.00
<input type="checkbox"/> Beginner Squad—Junior	\$ 105.00	N/A
<input type="checkbox"/> Beginner Squad— Junior 2 in a family	\$ 170.00	N/A
<input type="checkbox"/> Online Training Programs	\$ 100.00	\$935.00

Triathlon Club Clothing 2008/09

Shirts, caps, race suits, cycling apparel and swimwear are all available at reasonable rates through the club. Contact one of our committee members to order your clothing.

Surname: _____

Given Names: _____

Address: _____

Post Code: _____

Home Phone: _____

Carina Leagues Triathlon Club Inc

Clem Jones Centre
Zahel Street, Carina QLD 4152, Australia
PO Box 186
Carina QLD 4152