

Presidents Report 2008 – 2009

Tonight's Presidents report is all about thanking the members for making the club the success it is. Our members are always there to lend a hand and support in the many events and functions throughout the year and I believe it is through this devotion that drives our club to new heights.

The year that was. (Another successful year)

- ❖ Again our membership continues to grow well over 200
- ❖ Our Junior levels have grown to well over seventy with many of them competing at many State representation levels.
- ❖ The club continues to have training camps with many members reaping the benefits from the excellent training sessions and excellent knowledge passed on from the coaches. Thank you Mary for organizing last years camp
- ❖ The club has just held the third running of the Splash & Dash 4 Cash and again it was a very successful event both in participation and financially.
- ❖ Our club is ever increasing its number of new training venues, catering for all levels of fitness.
- ❖ Our club is now on show at all events with its new flash Tri suits and race singlets. The suits look great and I think that this has been a great tool for bringing in new members. A big thanks to Jo Banney.
- ❖ The club has had many social gathering and functions this year. The end of season party was a very entertaining and fun night with many members needing the chiropractor the next day due to the punishment laid on from the Juniors in the gladiator ring. Special thanks to Jules Dillon for organizing this.
- ❖ The only disappointment from last year was the falling over of the joint association with the Moreton Bay road runners and the Redcliffe Tri club. The association had succeeded in gaining a lease of land from the Council at Margate for a storage facility (Club House) though this fell through at the last hurdle with the Moreton Bay road runners preferring to stay as a single entity.

Committee

I would like to thank the club committee. (Mary Jackson, Jules Dillon, Jo Field, Jo Banney, Wayne Brown, Andrew Strickland, Fabian Gonzalez and Graham Bliss). Every one of the committee lives very busy life's, sometimes bordering on the side of ridiculous. Their commitment to the club is one that may go un-noticed by many though for some of us I applaud you for all your time and effort you put into the club. Thank you to our club coaches for their excellent service to the members. You really are of the highest quality and we are blessed to have the stability you provide for the club.

I would also like to personally thank Mary and Wayne for all their help with the S&D4C. It's a race that caters for around 130 competitors though it feels like we are organizing for 1300 competitors. Thanks for your dedication through the last 7 months, it's been great being part of that team. I am unable to list everyone separately who helped on the day, but know that your efforts and support were very appreciated.

A big thanks to the club sponsors.

A-Accurate house raising and re-stumping, thanks to Jim Stirling

Coffee Club North Lakes, thanks to Ilidio Capelo for the continuation of your sponsorship

Rebel Sport and Kev Murray for his generous support

The Moreton Bay Regional Council, especially Rae Frawley for her enthusasium for the club.

The Run Inn, Phil & Di Hungerford.

Samford Fresh, thanks to Nev Munro.

Nixon Communications, & Endura

Thanks again for all your support over the past year, I look forward to being involved with the club in the up and coming year.

Danny Hooley

(Club President)

Secretary's Report 2008/2009
Johanna Field

The RTC continues to have a great club spirit which is why I think it has again grown during the 2008/2009 season.

We have seen a fantastic turn out at some big races throughout the year. These races display the supportive nature of the club as our members are very visible and vocal. I'm certain the club spirit I have seen displayed at races like Yeppoon, Bribie, Mooloolaba and Noosa have attracted many members to RTC.

Members have been able to participate in a range of events throughout the year including training camps, the Christmas function and the end of season function. Events like these are just as important to the club as races and training as they allow members to become a part of the RTC community.

Another aspect of the club that has undoubtedly attracted the attention from potential members are the new items of uniform. The Tri Suits are fantastic and very visible in races. The new racing singlets are also very visible, comfortable and a great advertisement for the club.

Redcliffe Triathlon Club – Coaching Director’s Report

The 2008 – 2009 season was a tremendously successful one for the Redcliffe Triathlon club. The continued growth of the club and the success of its members has ensured that Redcliffe has emerged as a very significant player on the state Triathlon scene.

Season’s Highlights

- A record 17 qualifiers for the World Triathlon Championships on the Gold Coast
- The largest representation from any club at the Qld Schools Triathlon Championships at Redcliffe
- 6 Qld representatives at the Australian Schools Triathlon Championships in Devonport
- 3 members of the TQ JETS program
- Numerous representatives in track and field and cross country in Regional, State and National Championships
- The extraordinary growth of the number of parents/partners participating in club sessions, club camps and walking/jogging activities
- Club members have participated in marathons/ ultra distance events in - Port Macquarie, New Zealand, Busselton, Yeppoon, Goondiwindi, Singapore, Hawaii, Vancouver, Darwin, Perth, Adelaide, Canberra, Hobart, China, Rottneest Is, Gold Coast.....just to name a few.
- The continued growth in participation at club training sessions – track (which averaged 70 – 80 during the Summer), Bullocky’s Rest Sunday run, the Coffee Club ride (which now offers 4 rides on a Saturday morning), Mary’s ride/ run on Wednesday afternoons, windtrainer (which peaked at 42 during the Summer), Sunday morning brick sessions
- The return of Muffin Saturday
- The club camp
- The Formal Fun Run
- The achievement of the long term goal of having at least one training session for club members to attend on any given day.
- The provision of several swimming sessions throughout the week
- Winter boot camp
- The continued growth of “community” and spirit within the club
- Provision of training opportunities for club members closer to the inner city

Aims for 2009/2010

- Continue to build opportunities for parents and partners of club members to participate in healthy physical activity
- Develop pathways for those athletes committed to excelling in triathlon
- To develop the club’s education(lecture) program in order to meet the holistic needs of our members

Thanks

Sincere thanks go to our tremendous team of club coaches – Mary Jackson, Brett Jackson and Tim Class Auliffe for their wonderful support .

Graham Bliss – Director of Coaching

Juniors Report 2008 / 2009

This season again proved to be very exciting and rewarding for me as a coach and to the club. We have seen our juniors perform very well at a number of levels, and it has also been exciting to see some past juniors return to training and competition within the club. As always our juniors are only as strong as the parents that support them, bring them to training, provide them with gear, and encourage not only their achievements, but also those of their training partners.

This year has been a little bit different in that it has been dominated by our large team of high schoolers with the primary age students being in the minority. This is the first time in a few years that has happened so it has taken a bit of adjusting. This year though hasn't gone all as smoothly as we would like with some ups and downs that have had a big impact on the team, but through it all the friendships have stayed strong.

GB has mentioned some highlights but I'll repeat them anyway

- 73 juniors at the end of the season and a further 15 – 20 non club members that come at different times to track on a Monday night
- 35 qualified for Met North / Sunshine Coast at Regional Tri (biggest event for school students) and we had some miss out on the team
- We had the largest squad from all clubs and we also had the largest number of senior competitors with 7 competing including 4 females
- 6 qualified for Qld Team including 4 first timers
- 3 Jets members
- Numerous pb's set in all disciplines
- Congrats to Emily and Matt who were our 2008 / 2009 junior triathletes of the year.
- Seeing a large number of the juniors develop in their riding skills so they progressed from the first riding group up to the second (and third)
- We had school captains, vice captains, sports captains, house captains, dux's and other academic, sporting and cultural awards given to the juniors. School work remains a priority and it is important to teach the juniors how to balance both as they can exist together.

Special mention

- At the end of 2008 we saw Analeesa, Sam and Laura finish yr 12 and this year we will lose Matt, Jackson, Nathan, Amy, Katie, Sarah and Theresa to life after school. Hopefully though they will stay involved with Triathlon and will keep on being a mentor to the other younger competitors in the club.
- We have adapted our Wed session to the Crit track, Kurwongbah and Redcliffe on a rotating basis. A bit of a way for some parents to travel but that is our safest option
- This year has seen the rise of children of long term club members who are finally old enough to race. The cycle of RTC.
- Return of Tracy Dicey to training – she was a junior who left to achieve her passion of becoming a jockey. Boxing day 2008 saw a dreadful accident that left her in a coma for a few months and with a significant residual brain injury. She came back for rehab and to get some fitness and see what she could do. She has shown a lot of us that it doesn't matter your results, what is important is that you try.
- First attempt at Mt Tibro. There were a lot of scared juniors (and adults) and to see the camaraderie on that day was phenomenal, especially to the juniors who worked together to get

each other down some of the tricky bits when I pulled the plug on the climb due to impending rain. We will be back to finish what we started.

As I said this season has had a few down times as well. In most races we have 85% that race well, and 15% that have a shocker for whatever reason. This has been a season of rejoicing with the 85's and crying for the 15's. For whatever reason the 15's end up having the most impact on me and often they are the ones you hear from the most. It is worth remembering that how we help them handle the tough times, the bad races, and how we teach them to accept the responsibilities of the decisions they make will help define the person they become.

2009 / 2010

- Again we should have a large number make the regional teams, although probably not as many as this past season.
- Continue to develop the program for those juniors who want to excel in triathlon
- Continue to also provide a program for those juniors who want to participate and enjoy what they do with the pressure of having to excel.
- TA has re-introduced their TRYstars program for ages 7-14yrs of which we were one of the founding clubs. I would like to raise the profile of that and build up a bit more base in the younger age-groups.
- Continue to see the older juniors mentor, support and encourage the younger ones new to the sport.
- Continue to see parents take up fitness and start doing small tri's
- A boot camp junior style (working out a time that suits will be difficult)
- Continue to remind the juniors in actions as much as word that being a good person is more important than being a good athlete
- Helping Tamara cope with the demands Yr 12 .

Thanks as always to Brett, Kirst and Mara for their love and support. Thanks to GB and Elise for their support. Thanks to those who fill in at the last minute when the need arises. Thanks especially to Wayne, Malcolm, Jules, Daz and Kevin who have been helping out in leading the rides on the Saturdays.