

TRI NZ: COACH OF THE MONTH

ANDREA BORLAND

Andrea Borland is a Wellington based coach who comes from a swimming background, let's find out a little more about Andrea as our Coach of the Month..



How long have you been coaching in triathlon and how did you get started?

I have been coaching tri for five years but have had a further five years as a swim coach. With my experience and educational background in physical activity, my triathlon coach Ray Boardman recognized this and encouraged me to coach others in a sport I am passionate about.

What qualifications do you have?

Tri NZ Accredited Level 1 Coach, currently working on Level 2
 NZ Certificate in Swim Teaching and Skills level Swim Coach
 Bachelor of Physical Education majoring in Exercise Prescription and Management
 Grad Diploma in Secondary Teaching – PE and Health

What inspires you as a coach?

Sorry, but this might sound cheesy but my motivation is helping others to achieve their goals. I enjoy challenging them to

do things they might otherwise have only dreamed about.

What type of triathletes do you coach?

I coach triathletes of all ages, distances and fitness levels. I enjoy introducing new people to the sport, helping them to get on the right track and developing programmes to help get them to a competitive level. Being a PE teacher, I work a lot with up and coming secondary school students. Also, because of my swimming background, I work with athletes whose weakness is 'the swim'.

What is the biggest challenge with coaching triathlon?

The biggest issue I face is putting programmes together that allow my athletes to train and still have a life! Athletes' lives can be very dynamic and balancing the two is very important.

Tell us about your greatest coaching achievement?

I guess it would have to be having my athletes compete on the world stage at the World Champs and being able to look back to see how far they had come since we started working together.

Who has been the greatest influence on your coaching?

Brett Reid. Since doing my Tri NZ Level 1 course he has always supported me by being on the end of an email, helping me to continue to think about new coaching techniques and encouraging me to further my coaching knowledge. Also, Ray Boardman my coach and mentor.

How does a prospective athlete of yours get in touch with you?

Email : andrea@qwikkiwi.com
 Phone: 02102369982
www.qwikkiwi.com

Or you can keep up to date with what is happening and how our athletes are going by following us on Facebook. •

