



FOR MORE INFORMATION ON TRI NZ COACHING PROGRAMMES AND COACHES, VISIT WWW.TRIATHLON.ORG.NZ AND CLICK ON COACHING



CLUB OF THE MONTH

COACH OF THE MONTH: CAROLYNN MARGAN

Carolynn Margan is the latest recipient of the Coach of the Month Award. If you would like to nominate your coach for this award, please write to media@triathlon.org.nz and tell us everything there is to know about your coach and why they should be recognised in Multisport and Triathlete magazine.

WHERE ARE YOU BASED CAROLYNN AND HOW LONG HAVE YOU BEEN COACHING?

I am in Tauranga but that is hardly a boundary in the coaching world. I work with athletes all over the country and overseas. I have been coaching for almost 15 years but have been in the fitness industry for over 20 years, working with rugby and team sports in the early years. I travelled with New Zealand representative teams in cycling, surf lifesaving, League, All Blacks as a Sports Therapist. Working at this level with athletes and coaches has given me a great deal of knowledge that I can now pass on to the athletes of all levels I coach.

HOW DID YOU GET INTO TRIATHLON THEN FROM THAT TEAM BACKGROUND?

I moved into triathlon from a few multisport events when I had a few young athletes

ask if I could help them out. I quickly found I enjoyed the challenge of working across three different disciplines.

WHAT SORT OF ATHLETE DO YOU COACH?

I coach everyone from the beginner to the New Zealand representative and love every minute of it. I especially enjoy working with the young triathletes from 14 to 18 years and I sponsor two such young athletes per season.

WHAT INSPIRES YOU AND WHAT IS YOUR GREATEST COACHING MOMENT?

I just love seeing people of all backgrounds achieve their goals and sometimes see their own dreams become reality as a result of that hard work and commitment. I recently had the pleasure of seeing six of my athletes qualify to represent New Zealand and coached an athlete to qualify for Kona this year.

QUALIFICATIONS - WHAT DO YOU HAVE ON THE CV?

Degree in Exercise Science/Fitness; Level 1 Tri NZ Coach; Pilates Instructor and Sports Massage Degree.

WHO INFLUENCES YOUR COACHING MOST?

Actually it is the people I work with and coach. The dedication of these people and others I work with is amazing. I admire their determination to succeed and the enthusiasm they bring to the sport at all levels and abilities.

WHAT IS THE BIGGEST CHALLENGE YOU FACE IN YOUR DAY TO DAY COACHING?

Time or more to the point the lack of it. People need to balance their time and commitments to family, work and getting that balance right. It is an ongoing challenge for most of us.

HOW DO PEOPLE GET IN TOUCH WITH YOU CAROLYNN?

Email carolynn@persona-performance.com or phone 021 2487059

For more information on the Tri NZ Coach Pathway and the opportunities for coaches at all levels from entry level to elite, email Coach Manager Brett Reid at: brett.reid@triathlon.org.nz



AUCKLAND CITY TRIATHLON CLUB

Formed in 1992, with members throughout the Auckland region. This is what you will find us doing:

SWIM, BIKE OR RUNNING

In particular; Monday night Run; Saturday Swim/Bike/Run; Sunday group Cycle

LISTENING

To the wise advice of our club coaches Tony O'Hagan and George Hilgeholt

WATCHING

The performances of our club members on the national and world stage. From our 'rock stars' Cameron Brown and Joanna Lawn to our up and comers Teresa Adam and Michael Poole

ASSISTING

At races around the city including the popular Stroke & Stride swim/run series

Visit us at: www.aucklandcitytri.co.nz

Or contact via email: info@aucklandcitytri.co.nz

Membership
01 November to 30 October
Cost \$40 (adult) \$20 (junior)
Join online on our website

