



## Find a Coach

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### Coaching experience (triathlon):

- Coaching professionally since 2000
- Coached numerous medalists at world championships, national championships and provincial championship level.

### Coaching qualifications (all sports):

- Tri NZ Level 1
- PGDipSportMed
- PGDipRehab
- PGCertSc
- BSc
- DipSptSt

### Specialist knowledge:

- Open Water Swimming for beginners
- Swim technique
- Training with technology
  - Power meters
  - GPS – Speed/distance devises
  - Internet based training management software

### Competitive experience in triathlon:

- Age-group national champion
- Represented New Zealand
- NZ Youth Development Squad
- 6 time ironman distance race finisher

### Triathlete groups I prefer to coach:

- Competitive athletes across all distances
- Athletes making the step up to half Ironman or full Ironman distance race
- First timers getting involved in the sport

**Website** [www.qwikkiwi.com](http://www.qwikkiwi.com)



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