



Find a Coach

Name: [Sandi Kaio](#)

Location: [Mount Maunganui](#)

Contact details: [Mobile: 021846255](#) [Email: \[bodymechanics@xtra.co.nz\]\(mailto:bodymechanics@xtra.co.nz\)](#)

Coaching experience (triathlon): [since 2007](#)

Coaching qualifications (all sports): [Tri NZ Coach Level 1, Qualified Personal Trainer \(since 1997\), BSc \(science\), CHEK, Member of REPS \(Registered Exercise Professionals\)](#)

Specialist knowledge: [Personal Trainer with emphasis on sports performance, core conditioning, postural alignment and lifestyle considerations.](#)

Competitive experience in triathlon: [NZ Xterra age group champ 2006, 08 & 09. World Xterra Champs – Maui 2006 \(7th\). Various Olympic Distance Triathlons. K2 Road Cycle Race – 1st Master 2008. Various placings in MTB events.](#)

Triathlete groups (e.g., youth) I prefer to coach: [Beginner, social adult through to competitive age groupers.](#)

Website: [N/A](#)



Triathlon New Zealand Inc.

A: 67 Davis Crescent, Newmarket, Auckland 1023, PO Box 128-509, Remuera, Auckland 1541

T: +64 9 524 6959 F: +64 9 524 6957 E: info@triathlon.org.nz W: www.triathlon.org.nz

