



## Find a Coach

**Name:** Lou Connor

**Location:** Christchurch

**Contact details:** [lou@stalwart.co.nz](mailto:lou@stalwart.co.nz) or phone 027 268 9537

**Coaching qualifications (all sports):** Tri NZ Level 1

**Specialist knowledge:** Qualified, experienced (3 years), Reps registered Personal Trainer. Over 10 years experience coaching & organising Triathlon events. Hosted introduction to Triathlon seminars, coaches various groups or one on one. Very experienced with people wishing to start out, take on their first event, learn to swim/bike/run, get active etc. Testimonials available.

**Qualified principles & practise for** Kiwisport; coaching experience in other sports such as badminton,

**Competitive experience in triathlon:** Local events, Kayaking & Multisport (including Coast to Coast).

**Triathlete groups (e.g., youth) you prefer to coach (optional):** Entry level (starting out to first couple of years participating)

**Website:** [www.womenstri.co.nz](http://www.womenstri.co.nz)