



## Find a Coach

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### **Coaching experience (triathlon):**

I am currently coaching the Junior Black Squad of the Canterbury Triathlon Club (14-18 years) and a weekly run and/or run-bike session for the age group athletes of the club. I am a Tri NZ Level 1 accredited coach.

### **Coaching qualifications (all sports):**

Initially, I trained to become a schoolteacher in Germany, which gave me a good background in teaching skills and lesson/session planning skills. I have a professional ski instructor / coach qualification and about 20 years experience of teaching/coaching. I also have a general physical education / fitness qualification and did coach swimming and running sessions for my clubs in Germany. I also work as a mountain bike guide in my 'daytime' job.

### **Specialist knowledge:**

Based on my running background, I have a sound understanding of running techniques (before competing in triathlons I was a middle/long distance runner – main events 3000m steeple chase and

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cross country). However, I consider my strength is an experience based (backed up by many hours of lectures during various training courses) understanding of how cross training of many sports can benefit performance and avoid injury.

**Competitive experience in triathlon:**

I have raced over all distances from sprint to Ironman and continue to do so. My racing has taken me overseas and I have twice experienced to race in Kona (2006 as an age group athlete and 2007 as a pro athlete). I have also raced Xterra off road triathlon and will certainly continue racing this format – great fun.

**Triathlete groups (e.g., youth) I prefer to coach:**

I have got no preference, but I feel that our junior athletes need to be looked after first and deserve the best possible support. They are the future of our sport! Hence, most of my coaching is for the Juniors of the Canterbury Tri Club.

**Website: N/A**



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