

Victorian Alpine Committee  
**Surf & Multi Sport Camp Report**



17 athletes from the **Falls Creek Race Club**, **Mt Buller Race Club** and **Mt Hotham Racing Squad** took part in a 3 day surf & multi-sport camp in Anglesea from October 6-8.



**Camp Objectives**

- To provide a high quality, exciting and affordable training opportunity
- To create an environment of excellence amongst Victorian athletes and coaches
- To create an environment of challenge and variety with exposure to a variety of physical and cognitive challenges...new environments, new movement patterns and new decisions

**By the #'s**

- 17x athletes all up
- 5x members of the National Children's Squad (NCS) –Lachlan Hofbauer, Lexxy Brial, Nick Biggins, Harrison Coull, Katie Parker
- 6x sports + general strength sessions
- 4x surf sessions – 8rs total
- 1x canoe session – 2 hrs
- 1x mountain bike session – 2x hrs
- 1x Vertical Challenge session (25m high) – 2x hrs
- 1x archery session – 1x hr
- 1x volleyball session – 1hr
- 2x sports psych sessions per age group – 2 hrs each



## Staff

- YMCA Staff
- West Coast Adventure Staff
- **Daniel Dymand & Dane Barclay** – Sports Psychology
- **Sue Brial** – Pastoral Care (volunteer position)
- Trent Kaufman – VAC Strength & Conditioning Coach – MHRS Children’s Head Coach
- Danny Geiger – MHRS Children’s Coach
- Jeff Books – VAC Sport Development Manager – MHRS Athletics Director

## Thank you

- YMCA staff – special thank you to Peri
- Dane & the crew at West Coast Adventures
- **Dane Barclay** and **Daniel Dymand** from Performance Sports Psychology Clinic
- **Sue Brial** - Pastoral Care (& the rest!) - Sue is often referred to as the ‘Best 2nd Mum’
- The Victorian Alpine Committee for the financial support
- All of the participating athletes for their effort, focus and enthusiasm over the weekend

## Upcoming term 4 special projects

- Ice Hockey Skills Camp – Saturday, November 5 & Sunday, November 6
- Gymnastics Camp – Saturday, November 26 & Sunday, November 27

Contact Jeff Books on [jeff@mhrs.org.au](mailto:jeff@mhrs.org.au) for more information

## 2012 Surf & Multi Sport Camp

Dates are currently being explored for 2012 – plan A is for early October. We will be operating out of the same location – Anglesea YMCA in Anglesea.

