

# **2005 Fall Tiger Coaching & Personal Training Triathlon Camp**

## **Participants Testimonials:**

"I really think that the camp was helpful to experienced triathletes. It's kind of funny how lots of people will shell out \$1000 or so for fancy wheels, yet not update the training for the "engine". I would encourage more experienced triathletes to attend."

**John Marsh**

"The camp is great for those beginning to getting into the sport of triathlon as well as those wanting to improve techniques and efficiencies"

**Lance Graves**

"I appreciated the variety of information and speakers. The camp was extremely helpful and the variety of information was great, a great deal for the registration fee. I appreciate how you encouraged everyone to participate by sharing stories and information. Someone with your experience and expertise could have come across as egotistical, but instead you were very friendly and approachable, welcoming suggestions and ideas. Your positive attitude really set a great tone for the weekend."

**Jessica Franssen**

"Very good camp, I would recommend this camp to others without reservation"

**Richard Propst**

## **Comments from camp evaluation forms:**

"I think this was a very good camp for beginner triathletes and experienced, I would recommend this camp to others"

"The camp was very helpful, especially the video analysis of the run and swim stroke"

"The camp was helpful, good tips, ideas, and knowledge. Good overall information along with great "new" theories to try to incorporate into my training"

"The camp was very helpful identifying swim stroke issues. Great exchange of ideas, I think the camp is valuable to athletes of varying abilities"

"The camp sessions went a lot faster than I thought they would, primarily because it was very interesting. The camp helped me know where I need to go with swimming and reminds me to make a schedule with goals."

**Overall Camp Evaluation rating on a scale of 1-5 was 4.4**