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**ATU HARARE/ZIMBABWE CAMP 2020**

**HEAD COACHES**

**PAMELA FULTON**

30 YRS INVOLVED IN TRIATHLON, ELITE TRIATHLETE 1991-2013, ITU LEVEL 2 COACH 2017, ITU LEVEL 1 TECHNICAL OFFICIAL, ACE PERSONAL TRAINER 2005, WSLA COURSE 2019

**RIANA ROBERSTON**



 20 YEARS INVOLVED IN TRIATHLON AS AN ELITE AND AGE GROUP TRIATHLETE AND ALSO AS A COACH.

FULL TIME COACH, OPERATING WITH DINAMIC PRACTICE IN GAUTENG SOUTH AFRICA.

ITU LEVEL 2 COACH, TSA LEVEL 2 COACH FACILITATOR, SWIM SMOOTH ACCREDITED COACH, BSC IN SPORTS SCIENCE

**FACILITATORS**

**DEBBIE JEANS**

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BSc (Hons) Psych, ACSM Exercise Physiologist, CETI Cancer Exercise Specialist, ACE Personal Trainer & Group Fitness Instructor, Group Fitness Director: Innovate Sport & Health

Sporting Career - Judo: 3 time African Champion, 2 time Olympian, World Referee

**SESSIONS: “Creative Core & Myofascial Stretching for Peak Performance”**

 **“The mindset of a winner. Lessons from Kobe Bryant.”**

**DR AUSTIN JEANS**

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Sports Medicine Physician, Medical Director & CEO Innovate Sport & Health, Zimbabwe Triathlon Selector, Age Group Triathlete, World Rugby Medical Trainer, World Rugby Medical Commission Member, Zimbabwe Olympic Committee Medical Commission Member

**SESSIONS: “First Aid for Triathletes”**

 **“WADA awareness”**

**KEEGAN COOKE**



Neuromuscular Systems Intensified Trainer, Sport Science Lab Affiliate and Trainer

**SESSIONS: “Run drills WHY-HOW-WHEN”**

 **“Gym-maintaining the body for peak performance"**

**GIDEON BENADE**



ITU LEVEL 2 Coach, ACE Personal Trainer, Level 1 Group Fitness Instructor, Level 1 Technical Official

**SESSIONS: “Pre race cycle”**

**DIRK VILJOEN**



MD SAND Promotions

**SESSION: “Facing the media”**