

## CAIRNS CROCS SKILLS WORKSHOP



<b>Sunday 30 March 2014 SKILLS WORKSHOP</b>			
7.30	Liam Bromilow & Mark Williamson	Juniors & Beginners Skills Workshop Skill – (TBD)	120 minutes
9:30	<b><i>Change Over – 15 min break</i></b>		
9.45	Mark Williamson & Liam Bromilow	Advanced Skills Workshop Skill – (TBD)	120 minutes
12.00	<b><i>CLUB BBQ</i></b>		

At the present there are **30 spots** available for ***each*** session.

Cost: Free of Charge

Venue: Cairns Cycling Club Velodrome

Info: These are 2 sessions run by TQ level 2 Coaches for the development and benefit of Cairns Crocs members. There is only 30 spots available in **both** timeslots so that it can fully benefit those that are taking part. If you want to ensure that you or your child is locked in for the sessions on Sunday please email Daniel Mangano at [support@triathlonqld.com.au](mailto:support@triathlonqld.com.au) before Saturday.