



Dear Members and Friends,

Club Sponsors

The Cairns Crocs are pleased to introduce you to three of our 2015 Sponsors!

Avanti Plus Cairns – Blue Chip Sponsor

Avanti Cairns are stockists on some of the finest road and triathlon specific bikes, Avanti and Scott. Their incredibly knowledgeable and helpful team would love to assist you on your journey in triathlon. Exceptional mechanic service and cutting edge technology in computerised bike fitting available.

MEMBER BENEFITS: Crocs members receive 10% off bikes and accessories and a free bike fitting upon purchase of the new road or TT bike from Avanti Plus.

Markwell Marine – Silver Sponsor

Markwell Marine and Communication is every triathletes dream shop. Brimming with the latest data collection bling, the friendly staff will be sure to hook you up with a great new Garmin. They also offer warranty service, repairs and spare parts for Garmin Fitness/Triathlon products and usually have parts in stock. In addition, they are the largest marine electronics and communications supplier in North Queensland to the maritime market. They can provide solutions for any size vessel, from newly built to a complete or partial refit of any existing marine electronic systems and radio, satellite and data communications.

MEMBER BENEFITS: Crocs members receive 10% off Garmin products and parts on presentation of their card.

Bicycle Centre Cairns – Silver Sponsor

Bicycle Centre Cairns are proud to provide official bike store support for 2015. Drop into the Bicycle Centre tent at any Club races for a free bike check or pop into the store and say hello.

MEMBER BENEFITS: Cairns Crocs members receive 10%* off selected purchases upon presentation of your membership card *conditions apply.

We have many different sponsorship levels, so if you are a local business or individual interested in sponsoring the Cairns Crocs, please contact renee@cairnscrocs.org.au.

TRYstars

Have fun! Make new friends! Learn new skills! The wonderful TRYstars program helps kids develop the skills and confidence needed for triathlons in a safe and fun environment. The TRYstars program is running now.

If you are interested in becoming a TRYstars Coach and teaching our next generation of champion triathletes, it's a one day training course run by the Crocs Accredited TRYstars Coaches. Email info@cairnscrocs.org.au to express your interest, or for more information on the TRYstars program itself take a look at www.trystars.com.au.

Young Athlete Assistance Grant

The Queensland Government have a young athlete assistance grant for young members attending championships over 200 km away of \$200 per person. Applications can be completed by parents and then signed by their Coach or Club President. The application can be completed after the event (6 months earlier).

Visit <http://www.qld.gov.au/youth/sport-recreation-leisure/young-athlete-assistance-program/> for details.

Club Training

Club training sessions commence this Saturday with a swim ride run recover session at the Edge Hill Primary School Pool from 6 – 8am. The full timetable is available under the Training tab on our website, and keep an eye out especially on our Facebook page for details and updates.

These sessions are for MEMBERS ONLY and are essentially free! Depending on the location, a small fee may be payable to cover entry or lights etc.

Get Going Grant and Tri de Femme

The Club was recently awarded a Get Going Grant thanks to the hard work of Committee Member Renee Ker.

The Cairns Crocs would like to acknowledge the Queensland Government for providing \$7868 so that we may conduct a female specific coaching and mentoring program through Tri de Femme to encourage and increase the participation of female Queenslanders into the wonderful sport of triathlon.

If you know any ladies, young or old, who are thinking they would like to get involved in an active lifestyle but are unsure how to go about it, let them know as this program will be absolutely perfect for them! They won't even need to own a flash bike, as the Grant allows the Club to purchase a number of female specific roadies which will be available for these ladies to borrow ☺.

Level 1 Triathlon Coaching Course

Thankyou to those who have expressed interest in attending a Level 1 Triathlon Coaching Course. Triathlon Queensland are looking at scheduling the course in Cairns in May.

Through the above Queensland Government Grant, the Club is also able to fund one and potentially two ladies through the Level 1 Triathlon coaching course. If you are interested, please email renee@cairnscrocs.org.au with an expression of interest stating what you could offer the Club, particularly in terms of female specific activities, once you are an accredited Level 1 Triathlon Coach.

Note that the Club will reimburse your coaching costs if you donate six months of your time back to the Club. For example, you could offer to run coaching clinics and sessions for members.

Its not too late to express your interest in attending a Level 1 Tri Coaching course, so please email info@cairnscrocs.org.au to express your interest.

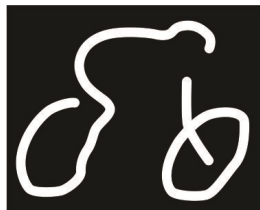
Crocs Easter Duathlon – Yorkeys Sunday 5th April 2015

Planning for our Easter Duathlon is progressing well thanks to Event Manager Fiona Lenz. The Cairns Crocs will host its first Easter themed race with a great family morning planned for you. So come along and join in the activities which will include an egg-drop for the kids! How many eggs will we be dropping is anyone's guess! It could be hundreds, it could be thousands!! It may well be raining eggs!!

We are seeking volunteers to assist the Crocs run a successful duathlon. Please email guy@cairnscrocs.org.au if you are available. Remember, it is a requirement for all adult Club members to volunteer at one race per season. Chocolate anyone?

Train safe out there, IM Cairns is only 14 weeks away!

Kylie Anderson
Président



**BICYCLE CENTRE
CAIRNS**

