

VOLUME 2 ISSUE 16

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# Turn round

## LETTER FROM THE PRESIDENT

Dear Triathlete

I would like to announce that the Board of Directors has, on my request and recommendation, unanimously appointed Andrew Dacanay to the position of TNS President (Acting) effective immediately. I am stepping aside for personal and family reasons.

The Board and I have every confidence that Andrew will discharge the duties of president with the same enthusiasm and dedication that he has shown as your Vice President and Communications Committee chair for the last two years.

I anticipate that Andrew's appointment will remain effective until the AGM in February/March at which time a new slate of officers will be elected. In the interim, I have agreed to take on the duties of treasurer, and I will represent TNS at the Triathlon Canada AGM in November, on your behalf.

It has been an honour and a privilege to serve as your president for the past two years.

Sincerely,

Dan Gautreau, President, Triathlon Nova Scotia

## ANNUAL AWARDS BANQUET

The annual TNS awards banquet is to be held at the Old Ashburn Golf Club in Halifax on Friday November 2nd. Tickets can be purchased at either of the Cyclesmith locations in metro or on-line at [Atlantic Chip](#).

Banquet C'ttee Chair Pam Waterhouse has lined up three great speakers to keep us entertained between the lavish spread, once more catered by Hans Obermier and his team, and the presentation of the overall and age-grouper awards, and not forgetting announcing Nova

Scotia's provincial triathlon team.

In addition to the usual tom-foolery (crash-trophy and the like) there will also be a photograph competition at this year's banquet; you will vote on the way in and the winner will be announced at the end of the evening. So, if you have a photo you'd like to be considered then send it to the TNS office (email or snail mail) and we'll do the rest. There are no "categories" so anything goes; action shots, candid shots, arty shots, your imagination

is the only limit, but remember that the Juniors will be present!

There will also be 50/50 draws and a raffle as well, so you'll be best off bringing bit more than just your drinking money and cab fare.

See  you there

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## COACHES CORNER

Jennifer and Jason Lawton are pleased to announce the an upcoming course *Introduction to Competition Triathlon Coaching*, which will be offered in Halifax this winter.

*Intro to Comp* is a competency based coaching program which is offered in three parts. All parts are mandatory to receive certification. It is designed for coaches who are actively coaching and have coaching experience. It is designed to improve skill proficiency and athlete performance in competition. Coaches should be coaching 3 or more times a week and coaching within a framework or seasonal plan.

Certification will take 6 months with three classroom sessions, 2 case studies and 1 online ethics evaluation.

**Part A - Positioning.** Dec 1/2 Weekend Covers professional coaching, holistic approach to coaching, safety, technical skills, risk management, growth and development, practice structure & ethical decisions.

**Part B - Planning** Tentative date (Feb 23/24) Covers athletic ability, planning practices, planning yearly programs, developing tri specific technical skills

**Part 3- Practicing** Tentative date (May 24/25) Practical application of coaching skills at a week-end camp.

Part A, being offered in the first weekend of December, will be facilitated by Angie Anderson who is coming from Alberta. It will be held at Sport Nova Scotia at 55116 Spring Garden Road, Halifax, on Friday evening and all day Saturday & Sunday. The cost for residents of NS and members of TNS is \$150.00. The cost for other coaches is \$250.00.

Registration is limited and the deadline to register is November 15th. Official Info & Registration will be posted on the TNS website over the next week or so. Meanwhile, if you are interested then contact Jen and Jason directly or via the TNS office.

## COMING EVENTS

**November 2: Annual Awards Banquet:** Eat, drink, be merry and pick up your gong at the Old Ashburn. Great way to celebrate the start of your month off!

More details at [www.trins.ca](http://www.trins.ca)

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## RIVERPORT DUATHLON



The last TNS sanctioned event of the year was last Sunday's Riverport Duathlon. Chris MacKenzie and Brigitte L'Heureux both added to their tally of wins. Kudos to RD Steve Saunders and the Bridgewater Triathlon Club for a great event. As you can see, it was a glorious day. Full results and report to follow...

Photo from Karen Kwan's [Flickr](#) album. See more [here](#).

## HAVE YOU RENEWED YOUR MEMBERSHIP YET?

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