

2022

QLD MASTERS TRAINING CAMP REPORT



REPORT

Our masters training camp held on the 27th of March was a great success. We had a 15 athletes in attendance who travelled from between the Gold Coast and Hervey Bay to Gympie. Our oldest attending athlete was 76 years old and is an active competing athlete.

We had expected another 8-10 but unfortunately had a number of cancellations due to sickness/covid.

This event also came shortly after the floods in South East Queensland. It was the worst flood for our region in 100 years so it was great to have the support of QLD Weightlifting and the athletes during this time. Due to unforeseen circumstances around the floods the t-shirts did not arrive in time for the event and have been posted out to the lifters.

The athletes started with a warm up together, this was an opportunity to break the ice for some of the athletes who didn't know each other yet. Some of the athletes already had relationships with athletes from other clubs so it was a great opportunity for them to catch up. They then moved on to their set training. Both Deb and myself were able to offer some coaching to some of the athletes that wanted some technical feedback. They were able to cheer each other on through some tougher lifts which gave the room a great energy. Once they wrapped up their lifting for the day they moved on to a cool down with some light stretching and breath work.

After this we had Amie from Target Nutrition set up for her nutrition component of the day. She spoke to the athletes about pre-training and intra-training fueling for performance but also for post training recovery and maintaining their energy levels so that training doesn't leave them fatigued for the rest of their day to day lives. She also discussed making weight for competition and competition day fueling.

Each athlete had a handout to take away so they could refer back to it. Please see attached at the bottom. I had a few athletes hesitant to stay for the nutrition part but told me at the end they were very glad they had stayed and had learnt a lot.

We went out to lunch afterward at a small locally owned café. Unfortunately we only had 4 athletes along with Deb, Amie and myself move on to lunch as a number of athletes had to get back on the road to head home.

Overall, a successful event. I am looking forward to hosting a small follow up event prior to nationals, hopefully without covid affecting attendance as much. This follow up training session will not include a nutrition portion so hopefully we can have a few more people out for a social lunch afterwards.

PHOTOS

