

## **JUNIOR DEVELOPMENT CAMP**

**24<sup>th</sup> September to 3<sup>rd</sup> October 2017**

**Indian Triathlon Academy, 116-A, E.V.R. Periyar High Road, Chennai – 600 084**

Description	<b>JUNIOR DEVELOPMENT CAMP</b>
Duration of the Camp	<b>24<sup>th</sup> Sep'17 – 3<sup>rd</sup> Oct'17</b>
Venue:	<b>Indian Triathlon Academy Sports Development Authority of Tamilnadu Complex Nehru Park, 116 A, EVR Periyar Salai Chennai – 600 084, Tamil Nadu</b>
List of the Participants:	<b><u>Boys:</u></b> 1) Vishwanath Yadav - Maharashtra 2) Shreyas Nirwale - Maharashtra 3) L. Robinson - Manipur 4) L. Bijenkumar - Manipur 5) V. Abhijith - Telengana 6) Robin Singh - Rajasthan 7) B. Lokesh Kumar - Tamil Nadu <b><u>Girls:</u></b> 1) Monika Nagpure - Gujarath 2) Rashi Patel - Gujarath 3) KSH Sonam - Manipur 4) H. Joyshree - Manipur 5) Henthoibi Seram - Manipur 6) Anuja Ugale - Maharashtra 7) Shravya Yadav - Maharashtra <b><u>Coaches:</u></b> 1) Miss Pooja Chaurushi 2) Mr. R G Krisshna

Tamil Nadu Triathlon Association under the aegis of the Indian Triathlon Federation conducted the Junior Development Camp from 24<sup>th</sup> Sep'17 to 3<sup>rd</sup> Oct'17 at Indian Triathlon Academy, 116-A, E.V.R. Periyar High Road, Chennai – 600 084.

The main aim of conducting the camp was to enhance the technical knowledge & skills of the triathletes in the field. During the camp, the coaches took several skills & technique sessions, time trials sessions, video analysis sessions, education session and discussion sessions; from which the coaches found that there is tremendous improvement in the performance of athletes from day 1 to day 10<sup>th</sup> of the camp with regard to skills, techniques, strategic plans, timings etc. which will help them to achieve their target of winning medals at International arena.

One on One session was conducted on the last day of the camp and was discussed in detail with each triathlete about his/her future training plans, strengths and weakness, also how to overcome their weakness and also about the nutrition they require during their training sessions and races. The importance of Strength and conditioning of physique of the triathletes was discussed elaborately.

The Federation decided to conduct such camps periodically.