

# Rainbow Beach Training Camp

25 - 26 March 2017

[www.atlasmultisports.com.au](http://www.atlasmultisports.com.au)

Spots are limited

We hope you have enjoyed the start to your year and are feeling back into the routine. The mornings have been a beautiful platform to start the day with your training.

## Swim Clinic - Sat 25th Feb

Our freestyle clinics are designed to improve your technique and increase your swim speed. They are ideal for triathletes and open water swimmers. Clinics are structured for swimmers of all levels and abilities. You'll learn the latest, most effective methods to develop your stroke, specific to your needs and ability. Please see [here](#) for further information or [book your spot now.](#)



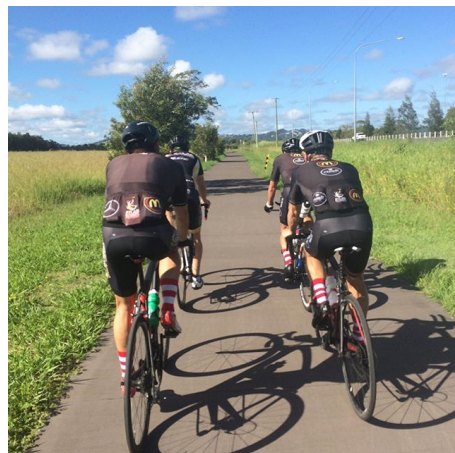
## Thank you Rockers for Knockers

Thank you to Ruth and her wonderful group of volunteers who came and helped at Race 1 of the Sunshine Coast Run Series. We really appreciated your help and the funds raised will be a fantastic contribution to the Cindy McKenzie Breast Cancer Program.



## Needing New Kit?

Please email [lisa@atlasmultisports.com.au](mailto:lisa@atlasmultisports.com.au) with your size if you are needing a new cycling kit. We have new stock plus plenty of old stock at reduced rates. We are completely out of size 12 ladies sorry!



## Become a Commonwealth Games Volunteer

Organisers are looking for Triathlon Australia members to help with volunteering at the triathlon event at the Commonwealth Games on the Gold Coast in April 2018. If you are interested please see further information on our website [here](#)



[Time Trial results can be found here](#)

### Atlas Squad Timetable

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Swim 5:45am	Cycle 5:30am	Swim 5:45am		Ocean Swim 6am	Cycle 6am	<i>Events Day</i>
Run 5pm		Run 5pm				

For further details including session locations, changes and events please see our [online calendar](#) or [facebook page](#).



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