



Triathlon coach flies in for Mid West training spectacular

[Skip to main content](#)

[Home page](#)

- [Mid West Events e-Calendar](#)
- [Have flight, will travel](#)
- [Scholarships help country athletes go the distance](#)
- [Grants guru to host free grant writing workshop](#)
- [Junior Sport Development Day fast approaching](#)
- [ATLAS back on track](#)
- [It's cool in Cue: Shire opens active water playground](#)
- [Trails tried and new](#)
- [2009 Geraldton Guardian Mid West Sports Awards](#)
- [Mid West Sportshouse welcomes new staff](#)
- [Triathlon coach flies in for Mid West training spectacular](#)
- [New face for cricket at Mid West Sportshouse](#)

Skywest Airlines will fly Triathlon WA Development Officer and coach Brian Kempson to Western Australia's Mid West for an Out of Season Training Spectacular this month.



Related topics: [athlete](#), [coaches](#), [coaching](#), [regional](#), [training](#), [triathlon](#)

The swimming, cycling and running coach will be in town to coach multi-discipline sports groups, and will answer questions and give tips on running, distance running, swimming, cycling and nutrition.

Brian will also provide a debriefing after the Busselton Half Iron Man 2009 Event.

Sessions will be held over two days in Northampton and Geraldton, and you can sign up for any or all of the sessions (cost is \$10 per session or \$25 for three sessions).

Northampton Community Centre Sports Administrator Lorna Teakle said people of all abilities were welcome.

"You don't have to be a pro athlete, those who just want to learn a bit more and get some coaching in swimming, cycling or running are encouraged to come along," she said.

Brian has been coaching since 1996 and up until 2006, competed in marathons and triathlons in Perth, around Australia and overseas. As well as his role as Development Officer and Level 2 Triathlon Coach, he is also the National Talent ID Coordinator and Chair of the Triathlon WA Junior Panel.

As a Department of Sport and Recreation (DSR) High Performance Scholarship recipient in 2007, Brian spent time in the USA looking at their coaching methods and processes, and is looking forward to bringing his basic 'keep it simple' coaching philosophy to the Mid West.

"Having seen the enthusiasm and talent at some of the Geraldton Triathlon Club training sessions already, I feel the regional athlete often can suffer from a lack of big city facilities but respond better to opportunities and sports learning when offered," Mr Kempson said.

Brian's flights will be provided courtesy of Skywest's Country Sport Development Program, which is administered by the Department of Sport and Recreation (DSR).

"Mid West sporting groups have been able to access some of the state's best coaches and officials, thanks to Skywest's Country Sport Development program," said DSR Regional Officer Mid West Adam Murszewski.

"The scholarships allow regional sport to fly in elite coaches, officials and administrators from Perth to provide professional development opportunities for their local club members.

"We are grateful to Skywest for bringing talent like Brian to our region to help members of our local sporting community develop their skills and excel in their respective sports without having to leave the region."

To register for any or all of the sessions, contact Richard Correy on 0417 856 515 or Lorna Teakle on 9934 1583.

Event schedule –

Sat 27 June

Northampton

10am-1pm: Running clinic with tips on distance running and nutrition at Northampton

Community Centre

Geraldton

2pm-4pm: Running clinic at little athletics track

7pm: Dinner at venue to be announced

Sun 28 June

Geraldton

8am-11pm: Cycling clinic meeting at waterpark on foreshore

1pm-3pm: Swimming session at Geraldton Aquarena

3pm-4pm: BIFF (swim training activity)

4pm: Question time