



## **FORTNIGHTLY NEWSLETTER #2 11<sup>TH</sup> APRIL 2008**

**GOOD GOD ITS ALMOST WINTER  
ALREADY!**

Heres some amazing news from the One2onemultisport team to inspire you for the winter!

### **Firstly, our top coaches:**

Dougal Allan 1<sup>st</sup> in the Gold Rush and 1<sup>st</sup> in the St Bathans Ghost to Ghost tri! Good stuff Dougs!

Matty Graham 4<sup>th</sup> in the Gold Rush and 3<sup>rd</sup> in the St Bathans Ghost to Ghost tri! Brilliant efforts.

### **Secondly, our top coaches in current events :**

Team One2onemultisport.co.nz is competing at the Southern Traverse 2008 as the only under 23 team. We look forward to the progress of Dougal Allan and Matty Graham along with their team mates Mike Walker and Emma Usher.

Richie has secured the New Zealand dealership of the world-renowned kayaking simulator known as SPEEDSTROKE. Check out our website for more information.

### **Now, Here are 5 tips for the winter to ensure its enjoyable and profitable.**

**1.**  
Get in and focus on a weak discipline such as your kayaking. A great way to do this is to come and check out the new kayaking simulator owned by One2onemultisport. One2onemultisport has a graphics package for this machine that can provide an amazing wealth of data which will help you really improve your kayaking technique. In June this machine will be available for exclusive One2one sessions with your coach at One2onemultisport.



**2.**

Get your core strength sorted. There are 2 main ways to do this:

Go to Dougal's Core Strength classes at Unipol

Start Pilates and spend at least an hour a week using a swiss ball. There are many exercises you can do and these are particularly good after you have been running or cycling. These will prevent you feeling like crap when sitting in lectures and will improve your posture. Contact us for a brief idea on what is best for you.

**3.**  
If you havn't already, sign up for a winter of competitive running. Why do I say this? It's a great way to spend the weekend and generally it pays for itself in spades. Its fun, its cheap and a great way to meet new friends.

**4.**  
Make sure you wear breathable, yet warm clothing. This will prevent irritations to your skin, and will allow your body to better undertake the cooling process by wicking away sweat from your body. Don't buy cheap shit- its not worth it at this time of year.

**5.**  
Generally, try and go and do your training before your work. So, for example if you have a 10 oclock lecture get up an hour earlier and go for 45min run before your lecture. I guarantee you will be brimming with energy come lecture time, or, you'll have a good story to tell people the next day about how you somehow got lost in ross creek ☺. Either way you'll love life.

Next year One2onemultisport is planning to unveil a totally new concept for coaching. If you would like to be part of what will become a world first then sign up for some coaching with one of our team today and enjoy the benefits of world class coaching from the best up and coaches this country has seen.

Until next time. Get into it!  
Rich  
Queenstown Goldmining Ltd