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FORTNIGHTLY NEWSLETTER #1 5TH MARCH 2008

As this is the first One2onemultisport newsletter in the company's history (specifically tailored for OUHMC) I am going to spend some time telling you a little bit about us and what we have done in the last 9 months to turn a unique idea into something that is quickly becoming quite attractive to many aspiring athletes.



One2onemultisport is a coaching and event management company created in June 2007 by Dougal Allan, Matty Graham, Dan Cullen, Richard Matheson and Eric Billoud. This company was created with a vision to provide guidance and advisory services to multisport athletes in various corners of the country. It was also created with a vision for expansion into other areas but we will tell you more about this as it happens.



We have a vast amount of experience and academic knowledge to assist and provide exceptional services for budding multisporters especially those who are new to the sport. Our name says it all. We encourage our clients to spend time with us one-on-one to ensure they are technically efficient and to also weed out any problems that we see that are never found with general coaching.

Below are small summaries outlining who each of us are, our background and experience, and how you can get in contact with us if you need some help with training, motivation or require some coaching.

Dougal Allan:

Dougal is a Physical Education First Class Honours Graduate who works as a Personal Trainer at the Moana Pool Gym. Dougal is the OUHMC core guru and recently won the 2 Day Coast to Coast race.

Matty Graham:

Matty is a Physical Education student in his final year of study. He has been a top competitor in the Coast to Coast 4 times in a row and this year was 14th overall in the Longest day race. This year Matty is also working at Moana Pool as a Personal Trainer.

Richard Matheson:

Richard is an Otago Graduate in Land Surveying and works in Queenstown. He has been to two World Duathlon Champs and was 9th last year in the Long Course Worlds.

The other 2 coaches as part of our team are Dan Cullen (TRINZ accredited coach who works in Auckland) and Eric Billoud (our mentor in Queenstown)

Now to our vision (and how you will be more than excited about becoming a client of ours.) Our vision is top secret at present but will gather momentum as the planning stages are put together. For an insiders peak you'll have to come to our promotional events that are planned for early May. ☺

Rich
Director of One2onemultisport

If you have any queries or would like further information about how we can help you train smart and efficiently get on to our website or email us. We are only too happy to help.

www.one2onemultisport.co.nz
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