



TEAM
BAREFOOT
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At Team Barefoot *“There’s a place for everyone.”*

EVENTS & NEWS AT A GLANCE:

- 2XU (ex Gatorade series) is fast approaching so get your entries in now.
- OH NO! By unpopular demand.....It’s back on. THE INFAMOUS VB200/150/125 (week 4). Register your interest with Stephen by text: 0413319140

COACH’S CORNER

Stephen Foster



Alistair Hanson
Hawaiian
Ironman
finisher 2017
TSIC Director

The great Scott Molina, one of the world's most proficient winners in triathlon and 1988 Hawaiian Ironman champion, once said that Triathlon involved two things: *“Hard work and attitude.”* David Henke often quotes: *“There are no shortcuts to success.”* Time and time again, I read about a new time saving training method or hear someone talk about how few hours they train per week yet still win races. No matter what new methods are going around that will create short cuts, there really are no short cuts, no miracle sessions or pills to swallow (unless it's an illegal sports enhancing substance). *“You reap what you sew.”* If you plant the seeds of complacency and laziness then expect these to grow to fruition. If you plant the seeds of discipline, determination and dedication then expect them to grow into the results you deserve. Another saying that has done the rounds in triathlon is *“If it was easy, then everyone would be doing it.”*

Life wasn't meant to be easy. One of life's purposes is to forever evolve and to better ourselves. The source of life is always upstream, not downstream at the end where the water is stagnant and void of life. This means to succeed in life is all about pushing upstream against the current and it takes hard effort and discipline.

Ask yourself if you get satisfaction from sitting around doing nothing or whether you feel a sense of achievement after having set a challenge and succeeding. Even failing to achieve a goal still gives purpose in having attempted it in the first place compared to never having even tried. All of this applies to every aspect of your life, not just triathlon. I find that when I'm lacking motivation and feel like I'm stagnating, I fix the problem by sitting down and writing out my goals. I then put a purpose to that goal so I have a reason for doing it. Writing it out and having it in front of me then takes the guess work out of it and my life starts to fall into place and flow in balance and harmony. I then achieve my goals with more ease and success.

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TEAM AND SQUAD REPORT:

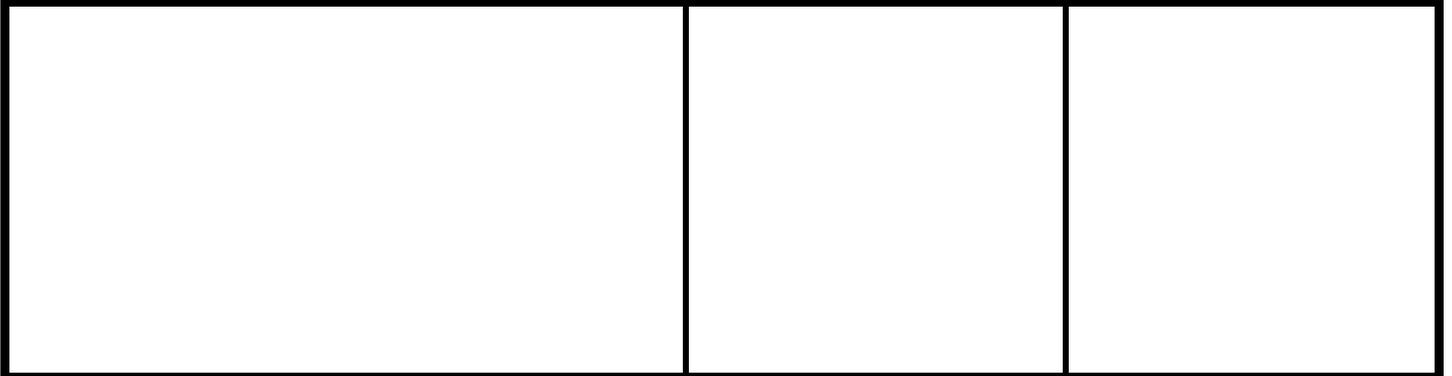
REPORTS COMING OUT OF MY EARS THIS MONTH SO PLEASE FOLLOW TEAM BAREFOOT FACEBOOK FOR ALL THE UPDATES.

Like Team Barefoot facebook for race reports and send me your results just in case I miss them (teambarefoot@hotmail.com) text 0413319140.



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