

Flight of the Concorde



“6 competitions 96 events, in 6 days in 3 towns”

Dean Karnazes (USA ultra marathon runner)

The man who ran 50 marathons in 50 days in 50 states. He has been hailed as the fittest man on the planet but he believes he is very average.

How does he do it..... Day one insight: *Attack your perceived weaknesses.*

The Concorde left Palmy North in fine form and hit Motown (aka Masterton), adorned in team shirts and ready for action. After settling in to accommodation we headed to the pool for a swimming session. Headed by coach Luke and his super staff of coach Anna, coach David and Shazza who won MVP of the day.

Dinner and an inspiring team meeting brought us to the end of a successful day one where the Concorde were united as one. “Me, We” Muhammad Ali famously said at Harvard dictates our team approach.



Freddies top tip



From his mum.....

#1 Always consult your mum before signing any Swimming NZ paper work.

#2 Wear pj's in case of a fire drill.

Team Captains Corner

Lauren and Shane have been put through a rigorous initiation process by both team and coaches. They passed it in outstanding fashion, well done and we look forward to your leadership this week.

Wise words from the captains “keep your eyes down at the finish”.

