



Email RDTT Newsletters will be phased out by 30 June 2020.
Newsletters are now posted on the [website](#) under *GENERAL > Newsletters* at the start of each month.

ATHLETE OF THE MONTH



Congratulations to Hedda Cooper, AOTM for March 2020 for winning her age group at Mooloolaba Triathlon.

Hedda's exceptional performance is relevant for us all in the current COVID-19 context. Hedda's preparation was less than ideal by spending one month in India completing her medical studies with limited training opportunities before integrating into the squad for three weeks leading into Mooloolaba.

Her mental strength, positive attitude and ability to negotiate the challenges associated with maintaining her fitness should be noted by all members of the squad. Well done!

A big thank you to our sponsors [the Brow Bar](#), [No More Knots](#), [All Hose and Valves](#) and [AvantiPlus the Valley](#) for donating this month's prizes.

[Read More](#)

MESSAGE FROM TRENT

Hi All,

What a crazy couple of weeks !!! There's never been an emergency like this in our history; a global pandemic impacting 7.8 billion people.

Despite the stress of the current crisis, I've been humbled by the support offered within the Red Dog community. This positive behaviour in the face of adversity must be acknowledged and I am incredibly proud of the strong, supportive and positive attitudes being displayed by members.

I have appreciated everyone's patience as we navigate our way through these uncharted waters. Exploring new mediums for delivery of service – it is a change for all of us. I'm committed to ensuring ongoing communication with members via the monthly E-News and RDTT private Facebook group (see below) aimed at helping you to remain active, healthy and connected.

While we don't know how long the tunnel is, there is light at the end of it. When we get there, Red Dog will be back with a vengeance and ready to resume normal operations.

Thanks for your ongoing support. Stay active, healthy and connected.

Trent

RDTT PRIVATE FACEBOOK PAGE

From Sunday 5 April, RDTT will launch a private 'Members Only' Facebook page to communicate club specific information such as virtual sessions and social events plus some good old fashioned banter.

To join, click on the link below, noting you need to be a current RDTT member to be granted access.

<https://www.facebook.com/groups/reddegtriathlontrainingmembersonly/>

SESSION CHANGES

All squad sessions have been suspended until further notice. We are pleased to offer one on one private sessions and individual programs to keep you active and accountable!

Sessions provided on Facebook will transition from the RDTT public Facebook page to the private Facebook page from Sunday 5 April.

All fees have been placed on hold and will be honoured when sessions recommence.

RDTT ONE ON ONE PRIVATE SESSIONS

All sessions will be conducted by appointment only, while adhering to Government recommendations and social distancing guidelines.

Trent - Tuesday, Wednesday and Thursday

Cath - Monday and Thursday mornings

Please contact Trent on 0413 842 124 or Cath 0408 792 552 to discuss cost, location and focus of the session.

DATE CLAIMERS

Monday Nights - Virtual Sponsors Chat - Details via Facebook
Tuesday Nights - RDTT Tuesday Trivia with T-Dog - Details via Facebook
Wednesday Mornings - Club Zwift session - Details via Facebook
Thursday nights - Celebrity set (Thanks to RDTT Life Member and professional triathlete Sarah Crowley for the first edition)

RDTT TUESDAY TRIVIA WITH T-DOG



RDTT Tuesday Trivia with T-Dog (see Blast from the Past) will be kicking off on Tuesday 7th April at 730pm.

To get involved, all you need is a device with internet connection.

RSVP to [redogtriathlon@optusnet.com.au](mailto:reddogtriathlon@optusnet.com.au) by Sunday 5 April.

All instructions will be posted on the RDTT Private FB page by the Tuesday morning.

There will be prizes up for grabs so stay tuned!!

A big thank you to Therese Rennick AKA T-Dog for managing the quiz.

ENTERTAINMENT BOOK UPDATE

Entertainment Memberships are now 100% digital which means a significantly simplified experience, reduces the impact on the environment and provides flexibility for members and merchants.



Benefits of the App include:

User-friendly: Instantly search and redeem offers or check out the Near Me tab to find offers, wherever you are.

Memberships start anytime: Flexible start date, Memberships are valid for 12 months from when you activate (16 months if you take advantage of the Early Bird offer now on in Feb!).

New offers automatically added: As soon as we sign a new offer, you get access to it. No more waiting for the next print run!

Multiple devices: You can still share your Membership with your family. Encourage your partner and kids to download the App so they can access valuable savings when out.

Convenient: The App means that as long as you have your phone, you have your Membership too (no more lugging around the book).

Easy gifting: We've made it simpler than ever to gift an Entertainment Membership – simply purchase from your chosen fundraiser and the gift Membership will be delivered instantly to your inbox

[Click here to get your entertainment book today!](#)

COACH'S CORNER

Sleep Hygiene by [Dr Kellie Rose](#)



The first question all of us ask when it comes to sleep is usually “*What’s the minimum I can get away with?*” In busy and demanding lifestyles, juggling full-time jobs, a family, life commitments *and* training and racing – sleep is always the first to be cut, but it’s at the

detriment of both our performance and our health.

The research seems pretty clear – the less sleep you get, the more your performance decreases. Inadequate amounts of sleep (<6-6.5h) affect many performance-related factors including speed, endurance, strength, attention, executive function and learning. Sleep is also one of *the* most critical factors for exercise recovery, including physical and psychological recovery; and immune protection.

With less than 7h sleep per night, cognitive functioning decreases in the areas of alertness, reaction time, accuracy and memory. Sleep is also really important in the training phase for learning new skills, as it is during sleep that your perceptual and motor learning systems process and consolidate all this new information. So, to make it sink in – sleep!

Regarding performance, one thing to keep in mind is that sleep loss causes a performance decrease even when you apply a greater amount of physical effort during training. It can cause an increase in heart rate, breathing rate and oxygen consumption (meaning your muscles need more oxygen to work at the same capacity), and increase lactate levels. Essentially, your body is placed under higher stress to perform the normal training, likely adding to your fatigue levels.

So, how do we get more sleep? Sleep hygiene strategies are practical ways we can enhance the quantity (number of hours) and quality (how well we slept) of our sleep:

Create the “cave”:

Set up a dark room with no light source

Make it a quiet environment

Maintain a cool room temperature (ca. 18°C) (particularly in humid/hot environments)

Make sure your bedding and clothing doesn't make you too hot

Set a consistent bed time each night (and stick to it!)

Set a consistent wake time each morning (and stick to it! Remaining consistent actually gives you more energy).

Avoid the use of technology at least 60 minutes before sleep (i.e. TV, computers, tablets, Smartphones). The blue light they emit keeps you awake!

Don't nap any later than mid-afternoon (>4pm)

BLAST FROM THE PAST

[AOTM FEBRUARY 2016 Therese Rennick](#)



RESULTS

[The latest time trial and Tuff Laps rankings](#) are now available. The results show your best time over the last 12 months and are maintained for active RDTT members only.

[Best ever time trial results](#) since Red Dog commenced in 2008 are also available. See who is the Top Dog in each discipline!

INSTAGRAM

Do you follow the club on Instagram yet?

Check out the club's page for all the best photos from events, training and races!



If you have Red Dog training photos send through to nikitaporth1@gmail.com and get yourself featured on social media!

[Click here to follow!](#)

To update your contact details, please [email us](#) or do it [online](#). You can view our privacy policy [here](#).



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