

COACH SALLY DRAKE



PERSONAL PROFILE

Sally enjoys coaching triathletes of all levels from newbie to elite, with a passion for helping them achieve or exceed their goals. She specializes in ultra-endurance, much through her experience in completing 13 full Ironman triathlons. Sally also believes in guiding athletes to find balance in training and family life and customizes her clients' training schedules as needed to maintain this balance.

CONTACT

EMAIL:
coachsallyd@icloud.com

CERT- IFICATIONS

USAT Level II Certified Triathlon Coach
USAT Youth and Junior Coach
Ironman U Certified Coach
USMS Level I & II Certified Masters Swim Coach
Founder:
Swim Bike Run Shop, Swim Bike Run Endurance, Swim Bike Run Triathlon Club
Founder and President, ON PACE Triathlon Training Club
Coach and Partner, Youth and Junior Sharks Team
Metabolic Efficiency Certified

MENTOR EXPERIENCE

Sally is passionate about providing her athletes and coaches with a one-on-one tailored experience. Sally has assistant coaches working with her who she trains and supports.

She will guide coaches to train athletes through best practices including: Periodization and a strong focus on injury prevention, nutrition, and mental well-being. Sally prefers working with coaches who are looking to improve constantly and who share the same passion for helping athletes grow in the sport of triathlon.

SDEC COACH MENTORSHIP PROGRAM

\$135 month for coach training with a minimum of 3 months.

Coaches in training will be evaluated every 3 months to determine if they are ready to start building their business. Follow up consultations are available after the program ends.

Option: \$300/ month for coach training and triathlon coaching. Experience from the athlete side can be extremely helpful in learning how to coach, communicate, and know how it feels to train and race successfully.

To apply, send the following info to coachsallyd@icloud.com Name and a few sentences about your coaching goals.

If the applicant is considered, Sally will schedule a Zoom interview.