



# JUNIOR BEGINNER TRIATHLON PROGRAM

## ABOUT THE CLUB:

The Carina Leagues Triathlon Club has a range of both junior and senior athletes racing anything from sprint to Ironman distances. The Head Coach, Warwick Dalziel, and Head Junior Coach, Jaimie Trotter, co-ordinate the Clem Jones Centre triathlon program with the assistance of a number of other coaches.

As this unique multi-sport continues to rapidly grow in participation numbers, we continue to develop the absolute finest, unrivalled triathlon program to accommodate the needs of all athletes. From the most talented and elite athlete racing his/her way up the world rankings, to the most tenderfoot beginner crossing the finish line for the first time, the Carina Leagues Triathlon Club has the squad to suit your needs.

In its first ever season, our Junior Beginner Program flourished taking in numerous enthusiastic and promising young triathletes. Over the 2008-2009 season the junior beginner training squad participated in over 10 triathlons including the Queensland All Schools State Championships and had 13 members make the Metropolitan East Regional triathlon team.

Training for our fun and fresh **Junior Beginner Squad** will commence on Monday **31<sup>st</sup> August 2009**.

## GOAL OF THE BEGINNER PROGRAM:

To offer an enjoyable beginner junior triathlon program for athletes aged 9 to 13 years to start in the sport. The program will focus on teaching the fundamental skills of triathlon with emphasis on participation, fun, enjoyment and fitness under Jaimie's expert direction.

## TRAINING DETAILS:

### Junior Beginner Squad Training Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PM</b>	4.15 pm -5.30 pm Bike + Run + Water Run		4.15 pm -5.30 pm Swim + Gym	4.15 pm -5.30 pm Run + Swim		6.00 am – 8.30 am Swim/Bike/Run	Race 1 to 2 triathlons per month within the season

**Season Dates:** Monday 31<sup>st</sup> August to 13<sup>th</sup> December 2009 and then Monday 18<sup>th</sup> January to 25<sup>th</sup> March 2010.

**Cost:** \$115 per month (with 50% fees discounted for the half months in December and January) or \$185 per month for 2 family members.

## CONTACT US:

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