



1<sup>st</sup> September 2008

## **Triathlon Squad Programs UPDATE**

### **Adult 18+ Age Group and Beginner Training Programs**

The Adult 18+ Age Group Triathlon Training Program at the Clem Jones Centre has reached the maximum allowable number of triathletes for the 2008/2009 triathlon season.

Unfortunately we will not be accepting any new members from now to train at the Clem Jones Centre until 1<sup>st</sup> of May 2009.

For this season you do have the option joining the Online Training Programs offered through the Carina Leagues Triathlon Club Inc.

The 2008/9 Online Triathlon Program offer high quality individualised written triathlon training programs designed for those athletes who are not able to train at the Clem Jones Centre. Athletes complete their written triathlon training programmes in their own time and from their own venues backed with coaching email support.

The Online Training Fees are \$100 per month paid in advance of the written program issue. This can be paid directly to the Carina Leagues Triathlon Club via post to:

Carina Leagues Triathlon Club Inc.  
Attn: Online Triathlon Program  
P.O. Box 186  
Carina, Qld, 4152

**Or Online** at  
<http://www.carinaleaguestriathlonclub.com/local/programs.asp>

Please contact Warwick Dalziel at [coach@carinaleaguestriathlonclub.com](mailto:coach@carinaleaguestriathlonclub.com) for further information about Online Triathlon Training Programs.

### **School Attending 13-17 years Old and Junior Beginner 9-13 years old Triathlon Training Programs Still Have Vacancies**

The Clem Jones Centre Triathlon Program still has limited vacancies in both these junior programs.

If you wish to join this program please hurry as these are filling fast as well.