



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 Assistant Coach, Jaimie Trotter, co-ordinate the Clem Jones Centre triathlon program

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 2007-2008 season the junior beginner training squad participated in over 10 triathlons including the Queensland All Schools State Championships and had 3 members make the regional triathlon team.

Training for our fun and fresh **Junior Beginner Squad** will commence on **Monday 1st September 2008**.

GOAL OF THE BEGINNER PROGRAM:

To offer a fun and 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, enjoyment and fitness under Jaimie's fun and expert direction.

TRAINING DETAILS:

Junior Beginner Squad Training Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM	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 1st September to 14th December 2008 and then Monday 19th January to 26th March 2009.

Cost: \$105 per month (with 50% fees discounted for the half months in December and January) or \$175 per month for 2 family members.

CONTACT US:

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