

CRESCENT BEACH SWIMMING CLUB
TRIATHLON & TINY TRI PROGRAMS
SUMMER 2019

The Crescent Beach Triathlon program is a great way for kids to stay fit and have fun while training for the end of the summer triathlon. Participants will train Mondays, Tuesdays, Thursdays, and Fridays under the direction of the Head Coach Oliver Gibson and Coaches Daniel Greenough, Noah Clendenin, Samantha Fransen, Roger O'Callaghan and James Glanville.

Please note these age groupings match the triathlon event age groups:

Ages 13 to 15: 10am - 11am
Ages 11 to 12: 11am - 12pm
Ages 9 to 10: 12pm - 1pm



Swim, Bike, Run

Triathlons involve participation in three sports: Swimming, Cycling, and Running. Participants are expected to have basic prior knowledge of these sports and to come to all classes with running shoes for the daily warm up. On bike days participants must come with a bike and helmet, should they forget their helmet or runners they will be asked to sit out of the activities. On swim days participation by all athletes is expected, regardless of whether they participate in other competitive swimming programs. Athletes should always strive to try their best and get the most out of all activities. [Monday-Swim day, Tuesday-Bike, Thursday-Run, Friday-Mini Practice Triathlons]

Safety

The triathlon program is great for kids who have lots of energy, enjoy being outside, like to challenge themselves, and love to have fun. The highest priority during the training sessions will be the safety of the participants. The coaches are there at all times to ensure that there is a properly marked route, radio contact, availability to first aid, accident prevention, etc.

Fee

The Fee for Triathlon is \$90/month

CBSC Triathlon Event

The Crescent Beach Kids Triathlon will take place on Sunday, August 18, 2018.

Any child who is a member within the age groups can participate in the triathlon event! It is recommended that they take triathlon class to practice and prepare for it, but they can still enter without being in the class.

Tiny Tri

This program is in its third year and is an introductory triathlon training similar to our original Triathlon but on a smaller scale for younger kids. It is open to children 6-8 years old. It may cover all disciplines (swimming, cycling and running) per day. Children must be able to ride without training wheels and swim a minimum 25 metres **unassisted**. The running and biking portions will be on the trails northeast of the clubhouse and/or along with beach path. Proper warm ups and games will be on the grass at the park across the street. Participants are expected to come to all classes with running shoes, a bike and helmet. Should they forget their helmet or runners they will be asked to sit out of those activities. There are two options available each month:

Monday & Thursday	9:15am – 10am
Tuesday & Friday	9:15am – 10am

Safety

The Tiny Tri program is great for kids who are interested in swimming, biking and running, and keen to try out the sport of triathlon in a fun, safe atmosphere. The highest priority during the training sessions will be the safety of the participants. The coaches are there at all times to ensure that there is a properly marked route, radio contact, availability to first aid, accident prevention etc.

Fee

The Fee for Tiny Tri is \$50/month