

CRESCENT BEACH SWIMMING CLUB
TRIATHLON & TINY TRI PROGRAMS
SUMMER 2020

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, James Glanville, Mattias Anderson and . Kaelem Dumont.

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

Ages 13 to 15: 12:30am – 1:30pm
Ages 11 to 12: 11:15am – 12:15pm
Ages 9 to 10: 10:00am – 11:00am

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 and on swim days they must bring their own goggles. For the summer of 2020, we will break in to smaller groups led by trained coaches. Groups will alternate bike/run days [Monday-Swim and circuit day, Tuesday-Bike or Run, Thursday-Bike or Run, Friday-Mini Practice Triathlon as an individual or relay or cheer squad]

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, proper physical distancing etc. Participants are expected to adhere to all safety protocols laid out by coaches or they may be asked to sit out of activities.

Fee

The Fee for Triathlon is \$90/month

CBSC Triathlon Event

The Crescent Beach Kids Triathlon is TBA.

Any child who is a member within the age groups 9-15 years can participate in the triathlon event! It is strongly recommended that they take triathlon class to practice and prepare for it.

Tiny Tri

This program 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 one or two disciplines (swimming, cycling and running) per day, and for 2020 we will be breaking up in to smaller groups to ensure proper protocols can be applied. Children must be able to ride without training wheels and swim a minimum 50

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 classes with running shoes, a bike and helmet. There are two options available each month:

Monday & Thursday	9:00am – 9:45am
Tuesday & Friday	9:00am – 9:45am

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, proper physical distancing etc. Participants are expected to adhere to all safety protocols laid out by coaches or they may be asked to sit out of activities.

Fee

The Fee for Tiny Tri is \$50/month