

CRESCENT BEACH SWIMMING CLUB
TRIATHLON & TINY TRI PROGRAMS
SUMMER 2023

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 Head Coaches Mattias Anderson and Kaelem Dumont, and Coaches Finn Glanville, Nadia Anderson, Brayden Dumont, Willem Zandstra, Bernadette Patterson-Ott & Samuel Ridge.

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

Ages 9 to 10:	10:00am – 10:55am
Ages 11 to 12:	11:00am – 11:55pm
Ages 13 to 15	12:00pm - 12:55pm

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. We may break into 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]

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. Participants are expected to adhere to all safety protocols laid out by coaches.

Fee

The Fee for Triathlon is \$110/month

CBSC Triathlon Event

The Crescent Beach Kids Triathlon is scheduled for Sunday, August 20, 2023 between 8-11am.

Any child who is a member within the age groups 9-15 years (by Dec. 31, 2023) can participate in the triathlon event, but priority registration will be given to participants in the 2023 Triathlon program (July and/or August).

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. Training is twice per week for 6-7 year olds (by Dec. 31, 2023) or 4 times per week for 7-8 year olds. 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 the 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	6-7 year olds	8:30am – 9:15am
Mon, Tues, Thurs, Fri	7-8 year olds	9:15am - 10:00am

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. Participants are expected to adhere to all safety protocols laid out by coaches.

Fee

The Fee for 2 days/week 6-7 year old Tiny Tri is \$60/month
The Fee for 4 days/week 7-8 year old Tiny Tri is \$105/month