



Wednesday Juniors Program Concord Cannibals Triathlon Club - Term 3 2011

"CTC Juniors is all about having a go! Challenge yourself, meet new friends and get fit."

Date	Activity	Time	Contact	Comments
Web version June 2011				
Term 3				
August 2010				
Wednesday August 3	Fitness session	6.30pm	Susan Murray via 0410 881 004	Contact Susan Murray for venue details.
Wednesday August 10	Spin bike session	6.30pm	Susan Murray via 0410 881 004	Contact Susan Murray for venue details.
Wednesday August 17	Run session	6.30pm	Susan Murray via 0410 881 004	Contact Susan Murray for venue details.
Wednesday August 24	Fitness session	6.30pm	Susan Murray via 0410 881 004	Contact Susan Murray for venue details.
Wednesday August 31	Spin bike session	6:30pm	Susan Murray via 0410 881 004	Contact Susan Murray for venue details.
September 2010				
Wednesday September 7	Run session	6.30pm	Susan Murray via 0410 881 004	Contact Susan Murray for venue details.

CTC Juniors Wednesday Program

The CTC Juniors Wednesday program is for members aged 13*-18 years and provides an introduction to triathlon and an opportunity to develop triathlon-related skills. The focus is on participation and having fun with opportunities to experience triathlon-related events.

Training and events will be held within the Canada Bay area and Newington.

Joining Fees:

TRYstars Member (<16 years) Junior Club Member (16-19years)

\$61

\$61

The joining fees includes full membership of Triathlon Australia (TA), Triathlon NSW and Concord Triathlon Club.

There is a cost of \$30 per term which includes all coaching session and event fees.

Non TA members can 'come and try' one coaching session FOC.

Event distances will be set by the Juniors coaches.

For more information about the CTC Juniors programs email ctc.coach@gmail.com or call Susan Murray on 0410 881 004.

*The Wednesday program is for older juniors only and you must be asked to come along by our Juniors coaches. They will assess your skill levels after a few Sunday sessions and tell you if they think you are ready.



Sunday Juniors Program Concord Cannibals Triathlon Club - Term 3 2011

"TRYstars is all about kids! Burn some energy, meet new friends and get fit."

Date	Activity	Time	Contact	Comments
Web version June 2011				
Term 3				
July 2011				
Sunday July 31	Fun & Fitness session	3pm-4pm	Susan Murray on 0410 881 004	Contact Susan Murray for venue details.
August 2011				
Sunday August 7	Bike session	3pm-4pm	Susan Murray on 0410 881 004	Contact Susan Murray for venue details.
Sunday August 14	Transition practice session	3pm-4pm	Susan Murray on 0410 881 004	Contact Susan Murray for venue details.
Sunday August 21	Fun & Fitness session	3pm-4pm	Susan Murray on 0410 881 004	Contact Susan Murray for venue details.
Sunday August 28	Bike session	3pm-4pm	Susan Murray on 0410 881 004	
September 2011				
Sunday September 4	Duathlon (Run/Bike/Run) event	3pm-4pm	Susan Murray on 0410 881 004	Contact Susan Murray for details.

TRYstars™ Program

TRYstars is for children aged 7-15 years and provides an introduction to triathlon and an opportunity to develop triathlon-related skills. The focus is on participation and having fun.

The TRYstars program includes five training sessions and one triathlon-related event each term. The event for Term 3 will be a duathlon. Training and events are held locally within safe off-road environments.

The annual TRYstars membership fee is \$61 which includes full membership of Triathlon Australia, Triathlon NSW and Concord Triathlon Club. There is a \$30 coaching fee payable each term which includes all club coaching session fees and one event fee.

Non TRYstars members can 'come and try' one training session or event FOC.

For information about TRYstars email ctc.coach@gmail.com or call Susan Murray on 0410 881 004.