



Nunawading Triathlon Club

Triathlon Kids



Nunawading Triathlon Club

What great weather for our opening race and well done to Brigid in running a well organised race. Triathlon Kids was pleased from the positive feedback from the race *"..I'd like to thank you for such a great event yesterday. The kids had a great time at the duathlon. They've put themselves "in training" for the next one and I've taken the opportunity to include conversations around healthy eating with them also. It was much easier getting them to eat broccoli last night!! They've both invited a friend to come and try also. It's been easy to recommend to other families, given the events are run so well and the emphasis is on doing your best, rather than winning. A healthy competition has developed amongst some of the kids, but on the flip side, they also know cheering on everyone as they cross the line is just a important."*

and yes the coffee cart has been booked for the December triathlon.

For those who joined up last weekend just a reminder that you should have your cap, T shirt and membership pack with the special \$5 for a child/\$10 for a family offer to pass onto your friends.

A WEEK OF TRIATHLON KIDS

Saturday- Pack the car with the equipment and pick up the club trailer. Final entries should have arrived by 3pm so race entries and numbering can be organised. Send the final numbers to Maria for the BBQ and check out for the weather forecast.

Sunday- Race day so arrive at the venue at 9am with Maria, Mark and coffee lady to set up. As always just finish setting up as the first family arrive! Race started on time and senior club members hang around to pack up. Leave Metec at 3pm to drop off race equipment at storage before we head home.

Monday- TK is coaching at Heathmont East after school today but before those names of new members are added to our data base and the personal accident cheque of \$3 per child is sent off to Triathlon Australia.

Tuesday- TK has a meeting with the Active After School Communities in the city to discuss the expansion of coaching triathlon to 12 schools each term. TK is coaching at Nunawading Christian College and Kilsyth PS after school today.

Wednesday- TK contacts Weetbix about date of race and how our club could be involved in assisting with any child who wishes to continue on with triathlon. TK sends out an email to various schools and TK parents seeking interest in our **Term 1 lunch time program** leading up to the Weetbix Tryathlon. A 7 week program held at your school with TK providing the coaches ,bikes, helmets and a free entry into February In2tri Splash/dash. Cost of the program is \$70 per student with a minimum of 10 students. We have 3 days left! Would your school be interested?

Thursday- TK organises trailer to be returned and prints 500 school holiday pamphlets for tomorrows Play for Life –Join a Club event.

Friday- Four of TK coaches spend the day coaching students from Knox. Thanks for volunteering your time to promote TK and triathlon. TK has an evening meeting with Karina our S/D race director, Ben our Trade Mark lawyer, Kirsten a pool manager of inner eastern private school and Dimity the Community Program coordinator of Sun Smart. Well it was actual a get together with some senior Nunawading Triathlon Club members but we did discuss TK.

Saturday- Newsletter time!

LOOKING FOR MARSHALLS

To make each of our races run smoothly we have included one race in the season for you to become a marshal (unless you have paid the additional \$20). You will be placed so you can still watch your child race. Please include your preferred race in your child's race entry email.

NEXT EVENTS

In2Tri Kids Splash/Dash

Date: Sunday 12th September 2010

Time: 1pm (Registration 12:30pm)

Event Cost: Free for 10/11 members and \$10 for "Come and Try One Day Memberships" for non members

Location: Tintern School, East Ringwood.

Active Feet School Holiday Clinic

Date: Tues 21st Sept and Weds 22nd Sept 2010

Time: 9-12 noon

Event Cost: \$40 for one day/\$60 for two days.

Location: Syndal South Primary School Mount Waverley

Enter: <https://www.registernow.com.au/secure/Register.aspx?ID=2957>

SPONSORS



Triathlon Kids

Welcome to IN2TRI, an online triathlon store. Geared towards the junior market, IN2TRI produces genuine sports garments designed especially to enhance the health and well being of kids taking part in triathlons.

IN2TRI have a 50% discount on our two piece suits at the moment if any parents would like to order. A great deal as this makes the cost of the suits only \$40. Also at the moment if you order over a \$100 worth of suits we will include free postage. Offer ends soon.

active feet

if the shoe fits...

ACTIVE FEET

active feet is the only store of its kind in the marketplace. Developed and run by Sports Podiatrists, the store offers superior technical service and product knowledge.

active feet provide **free** treadmill video gait analysis on site to assess and prescribe the correct shoe for the whole family. This is the most accurate assessment available in any footwear store. This will in turn maximise your comfort and performance levels, as well as reduce the risk of injury.

There is no need to make an appointment to come in and see us at **active feet**, just come in during our opening hours which you can see online – www.activefeet.com.au



HEALTH MUSCLE BODY

Health Muscle Body – Health Shop is a one stop shop for your health for all of your family for health, mind and body. We have Remedial Massage services in store with rebates available and supplements for all your family for all training needs and general health.

Mention your family to be part of Tri Kids Australia and receive 10% off all supplements every day of the week and receive a \$10.00 off Voucher for all those that wish to book in for a massage.



FREE 2XU PIT STOPS! Ever visited a sports store that feels more like your local fitness club, second home or favourite training base? Probably not...and that's why 2XU has stepped up to offer you a seriously 'un-retail' high performance sporting retail experience; 2XU Performance Centre Pit Stops.

Every Saturday morning from 9am-noon, drop by your local 2XU Performance Centre* to enjoy FREE hydration and nutrition pre, post or during your work out courtesy of our official Pit Stop partner [PowerBar](#). You'll be rewarded with water, electrolyte sports drinks, gels and bars to keep you performing at your peak for longer!

And why not get your whole run, cycle or tri group involved? Drop by at the start, finish or mid way through your Saturday session and 2XU will look after the whole gang.

*For all the details, visit www.2xu.com/pitstop



IRONBOY

ironboy® and ironchick swimwear is for boys and girls aged between 0-8 years of age and uses 100% Polyester AQUALIFE chlorine proof fabric (same as all swimming and triathlete sports people use) and is UPF 50+. You will love the sporty designs and will be able to hand down the swimwear for years to future ironboys and ironchicks. Check out the Long Sleeve Rash Vests, Shorts, One Piece Bathing Suits, Speedo Briefs, Bikini's, Hats and even fingerless cycling gloves on offer at www.ironboy.com.au. Join up to be an "ironcub" member on this website and you will be able to keep in touch with all ironboy news and receive special deals.

How to avoid common injuries in Children - Part 2 – Shoe size

Scott Murray – Podiatrist.

Over the last number of eNews instalments we have looked at how to select the correct shoe for your child's specific biomechanics and activities. Cross-trainers and running shoes are designed to provide the required support, shock absorption and durability for specific sports and activities. The benefits of athletic footwear however, can all be lost with an ill fitting shoe.

When it comes to growing children and the fitting of footwear we first think about allowing room for growth – Parents are wary of how quickly children may grow out of their shoes. Allowing room for growth is very important, although we need to be cautious not to have the shoe too big. A shoe that is too big can make it more difficult for your child to participate in sport while remaining comfortable and pain free. When assessing children's shoes at either the clinic or in store at [active feet](#) it is common to see a shoe that has worn out before they have 'grown into' them.

Accurate shoe fitting

The tips for accurate shoe fitting for your children are the same as they are for adults. When assessing the length of the shoe we will ask your child to lift up their big toe. There should be approximately a thumb's width (everyone has different size thumbs – we would take this to be an average size adult thumb) between the end of their toes and the end of the shoe. Having this room at the end of the shoe will help improve comfort and reduce the risks of damaging toenails from repeatedly hitting the end of the shoe. As mentioned previously it is also important that the shoe is not too big for the foot. This will cause the foot to move around inside the shoe and reduces support that the shoe provides.

It is important that the shoe also fits in relation to width and depth. This is more challenging as there are fewer differences in these factors in relation to children's shoes. Children's feet are often narrow and are yet to 'fill out'. When fitting shoes for children at **active feet** I have often found the shoe can be too wide or deep for the foot. As there is little difference in width and depth from one children's shoe to the next, often other alternatives are sought. Using a simple, flat innersole from a supermarket or an innersole from the existing shoe can help to fill up a shoe that is too roomy and will improve the overall fit and comfort. A comfortable shoe equals a happy and active child!

Although **active feet** focus heavily on the supportive features of a shoe and selecting the correct shoe for your child's chosen activities, they are aware that all their good work can be to no avail if sizing is not accurate. As mentioned previously, sometimes we need to look outside the square to achieve the perfect fit and comfort of a shoe. If you have any queries or concerns regarding your child's footwear, store manager Brett Payne and his team at **active feet** Heathmont can answer all your questions and help with finding a well supported shoe and the best fit for your child.

Scott Murray

Podiatrist at Lifecare Croydon and Ashwood Sports Medicine & **active feet** staff member

The logo for Triathlon Kids is a light blue oval with a white border. The words "Triathlon Kids" are written in a white, bold, sans-serif font across the center of the oval.

Triathlon Kids