



Nunawading Triathlon Club

Triathlon Kids



Nunawading Triathlon Club

Nov/Dec 2011

Two races completed and several Sunday training sessions run and we still have a month till Xmas. Talking about Xmas make sure you take advantage of the \$40 early bird offer for the January School Holiday clinic. This price includes 2 mornings of triathlon training/games, last hour duathlon (run/ride/run) on the final morning and entry into the Kids Xosize triathlon on Sunday 22nd Jan. Our club's tent will be at the race so make sure you drop off your bag at the tent, shelter from the sun/rain? Or sit down and relax while you wait for your race.

LATEST NEWS IS ON FACEBOOK

Please check out our Facebook page [here](#) so you can be up to date with the current news.

TERM 4 TRAINING SESSION DATES

TK **free** training sessions/events are only available to members who present on the day, either their TK membership card or TK tax invoice receipt emailed to them.

Members should check our face book page [here](#) to see if a free training session or event date/time changes.

Please be aware that not all training sessions are suitable for our 5 to 6 year old members and **training is not on every Sunday**, so check the calendar www.triathlonkids.com.au .

At training, kids will be divided into 2 groups (approx 5-9 and 10-15 y.o.) with the younger group completing some fun game based activities to learn more about triathlon whilst the older group will concentrate on more the skills associated with triathlon.

Training will last 45 mins and we will run special events at different locations (for members only) throughout the season.

MEMBERSHIP PACKS AND T SHIRTS

Membership packs and T shirts can be collected at the selected training session's days at Syndal South Primary School or at the races.

NEXT EVENTS

TK School Holiday Clinic

Date: Tuesday 17th and Wednesday 18th Jan 2012

Time: 9.00am (Registration 9.00am)-12 noon

Who: 7-15 year olds (limited places most likely sell out before Xmas.)

Event Cost: Early bird price \$40 and after 24/12/2011 \$60 includes entry into Xosize Kid's triathlon on Sunday 22nd Jan

Location: Syndal South Primary School

HMB Kids Splash/Dash

Date: Sunday 26th February 2012

Time: 1pm (Registration 12.30)

Who: TK members

Event Cost: Free for 11/12 members

Location: Tintern School East Ringwood

SPONSORS



Active feet is a technical footwear store developed and run by Sports Podiatrists. All of our customers are assessed by video/treadmill gait analysis in store, absolutely free of charge, to ensure the correct shoe is matched to the individual's biomechanics. We pride ourselves on offering the most accurate assessment available in any footwear store and an unsurpassed level of service to each of our customers.

Active feet employ over 30 Podiatrists and senior Podiatric students, who spend a combination of their time in all the stores, teach at the University as Clinicians, and consult in clinical practice at a variety of locations around Melbourne. It is the strength of our knowledge base and team that allows us to make our claim as being the number one technical footwear service provider.

Our footwear range has been selected according to strict performance criteria, and offers a full selection of running, walking, casual & business footwear, as well as school, netball and tennis shoes, football boots and racing flats. Our extensive collection of accessory items have been tried and tested by our team to ensure we are supplying our customers the most useful solutions to their training woes.

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



2XU Summer Stock has Arrived!

2XU's impressive new collection of Cycle, Tri, Run, Swim and Accessories for summer 2011/12 has arrived in store.

If you're keen to multiply your performance more than ever in the months ahead, [visit your nearest 2XU Performance Centre now](#) to get your hands on some awesome new styles in fresh seasonal colour ways. www.2xu.com / (03) 9819 9700.

