



Nunawading Triathlon Club

# Triathlon Kids



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Welcome to the start of the 2011/12 Triathlon Kids season. Thank you to all the last season members who took the opportunity to join up prior to 1<sup>st</sup> October with the discounted membership and the chance to invite a friend for free to Sunday 23<sup>rd</sup> October active feet duathlon.

Congratulations also to Hannah McKnight, Lucy Wales and Lara Raymant, they each won a pair of 2XU youth compression shorts and a \$50 shoes voucher from active feet.

Triathlon Kids has added free training sessions for the 2011/12 season and these kick off on Sunday 16<sup>th</sup> October at 1pm. This first session will be a come and try session with subsequent sessions open to only members.

## **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. Except for our first training session, on the 16<sup>th</sup> October, this is a Come and Try Open session.

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](http://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 sessions days at Syndal South Primary School or at the races. Please note the early bird membership does not include a club T shirt but all other membership does include a T shirt. These can be purchased for \$20 if you require one.

## **NEXT EVENTS**

### **NTC Enticer Duathlon**

**Date:** Sunday 23<sup>rd</sup> October 2011

**Distance:** 2km Run/10km Ride/1km Run timed.

**Time:** 9.30am (Registration 9.00am)

**Who:** TK members aged 12-15 and TK parents.

**Event Cost:** Free for 11/12 members and \$10 for parents/non members

**Location:** Metec, Bayswater North

## Active feet Kids Duathlon

**Date:** Sunday 23<sup>rd</sup> October 2011  
**Time:** 10.30am (Registration 10.00am)  
**Who:** TK members  
**Event Cost:** Free for 11/12 members  
**Location:** Metec, Bayswater North

## HMB Kids Splash/Dash

**Date:** Sunday 6<sup>th</sup> November  
**Time:** 1pm (Registration 12.30)  
**Who:** TK members  
**Event Cost:** Free for 11/12 members  
**Location:** Tintern School East Ringwood

## SPONSORS



**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](http://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 2010/11 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](http://www.2xu.com) / (03) 9819 9700.

