



### What's included?

- cycling skills instruction
- running form and drills instruction
- swimming skills instruction
- transition technique instruction
- great coaching from triathlon certified coaches and experts in the sport of triathlon
- games and fun!
- free stuff!
- make new friends!

Note: NO HELMET, NO RIDE!

Waivers must be signed

\*limited to a maximum of 30 kids: register today!

### What to bring:

- bike (in good working order) & helmet
- swim suit, (cap), goggles & towel
- running shoes, shorts & t-shirt
- water bottle, 2 nut-free snacks
- dress for the weather
- great attitude!

## Get ready for the Newmarket "Try the Tri" Children's Triathlon

(Sat. June 11, 2011; see [www.newmarket.ca](http://www.newmarket.ca) for more details) or any kids triathlon with this fun introduction to the hot sport of triathlon! Learn to swim, run, bike and be an expert in transition: just like Simon Whitfield!

Whether you are preparing for your first triathlon or your 10th, learn from our triathlon certified coaches and experienced triathletes!



# Speedplay Kids Tri Clinic Entry Form



## Need to Know Information!

- Date: Saturday May 14th, 2011
- Time: 12:30-6:00pm
- Location: Lounge I, The Ray Twinney Recreation Complex, 100 Eagle St.W, Newmarket
- contact: [speedplaycoach@whitmond.com](mailto:speedplaycoach@whitmond.com)
- telephone inquiries: 905-830-0107
- mail registration to: Speedplay Kids Triathlon Clinic, 304 Woodhaven Crt., Newmarket, ON, L3X 3A4
- payment: cheques to be made out to "Speedplay Multisport Team"
- Cost: \$30 for existing OAT members (\$36 for non-members)

Participant Name:

Address:

City:

Postal Code:

phone:

email:

age as of Dec. 31/11:

Male or Female?

most recent swim level achieved?

Emergency contact Name:

phone:

alt. phone:

special needs/ allergies?

OAT member #:

I have enclosed \$30 (OAT member) OR I have enclosed \$36

Parent Name:

Parent signature:

## Speedplay Kids Triathlon Skills Clinic 2011

### Sat May 14

The Ray Twinney Centre,  
Newmarket

ages 7-11

