

Summer 2009 Youth Triathlon Training Class

These weekly training classes are designed to introduce youth to the fun and exciting sport of triathlon. As one of the fastest growing sports in America, triathlon offers a great way to stay healthy and fit in a safe way. The combination of various types of cardio training coupled with the strength built during swim, bike and run workouts is a scientifically proven method to build high levels of fitness.

All levels of participants from first timers to seasoned junior athletes are welcome. Athletes will work on drills, games and workouts in all 3 sports (swim, bike, run) and the all important 'transitions' from segment to segment.

Nationally certified and experienced coaches from **EXPERIENCETriathlon** will share their expertise and mentor each child on their journey toward a healthy lifestyle.



Participants will be expected to have a basic swim stroke and successfully swim one pool length (25 yards) without assistance. Each athlete will be required to bring a swim suit, goggles, towel, bike, bike helmet, running shoes, workout shorts, t-shirt and a water bottle filled with water or an energy drink to each training session.

Age: 6 to 16 years

Class Size: Minimum 10, Maximum 25

Location: Naperville area

Class Codes	Fee	Day	Date	Time
W1	\$60 non member \$55 ETYC member	Wednesdays	July 8 – Aug 5	10am-11am
Th1	\$60 non member \$55 ETYC member	Thursdays	July 9 – Aug 6	2pm-3pm

Registration

Which session(s) are you registering for? Session W1 _____ Session Th1 _____

First Name _____ Last Name _____

Address _____

Email _____

Parent/Guardian Phone(s) _____ Birth Date _____

Signature of Athlete _____ Date _____

Signature of Parent/Guardian _____ Date _____

Note: Parent/Guardian will need to sign club waiver of liability before athlete can participate in any club activities. Waiver is available at www.ET-Youth.com

Please mail signed application and payment to: Experience Triathlon Youth Club
1615 Lois Ann Lane
Naperville, IL 60563

Payment type: ___ Check payable to Experience Triathlon Youth Club ___ Credit Card

Name on credit card _____

Credit Card number _____

Expiration date _____ Security code (3 or 4 digits on back of card) _____