



www.carinaleaguestriathlonclub.com

Club Patron: Loretta Jones (nee Harrop)

July 2007

Successful Club Offers Expanded Junior Program

The Carina Leagues Triathlon Club is going from strength to strength by offering a fun and enjoyable expanded beginner junior triathlon program for athletes aged 9 to 13 years to start in the sport.

Coach Warwick Dalziel said the program will focus on teaching the fundamental triathlon skills with a particular emphasis on participation, enjoyment and fitness.

Training commences on 3rd September 2007 at the Carina Leagues Triathlon Club's Zahel Street, Carina well-equipped home base.

"The sport is growing enormously because it is a wonderful outlet for young people who want an alternative to body contact and other team sports," Warwick said.

"It gives young people an opportunity to continuously improve their performances and get satisfaction from how much effort they put into training programs.

"Our athletes enjoy the company of other people who have similar interests and are concerned about their fitness and wellbeing in a safe, supportive environment.

"The club has a dedicated child protection policy and is committed to the safety and well being of our young athlete.

"As this unique multi-sport grows, our club will continue to develop and expand our triathlon program to accommodate the needs of all athletes.

"The expanded junior program will be offered under Assistant Coach Jaimie Trotter's fun and expert direction," Warwick said.

"Generally, the Carina Leagues Triathlon Club has a range of both junior and senior athletes racing anything from sprint to Ironman distances.

"The club now has a squad to suit everyone's needs, ranging from the most talented and elite athlete racing up the world rankings, to the most tenderfoot beginner crossing the finish line for the first time," Warwick said.

The junior triathlon season commences on Monday 3rd September until the 15th December 2007.

It recommences on 14th January and runs through until 29th March 2008.

Warwick said the cost associated with training at the club was \$105 per month (with 50% fees discounted for the half months in December and January) or \$180 per month for two family members.

He said people were most welcome to contact Jaimie Trotter 0421557743, email: assistantcoach@carinaleaguestriathlonclub.com or himself on 0411615474, email: coach@carinaleaguestriathlonclub.com

For information please see the Carina Leagues Triathlon Club website at www.carinaleaguestriathlonclub.com