



## Triathlon Team 2010

The North York Aquatic Club is pleased to announce the formation of the NYAC Triathlon Team. This team was created to introduce our swimmers to the sport of triathlon. Our aim is to provide our young athletes with an opportunity to participate in a fun summer sport that will compliment their swim training.

This program is centered around participation in a number of Kids of Steel Triathlon races in and around Toronto over the summer months. We have selected six races that the kids can choose to participate, doing only one or as many as all six if they wish.

We will be offering a triathlon clinic before the season starts to introduce the sport and teach some triathlon fundamentals. We will also be offering a three day/two nights clinic in early July in Collingwood for athletes 11 years of age and older.

Previous experience is not required, this program is all about fun and participation, and we encourage all the kids to come out and try their hand at this sport.

### **Equipment needed**

Bathing Suit  
Goggles  
Bicycle (mountain or road bike)  
Helmet  
Running shoes

## Event Dates

| Date                      | Event                  | Location    | More Information  |
|---------------------------|------------------------|-------------|---|
| Saturday, May 30, 2010    | Caledon Kids of Steel  | Caledon     | <a href="http://www.c3online.ca">http://www.c3online.ca</a>                                       |
| *Saturday, June 5, 2010   | East End Kids of Steel | Scarborough | <a href="http://www.familyfunfit.ca/">http://www.familyfunfit.ca/</a>                             |
| Sunday, June 27, 2010     | Burlington Tri-Kids    | Burlington  | <a href="http://www.runwellevents.com/">http://www.runwellevents.com/</a>                         |
| Sunday, July 11           | Oakville Tri-Kids      | Oakville    | <a href="http://www.runwellevents.com/">http://www.runwellevents.com/</a>                         |
| Sunday, August 8, 2010    | Barrie Kids of Steel   | Barrie      | <a href="http://www.barrietri.com/">http://www.barrietri.com/</a>                                 |
| Saturday, August 21, 2010 | Orillia Kids of Steel  | Orillia     | <a href="http://www.trisportcanada.com/orillia.php">http://www.trisportcanada.com/orillia.php</a> |

\* - please note that this race maybe a conflict for those families having to participating and/or working at NYAC's Mayor's Cup

NYAC will be set up at each of these meets to offer support to our athletes, keep a lookout for the NYAC Triathlon Team canopy as this will serve as our "NYAC Triathlon Team Support Center" for these events. These events typically run the day and as mentioned earlier are a lot of fun for both the athletes and their respective families – unlike swim meets we're all outside enjoying the weather. Appropriate snacks will be provided for the athletes.

Sign up for these events can all be done online. We ask that all athletes register themselves for the events in which they wish to participate. Given the large increase in participation from children these past few year there are a number of races that will sell out – please register at least 2 months prior to the event. As an FYI the Kids of Steel Races tend to be more competitive for the older ages in comparison to the Tri-Kids.

## Event Distances for Kids of Steel Races

Race distances vary by event; distances may be shorter in all age groups, but not longer than those listed below. See individual event information for exact distances.

| Age   | Swim | Bike  | Run   |
|-------|------|-------|-------|
| 6/7   | 50m  | 1.5km | 500m  |
| 8/9   | 100m | 5.0km | 1.5km |
| 10/11 | 150m | 10km  | 2km   |
| 12/13 | 300m | 15km  | 3km   |
| 14/15 | 500m | 15km  | 4km   |

## Clinic Dates

### Introductory Clinics (Toronto)

| Date                    | Age Group    | Location               |
|-------------------------|--------------|------------------------|
| Saturday, May 29, 1-3pm | 10 and under | Northlea Public School |
| Saturday, May 29, 3-5pm | 11 and over  | Northlea Public School |

We will be offering a clinic that will be held at Northlea Public School, 305 Rumsey Road, near Bayview and Eglinton. This clinic will serve as both an introduction to the sport of triathlon and a refresher course to those that have competed in previous years. The course will allow the athletes to enter their first event with a good understanding of the sport. We will cover equipment needs, safety, transitions, running and cycling fundamentals, race rules, training, and a number of other topics. We will be covering the swim portion of the event; however there will be no swimming at this clinic.

**Fee:** \$75.00 inclusive of the following:

OAT Registration (required of all athletes participating in races during the year – cost \$25)

NYAC Triathlon T-Shirt - \$25

Clinic - \$25

If you chose not to attend the clinic you may still purchase the NYAC Triathlon Shirt and OAT Registration for \$50.

### Overnight Training Clinic in Collingwood

| Date   | Age Group   | Location             |
|--|-------------|----------------------|
| Arrival July 6, 2010<br>(between 10:30 am –<br>12:00 pm)<br>Departure July 8, 2010 (5<br>pm) | 11 and over | Collingwood, Ontario |

The second clinic will be held in Collingwood in early July. This clinic will offer a more advanced training environment for athletes that are interested in learning more about the sport. The 2 ½ day clinic will include accommodation and meals for the kids and involve:

- Training in all 3 disciplines
- Bike safety, maintenance and set-up
- Pre-race meal choices
- Warm-up techniques
- Psychology of racing
- Proper nutrition habits

Athletes will be swimming and supervised in open water workouts in clear and 75 degree Georgian Bay, cycling along paved lightly travelled back roads in the area and running either on gravel paths or trails. The days will be comprised of both structured workouts and fun on the beach. The clinic will rotate between various venues; however we will be situated and residing by the water in Craighleith in the Town of Blue Mountains (Collingwood). We are currently planning for a 4:1 coach athlete ratio.

Space will be limited at this clinic and we'd ask that you express your interest by April 30, 2010. **The fee structure is currently being assembled and will be available shortly.**

### **Race Participation with no Clinic preparation**

For those interested in participating in one or more of the races as part of the NYAC Triathlon team but unable to attend either clinic, you may still register with NYAC (Fee \$50) to cover the OAT Registration and receive a NYAC Triathlon T-Shirt.

### **Triathlon 2010 Leadership Committee and Coaches**

\*Brent Lockridge, Head Coach  
\*Leon Goren, Assistant Coach  
\*Paul Bruhn, Assistant Coach  
\*Bill Webber, Assistant Coach  
David Douglas, Assistant Coach

Oversight of NYAC Triathlon – Murray Drudge, Head Coach NYAC

\*The coaches have been registered and are qualified in accordance with Ontario Association of Triathletes.

### **More Information and to Register**

For more information about this program please contact:

NYAC Office  
Olga Macel  
416-785-0430 (Monday to Thursday 12 – 3:00 pm)