



INTRODUCTION TO YOUTH TRIATHLON

RACE PREP & TRAINING FOR YOUNG ATHLETES

A new program focused on developing the skills of Albany area youth in all three disciplines of triathlon, including training and proper race preparation.



Expert coaches, led by John Slyer (*USAT Youth Coach*), Heather Rizzi (*Former World Ranked Professional Endurance Mountain Bike Racer*), and Keith Murray (*Twice named Coach of Excellence from the America Swimming Coaches Association*), will provide athletes with the skills and knowledge necessary to properly train and prepare for racing triathlon, managing race day, nutrition, transition area set-up, as well as practice their swim/bike/run skills.

Participants will be guided in the selection of appropriate races per their ability.

The target participant includes youth and juniors who may already have discovered the joy of triathlon, as well as those who are new to the sport. These athletes want to learn how to prepare for a triathlon and need to develop open water swimming skills as well as transitions between disciplines. The parents of these participants are looking for a safe opportunity for their child to develop skills and train. The target participants love at least one or more of the triathlon disciplines: swim, bike or run.



The goal, along with training young athletes, is to inspire and motivate them to be a part of the triathlon community as a life-long sport but also as a potential

athletes for collegiate or elite competition. Swimming sessions will graduate from the pool to open water, focusing on: Body positioning, form, drafting, sighting, swimming with surface currents, dealing with waves and swells, and managing in-water traffic. Bike & Run sessions will focus on bike handling, cornering and handling obstacles, drills and games, intervals, hill climbing, pacing, bike-to-run transitions.

Twenty slots are available through the member organizations. Please contact HRRT Triathlon / SKYHIGH Adventures / or CDTC for more information. USAT membership is required. Participants must be able to swim 25-yards without stopping and ride their bikes unassisted.

AGES 10-18

Program Details

Cost: \$100



Registration via BikeReg.com

Keyword: *Youth Triathlon Clinic*

Schedule

Orientation & Bike Check

Sunday, May 22nd

Location: Town of Colonie Park

CDTC & Excel Aquatics

Pool Sessions:

Thursdays: May 11, 18, 25th

Location: College of St. Rose Pool

SKYHIGH Adventures

Open Water Swimming

Wednesdays: June 1, 8, 15, 22 and July 6 & 13

Location: Crystal Cove, Averill Park, NY

HRRT

Cycling, T2, Running

Road and Mountain Bikes Welcome!

Mondays: June 6, 13, 20, 27

Location: Town of Colonie Park

OFFERED THROUGH

USA Triathlon

HRRT Triathlon

hrrtteaminfo@gmail.com

HRRTONLINE.com

SKYHIGH Adventures

skyhighadventures@verizon.net

SKYHIGHADVENTURES.com

Capital District Triathlon Club & Excel Aquatics

fbender@nycap.rr.com

www.CDTRICLUB.org

info@goswimexcel.com

www.GOSWIMEXCEL.com