



# Junior Development Program

Triathlon is one of the world's fastest growing sports and if you are between the ages of 7 and 11 you can now join in on the ride. With the **ETPA Junior Development Program** you can build the skills and fitness it takes to be a part of this awesome sport.

Your qualified Level One triathlon coach will introduce you to the art of the swim, bike, run as well as the ins and outs of transitions and the importance of post race recovery. **ETPA** will also provide race day support at selected races throughout the season.

So if you can comfortably swim 100m and have the ability to ride continuously for 10 minutes join **ETPA** in April 2010.

Our junior training sessions have an emphasis on fun and participation with the opportunity for further development and competition.

## When:

Thursdays

Starting 12th April 2010 and running in conjunction with the school term

## Location:

Elite Swimming, 8 Attercliffe Road, Pascoe Vale

## Cost:

\$180 (payment at beginning of semester)

## Contact:

Jamie Edwards

Level 1 Triathlon coach

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