

ETPA Junior Development Squad

Part of the National Development Program



Triathlon is one of the world's fastest growing sports and if you are between the ages of 11 and 15 you can now join in on the ride. With the **ETPA Junior Development Squad** you can build the skills and fitness it takes to be a part of this awesome sport. Our squad is part of the Triathlon Australia's National Development Program.

Your qualified Level One triathlon coach will support you to enhance your skills in the swim, bike and run disciplines. We will also guide you through the technicalities of transitions and the importance of post race recovery.

ETPA Junior Development Squad training sessions focus on performance with an emphasis on inclusion, education and participation. We will provide race day support at selected races throughout the season.

If you can comfortably swim **300 metres** and are able to ride continuously for **20 minutes** and/or want to compete this season join **ETPA NOW!**

When:

Tuesday evenings commencing February 2012

Location:

Elite Swimming, 8 Attercliffe Road, Pascoe Vale

Cost:

\$17/week*

*Total payment for each term required in full at beginning of term.
Total due may change due to differing term durations.

Contact:

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