



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 February 2010.

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

When:

Thursdays
Starting Feb 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

Direct: 0415 903 622

Email: jamie@etpa.com.au

Web: www.etpa.com.au





Junior Triathlon Squad

Triathlon is one of the world's fastest growing sports and if you are between the ages of 12 and 15 you can make your ride smoother. With the **ETPA Junior Triathlon Squad** you can build on the skills and fitness from our introductory program.

Your qualified Level One triathlon coach will assist you to enhance your skills in 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 400m and have the ability to ride continuously for 20 minutes join **ETPA** in February 2010.

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

When:

Tuesdays
Starting Feb 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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