



JUNIORS FACT SHEET

Welcome to Bayside Multisport Triathlon Club Juniors! This fact sheet has been created to give you some idea of what to expect from the club, training and the sport of triathlon.

At Bayside Multisport Triathlon Club we believe triathlon is a sport for all ages and abilities. We encourage everyone to have a go and see what they can achieve in a positive and encouraging family friendly environment. Bayside Multisport Triathlon Club is affiliated with Triathlon Australia (TA).

Is junior tri training for my child? If your Junior loves to swim, run and ride their bike, has a reasonably competitive spirit and doesn't mind a new and exciting challenge each week then why not give it a go. Juniors don't have to do any of these activities well they just have to like doing them with a group of other energetic kids. It is expected that Juniors can swim 50m freestyle to feel comfortable in joining in the swim sessions.

Training sessions are different each week so it's important to know what to bring. Our training sessions may focus on swim/run, run/bike or swim/run/bike – there's always something new and exciting (and can be a little dependent on the weather too). The club trains at Manly Pool each Saturday with the exception of every third Saturday of the month where we hold a bike skills session at Murarrie Recreation Reserve cycling track.

At each session there are one to two TA accredited qualified coaches. The coaches provide the Juniors with the skills necessary to be proficient swimmers, cyclists and runners as well as the importance of transition training. Transition is the section of a triathlon where an athlete changes between the swim/bike/run legs of a race. The coaches ensure that sessions are conducted in a friendly and encouraging environment for Juniors to learn the skills of triathlon (as there can be a fair bit to remember at times). If Juniors have any questions or concerns during training please encourage them to talk to the coaches they are more than happy to help.

The Junior coaches are Stacey Roduner and Diarmuid Deans. Tamsin Hodgess is the Junior Co-ordinator (ph: 0400 035 559). Please try to direct queries to Tamsin before training as the coaches are usually pretty busy getting the kids organised during training sessions.

Safety: At Bayside Multisport Triathlon Club SAFETY is number one, that's why we teach Juniors triathlon skills. It is important to remind Juniors to only work within what they feel safe to do and if they are unsure of something, encourage them to talk to a coach so they can gather the skills and confidence necessary for the sport. Juniors should be encouraged to take time and care in building their skills as there is a lot to learn about triathlon and their bodies in this sport. We encourage Juniors to always apply sunscreen 15 minutes before training or races and wear protective clothing as much as practically possible.



What to expect at each training session: To ensure that the training sessions start on time we encourage all participants to arrive at least 15 minutes prior to the session start.

Upon arrival you are required to ensure that your child is registered to attend and has paid the session fee to the Junior Coordinator/Coach – this step is also important for insurance reasons.

Juniors then set up for the training session – racking bikes, laying out equipment for transition and gathering in the right area for the training brief.

It is the coach's expectation that all Juniors join in and encourage other juniors to have a go, do their best and cheer them on regardless of their skill level. As you can imagine Juniors are social little beings and they love to have a good chat and laugh and we encourage this however please remind them that they do need to listen to the coaches so they come away with new skills and most importantly keep everyone SAFE.

What to bring: Later in this document (See: What to bring) we list some of the essential items to bring along to training. We encourage Juniors to be responsible for packing their own bags for the training session as it gets them used to the responsibilities of the training and race day.

When and where we train: TeamApp is the platform for all notifications about training please ensure you download and join the app to get all the latest news and training information. If you look under the 'Club Training Calender' section at the 'Trystars Calendar' all the information about training each week will be contained under there. We also release pdfs/images of the training calender so you can print them for your fridge. In general we encourage the Trystars to attend the following:

- 4:00-4:45 - Tuesdays, Run Squad – George Clayton Park Bandstand, Manly
- 3:30-4:30 – Monday/Thursday, Swim Squad – Manly Pool
- 8:00-9:00 – Saturday, Triathlon Training – Various locations – see TeamApp

Triathlon camps: Junior training camps are offered during school holidays. The sessions are generally located at Manly Pool. Details of the session (including cost) will be provided on TeamApp. The sessions are a great opportunity to introduce Juniors to the sport of triathlon, consolidate their existing skills via some longer training sessions or just burn some extra holiday energy! They are usually run in the mornings over two or three days (generally 9am to 12pm). The Juniors can expect to work hard during these sessions but they always have loads of fun!

Club attire: Bayside Multisport Triathlon Club does not have a rigid uniform for training, generally swim suits, shorts/bike shorts and a t-shirt are appropriate for the weekly training sessions - dependent on their training activity. Regardless of their attire, we do request that all Juniors wear a hat and sunscreen and sunglasses are also recommended, for training sessions. The club has a range of merchandise available for members to purchase. T-shirts and polo shirts are generally readily available however the tri-suits need to be ordered and can take some time so please place your orders early if you wish to purchase one for the season.



Triathlon Australia (TA) membership: After two introductory training sessions (the first one is free), it is a requirement of the club for your Junior to join Triathlon Australia and the club. This is an annual fee, renewable on 1 July each year. Being a member of Triathlon Australian has many benefits which are listed on their website www.triathlon.org.au

When you register with TA for Membership the fees are approximately \$73. This includes TA Membership for \$33 plus the Bayside Multisport Triathlon Club membership fee of \$40.

Competitions (Triathlons): Most of the triathlons around Australia are listed on the TA website located here <http://calendar.triathlon.org.au/>. This site provides details and links to triathlons not only in Queensland but Australia-wide. The most common series in Queensland for Juniors are:

1. Queensland Triathlon Series – which covers Brisbane, Gold Coast and Sunshine Coast, kicking off around September each year and runs through to February
2. Nissan State Series – which covers most of Queensland and includes some IronKids events and ventures further afield to Cairns, Rockhampton, Townsville and so on. This series kicks off around July each year.

Bayside Multisport Triathlon Club attends many of these events and TeamApp will generally advertise ahead of time if a team is heading to the event. Often the club has a tent at the event where you and your Junior can relax and mingle with other club members ahead of the event.

Most of the events have comprehensive 'Event Information' brochures released ahead of the event to assist you in preparing for the day. However, if you want to know what to expect at a triathlon and how to prepare you and your Junior for one please don't hesitate to speak to the Junior Coaches and Co-ordinator.

Helpful resources: No doubt you will learn quickly that your junior may need a few extra bits of gear for their training. We also have a Triathlon Marketplace area on our members board (located at Manly Pool). This is a useful way of advertising that you are looking to purchase/sell tri related items.

It can be tricky to find tri-gear for kids so we have listed a few websites that can be helpful for gear and general information: wiggles.com, ezisports.com.au, chainreactioncycles.com, triathlon220.com.au, inspireathletic.com.au, sportsdirect.com.au.

Other than that we warmly WELCOME you to the club and look forward to seeing your Junior in action!

Want to know more? Have further questions? Contact the friendly team at Bayside Multisport Triathlon Club and we look forward to seeing you at training.

Kind regards

The Committee

Bayside Multisport Triathlon Club



What to bring to training:

Juniors normally wear shorts/bike shorts and a t-shirt/singlet or tri-suit. They will always need to bring sunscreen, a hat and a drink bottle to training.

Running	<ul style="list-style-type: none">- Running shoes (socks if necessary) – stretchy (quick) laces are recommended- Cap/visor- Sunglasses
Swimming	<ul style="list-style-type: none">- Swimming gear/tri-suit- A towel- Goggles- Swim cap
Cycling	<ul style="list-style-type: none">- A safe well maintained bike that is the right size for your Junior- A helmet- Sunglasses (if required)