



## Junior Elite Triathlon Academy

Welcome guys to Finss Junior Triathlon Academy. I am offering a Junior Tri session. The start date will be Friday 5<sup>th</sup> of August. All kids attending will need to have a Road Racing bike that fits and Wind trainer. These Finss sessions will be combined Swim\Bike, Bike\Run and Swim Bike and Run focusing on more advanced training techniques and skills to help all the kids to achieve their goals at the Tri NSW State Junior Triathlon Series for 2011\2012.

The training days each week will range from Fri afternoon to either Sat or Sunday afternoons. The sessions will be held at Finss, Bensons Lane or Penrith Lakes. I will let you know by text each week.

The other coaches who will be assisting me are Greg Douglas and Scott Griffin with the coaching fees to be paid monthly (\$40 per month). Looking forward to having a bit of fun and advancing all their kids in their Triathlon Goals.

Cheers Mick  
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