KINGSBURY CLUB
MEDFIELD

Youth Ages 7-15
Fall Triathlon Training

The Youth Triathlon Training program is an excellent opportunity for kids who are interested in competing in the sport of triathlon to learn the fundamentals of swimming, biking, and running, in addition to those who are looking to continue their existing triathlon training.

10-Weeks: Sept. 18-Nov. 20

Saturdays 3:00-4:00pm

Members $250, Non-members $300

For more information contact Aquatic Director,
Chris Carpino, at chriscarpinokcm@gmail.com.

YOUTH TRIATHLON TRAINING PROGRAM

PROGRAM REQUIREMENTS

- Swim experience:
  Ages 7-10 must be able to swim 25 yards
  Ages 11-15 must be able to swim 50 yards
- All participants must be able to bike unassisted and without training wheels.

PRACTICE BREAKDOWN

The first practice will be a 2-hour long clinic which will focus on all three legs of the triathlon in addition to information related to race preparation and execution.

The remaining 9 weeks will be one hour practices focusing on training for the three different sports of the triathlon.

REQUIRED EQUIPMENT

All participants must provide their own:

Swim

- Swimsuit: one-piece for girls and jammers/Speedo for boys
- Swim cap
- Goggles

Bike

- Water bottle & water bottle holder
- Participants will be required to bring their own bike and helmet

Run

- Appropriate shoes
- Water bottle
- Hat or visor/sunglasses

Runs and Bikes will be outdoors, weather permitting.

REGISTRATION FORM
Kingsbury Club Youth Triathlon Training

OFFICE USE ONLY ❑ Contacted: ❑ Paid:

Please complete the form in full (including payment information) and email directly to Chris Carpino, Aquatic Director, at chriscarpinokcm@gmail.com

Participant's Name _____ Age _____

Parent's Name _____ Phone _____

Mailing Address _____ Email _____

Emergency Name _____ Phone _____

Membership Type: ❑ Member ❑ Non-Member

The Kingsbury Club reserves the right to photograph program participants for publicity purposes, in print or electronic media.

I realize that the swim programs are of physical nature and the Kingsbury Club, its shareholders, directors, officers, employees, representatives and agents cannot be held responsible for any loss, claim, injury, damage, or liability sustained or incurred during participation in our programs on the premises of Kingsbury Club, 2 Ice House Road, Medfield, MA 02052

Parent Name (please print) _____

Parent Signature _____ Date _____

PAYMENT METHOD: ❑ Check ❑ House Charge (Members Only)

: ❑ Credit Card:

Name on card _____ CVV# _____

Type/Card Number _____ Exp.Date _____