

You can Be a Triathlete



Any High School or Home School



This is our **8th Year** as a Club. We are looking for kids who:

- ⇒ Have **NO** experience
- ⇒ Have **Never** completed a Triathlon or have completed a Triathlon
- ⇒ Want to start living a **healthier** life style
- ⇒ Want to make some **New Friends**
- ⇒ Would like to **Shape up** for summer
- ⇒ Are interested in doing a **Local Short/Sprint Distance** Triathlon
- ⇒ Group Training **2-3 days** a week



- 1) **Swim**
- 2) **Bike**
- 3) **Run**

Why do a Triathlon? Why not!

- ⇒ Only competitor is yourself to **finish** the events. **YOU against YOU**
- ⇒ **75% of Kids** who play grade school sports do not play in High School (Post Dispatch Summer 2013).
- ⇒ **Three USAT Level 1 Certified** coaches
- ⇒ Train indoor until weather gets warmer then we will move **outside**. Your body will develop **more energy & feel better**.
- ⇒ **Bragging rights** to your relatives.
- ⇒ One way to help the **Healthcare Crisis**. In 2014, Missouri was **Ranked 36th** in Healthiest State Ranking. St. Louis is **Ranked 31st out of 50 cities**.
- ⇒ Individuals participating in USA Triathlons events **grew 769% in the past 14 years**.
- ⇒ **14.4 % Missouri** High-School Students are over weight. Missouri ranks **45th**.



1. Rule:
No texting while swimming

2017 KICK-OFF/INFORMATION MEETING:

Who: High-School **TEENS** in 8th thru 12th grade

When: Sunday, **March 12, 2017**

Time: 2:30pm - 5:30pm (Plan to train, as well)

TRAINING TIMES:

Tues, Wed, and/or Thurs: **SPIN/RUN** 7:15pm-8:30

Sunday: **SWIM, CORE/CF** and **RUN** 3:30pm-5:30pm

Where: O'Fallon YMCA (March and April, only)

For questions or to **register** please:

Email HSTriClub@aol.com or visit www.HSTriClub.org or like us www.facebook.com/MissouriHSTriClub

Sponsors:



High School Triathlon Club is 501(C)(3)

