



Toby Coote
M: 0414 765 861
E: toby@scta.com.au
W: www.scta.com.au



December School Holiday Triathlon Clinic

When: Thursday 16th December 2010

Time: 8.00am – 10.00am

**Where: Kawana Pool – Southern Car Park - Sportsman Pde,
Kawana**

Contact: Toby Coote on 0414 765 861

Cost: \$25 or \$20 for Sunshine Coast Tri Club Members

- Bookings essential – limited to the first 20 Juniors by
- Be coached by the Sunshine Coast leading Triathlon Coach / National Talent Identification and Development (NTID) Coach
- All aspects of triathlon will be covered
- Friendly non threatening environment
- A healthy environment
- Mountain bike and BMX welcomed
- Family oriented sport



What to bring:

- Your Enthusiasm
- A bike (any is fine)
- Helmet
- Runners and swimmers
- Drink Bottle
- Hat, Sunscreen and a towel



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