



**KIDS OF STEEL**

# **KICK START Triathlon Clinic**

**May 18 – June 8, 2008**

**Sundays 4:00 – 6:15 p.m.**

**YWCA & Meewasin Trail**

**Ages 8 to 15 yrs.**

**Cost:** \$45/child; \$85/2 children; \$125/3 children

**\*Fee includes clinic memorabilia\***

All participants must be Saskatchewan Triathlon Association Corporation members (become a member at: [www.triathlonsaskatchewan.org](http://www.triathlonsaskatchewan.org))

**Pre-registration is required by May 11.**

**Space is limited so register early!**

This 4 week clinic is designed to familiarize kids with the sport and assist them in training and preparing for the Brainsport Kids of Steel race on June 21. The program is designed to help every young athlete improve swimming, cycling and running and transition skills in a safe and supportive environment. Fun, technique and general fitness will be emphasized. Most weekly sessions will include a swim, run and bike session.

Contact RossAnn at 227-9213 or [gedwards@sasktel.net](mailto:gedwards@sasktel.net) for more information.

*This clinic is hosted by the Saskatoon Triathlon Club Inc. (STCI); sanctioned and co-sponsored by the Saskatchewan Triathlon Association Corporation (STAC).*

# Kickstart Triathlon Clinic

Sundays 4:00 – 6:15 p.m., May 18 – June 8, 2008

Ages 8 – 15

YWCA & Meewasin Trail

## Registration Form

### Registration form must be received by May 11

All participants must be (or become) Saskatchewan Triathlon Association Corporation (STAC) members and be **able to swim 50 meters**.

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Health Card #: \_\_\_\_\_ Gender: M F

Address: \_\_\_\_\_ City: \_\_\_\_\_

Postal code: \_\_\_\_\_ Phone: \_\_\_\_\_

e-mail: \_\_\_\_\_ (so clinic info. can be sent)

Last swim level completed: \_\_\_\_\_

Does your child/youth have any medical concerns we should be aware of? Please explain. \_\_\_\_\_

Parents/Guardians; \_\_\_\_\_

Telephone: \_\_\_\_\_ cell: \_\_\_\_\_

Alternate emergency contact: \_\_\_\_\_ phone: \_\_\_\_\_

#### *Waiver & Consent Form*

I hereby consent to my child's participation in the Kickstart Triathlon Clinic, May 18 - June 8, 2008 and I release the organizers of this event and the Saskatoon Triathlon Corporation Inc. (STCI) and the Saskatchewan Triathlon Association Corporation (STAC), City of Saskatoon, YWCA, Meewasin Valley Authority and its officers from any and all liability for any loss, damage and/or injuries of any nature during my child's participation in this event.

Participant's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Name (print): \_\_\_\_\_

Complete and return cheque payable to STCI and this form (and STAC membership form found at [www.triathlonsaskatchewan.org](http://www.triathlonsaskatchewan.org) & membership fee) by mail to Kickstart Triathlon Clinic, 1614 McKercher Dr., Saskatoon, SK, S7H 5E1.

Clinic Fees: \$45/child; \$85/2 children; \$125/3 children \_\_\_\_\_

STAC 2008 membership # \_\_\_\_\_

STAC membership fee \_\_\_\_\_

(\$10- juniors, \$25 – adults, \$50 – family)

Total: \_\_\_\_\_