

Zephyrs Triathlon Team
www.zephyrstriteam.com
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403-394-5142



TRAINING CAMP



May 7th - June 7th
5:30pm
Swims Tu/Th
Rides & Runs M/W
Ages 10-19
LIMIT 10 athletes
Race Day June 10th

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Training for the Subaru Lethbridge Kids of Steel Triathlon is hard enough. Help your athlete succeed with this one month lead up camp. They will learn, or expand their knowledge on, this multisport event while gaining bike handling skills, refining swim technique with advanced video analysis as well as working on their run form.

Limited to 10 athletes 10-19 years old

\$195 per athlete, additional athletes in the same family will qualify for a discount

Athletes must be able to swim on their own (no life jackets)

Register now and find additional information at

<http://www.zephyrstriteam.com/kos-camp.html>