



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET MORE OUT OF YOUR TRAINING



Get ready for the Middle Tyger Y 12th Annual Triathlon!

Join us for our triathlon clinic, focused on getting you ready for the Triathlon you have always wanted to complete! This clinic is appropriate for those looking to complete their first triathlon, as well as more advanced athletes in need of some fine tuning before the big day. The clinic will focus on ALL aspects of a triathlon including transition. Coach Peter Kotland will provide advice and feedback as needed for transition and all phases of the triathlon. This clinic has helped athletes improve strokes, gain knowledge of pacing during a triathlon and build up their endurance during the race.



When: Sunday February 12th, 2:00 pm -4:00 pm

Sunday March 12th, 2:00 pm -4:00 pm

Sunday April 9th, 2:00 pm-4:00 pm

Fees: \$10 for members, \$20 for non-members (Register for all 3 and get a discount! \$25 members and \$55 non-members)