



# AUSTIN AQUATICS & SPORTS **ACADEMY**



## **AASA JUNIOR TRIATHLON**

### **2018 Spring Schedule - Camps starting in May**

Juniors will work with Professional Triathletes and USAT Certified Coaches that will teach fundamental (silver) and advanced skills (gold) required for each triathlon discipline while developing fitness, character, and a love for the sport.

**MARCH 1-15 is bring your best friend to practices!!**

#### **MINIMUM ELIGIBILITY REQUIREMENTS (Gold/Silver Groups Starting in April)**

**JT Silver Team** - beginner and/or still growing in the sport

Must be able to swim one lap of a pool (50 yards), run one lap of a track (1/4 mile) and bike two miles. Each participant must have his/her own bicycle and helmet.

**JT Gold Team** - team leaders more advanced in the sport

Can swim 500+ yards, has completed 5+ tris, mature in the sport, attend 5+ team races, completed 3+ 5ks, possibly race an adult tri and willing to attend Junior Nationals in Ohio if qualified

Mon 4:30-5:30 pm @ AASA - Swim Only  
Tues Outdoor Rides @ Veloway 4:30-5:30 pm  
Thurs 4:30-6 pm Swim 1st, then Gym/Run  
160\$/mo +40\$ one-time fee  
(includes team shirt & coaches at team races)



For more information: [jeff@aasa-atx.com](mailto:jeff@aasa-atx.com) OR [justin@aasa-atx.com](mailto:justin@aasa-atx.com)