



AUSTIN AQUATICS & SPORTS ACADEMY



AASA JUNIOR TRIATHLON

2018 Summer Schedule (June 1- August 31)

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.

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 10:30-11:30am @ AASA - Swim Only
Tues Outdoor Rides @ Veloway 10:30-11:30am
Thurs 10:30am - 12pm Swim 1st, then Gym/Run
\$160/mo +40\$ one-time fee (membership yr round)
\$100/week (summer non-member weekly drop in)



For more information: jeff@aasa-atx.com OR justin@aasa-atx.com