

## TRI CLUB 2016 NOTES

- **Thursday June 9th is our first practice/ orientation for new members.** Meet near the Foster Beach parking lot. Look for us in the grassy area just off the bike rental shack.
- **HIGH SCHOOL GROUP ONLY** Practices 5PM: 6/13, 6/20, 7/11, 7/25, 8/1, 8/8, 8/15, 8/22
- **ALL GROUPS Practices:** 6/14, 6/21, 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/11, 8/16, 8/23 (picnic), 8/25 (picnic make-up).
- **We will meet at 5 PM (subsequent practices will be at 4:30)** and stage the kids gear according to their assigned groups- **GREEN (7-8), RED (9-10), BLUE (11-12) and BLACK (13 Up)**. Group assignments and descriptions are below. There may be need to move a member up or down a group- we have moved some more experienced members up a group this year. All members will do the Chicago race at the age they are on Dec. 31<sup>st</sup> of 2014- so if your member's birthday will change their possible grouping (esp. 10 turning 11 in the fall) please let the staff know.
- **There will be magnet boards for each group (list is below) please have your member move your child's magnet to "IN" when you arrive** and park their bike and gear in their group area. We will then sit for a short meeting further explaining the magnet board and routine and answer questions. We then move to our standard first activity which is a warm-up and core exercises.
- **Gear:** For every practice bring goggles, wear swim suit under bike/jog clothes and bring a water bottle with water already in it. **Don't forget helmet and closed toe shoes.** We will hand out race shirts in a couple weeks and most kids like to wear a boys' jammer (like a boys swim trunk- it works well for biking) available at swimoutlet.com and on Iguanas website soon. We will provide race # belts (explained at a later practice) and sell YANKZ elastic laces (highly recommended).
- **Weather:** we have never canceled for cold and drizzle but will not practice in a thunderstorm. If the weather looks really bad we will send an update email and text. You will receive the text only if you "ADD SMS" under your account profile.
- **Parent notes and parent helpers/pickup:** we encourage parents to help out by watching gear in the transition area, acting as transition area volunteers, or walking/ jogging the run course along with the groups. Please allow the coaches to do the coaching though and allow your child to make mistakes they can learn from :) Parents can leave and pick up at any practice but must pick up at 6:15 PM . Parents must move the magnet to PICK UP. For early pickup please see the group coach on that day!!
- **Sign up for races: parents must do this at the race websites. July 10th at Evanston High [www.mcgawymca.org](http://www.mcgawymca.org), August 27th [www.chicagotriathlon.org](http://www.chicagotriathlon.org) at Foster Beach. Register early ! Every year we have families procrastinate and get left out. The Chicago race will fill by the first week in August (1000 kids)**
- **This year Iguanas families will receive 10% off the Chicago Kids Tri race registration through the Children's Tumor Foundation ([www.ctf.org](http://www.ctf.org)). Members will have the option to join and/or fundraise for the CTF team. Participation is optional but encouraged. More info to come!**
- **USA Triathlon Membership: a youth membership is \$15.** Although it is not required by our insurance this year it is great to get one- includes a mag with lots of tips and info on the sport. You can apply your one day race permit to the fee if you already got one by contacting [membership@usatriathlon.org](mailto:membership@usatriathlon.org) or 719.955.2807.
- **Bike tune-ups-** On The Route Bikes offers quality new bikes in kids sizes and tune-ups (a 1 day turnaround at the Lincoln/Belmont location) and 10% off for Iguanas members.

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## **TEAM RULES: Safety and Sportsmanship.**

- **Full attention to coaches**
- **Strict adherence to safety rules in each discipline**
- **Support and encourage teammates**
- **Challenge yourself and have a good time**

## Tri- Club Group Assignments (can change)

**GREEN Group (7-8 y/o)** 100 meter Swim, 4k Bike & 1k Run (race distance).

Coach Hector and Coach Anais

**RED Group (9-10)** 100 meter Swim, 4k Bike & 1k Run

Coach Carrie and Meredith

**Blue Group (11-12)** 200 meter Swim, 8k Bike & 2k Run

Coach Pete

**Black Group (13 Up)** 200 meter Swim, 8k Bike & 2k Run

Coach Lance and Dan

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