



www.carinaleaguestriathlonclub.com

Junior Triathlon Skills Camps

What do I need to bring to the camp?

- Swimming togs, goggles and cap
- Bicycle and helmet
- Running shoes, elastic laces and other appropriate running attire
- Drink bottle
- Hat
- Note pad and pencil if you want to take notes during bike maintenance, or sport psychology workshops
- Change of clothes
- Any snacks

Please label all your gear with your name to avoid it getting lost or confused with another child's gear.

What will the camp coaching staff supply?

- Camp labelled T-shirt
- Any required pool equipment i.e. pool buoy, kickboard, flippers etc.
- Windtrainer for bike session
- Sunscreen
- Morning tea, Lunch and a drink daily
- A gift pack with lots of useful triathlon accessories