

# NORTH COAST TRYSTARS - JUNIOR TRIATHLON

## TRYSTARS is:

1. A fantastic program introducing children aged 7 to 11 to the sport of triathlon (swim/cycle/run). 12 Year olds and above see our Junior Development page.
2. An opportunity to experience a new fun sport suitable for all ages.
3. A program where everyone's a winner and the emphasis is on participation not competition.

## North Coast TRYSTARS Summer Program. January to April 2010:

Children attending a TRYSTARS (7 - 11) activity must be accompanied by an adult.  
Please note due to building works at Sacred Heart College venues have changed for this season and training will be alternate weeks of running at Sorrento and cycling at Duncairn SHS.  
Parents please park on the roads at Duncairn as we use the school car parks for the cycling sessions.  
Venues and times may be subject to change. Check the TRYSTARS and Junior News in the club **weekly** bulletin "What's Happening" for any changes.  
This can be found on the home page of this website.

DATE	TIME	PLACE	ACTIVITY
FRI 15 <sup>th</sup> JAN Week 10	5pm	Duncairn SHS, Readshaw Rd, Duncairn.	5pm Juniors and TRYSTARS cycling skills activities. 6pm: <b>Mini Duathlon</b> . Finish at 6.30pm with Spot Prize draws.
FRI 22 <sup>nd</sup> JAN Week 11	5pm	Sorrento Surf Life Saving Club, West Coast Drive, Sorrento	<b>NO BIKES NEEDED:</b> 5pm Junior and TRYSTAR running/swimming skills activities. 6pm: <b>Splash &amp; Dash</b> followed by Sausage Sizzle and spot prize draws at Sorrento Surf Club. The North Coast Adult Aquathlon is held at 6pm.
FRI 29 <sup>th</sup> JAN Week 12	5pm	Duncairn SHS, Readshaw Rd, Duncairn.	5pm Juniors and TRYSTARS cycling skills activities. 6pm: <b>Mini Duathlon</b> . Finish at 6.30pm with Spot Prize draws.
FRI 5 <sup>th</sup> FEB Week 13	5pm	Sorrento Surf Life Saving Club, West Coast Drive, Sorrento	<b>NO BIKES NEEDED:</b> 5pm Junior and TRYSTAR running/swimming skills activities. 6pm: <b>Splash &amp; Dash</b> followed by Sausage Sizzle and spot prize draws at Sorrento Surf Club. The North Coast Adult Aquathlon is held at 6pm.
SUN 7 <sup>th</sup> FEB	8am	Langley Park, Perth	Sanitarium Weetbix Kids TRYSTARthon**
FRI 12 <sup>th</sup> FEB Week 14	5pm	Duncairn SHS, Readshaw Rd, Duncairn.	5pm Juniors and TRYSTARS cycling skills activities. 6pm: <b>Mini Duathlon</b> . Finish at 6.30pm with Spot Prize draws.
FRI 19 <sup>th</sup> FEB Week 15	5pm	Sorrento Surf Life Saving Club, West Coast Drive, Sorrento	<b>NO BIKES NEEDED:</b> 5pm Junior and TRYSTAR running/swimming skills activities. 6pm: <b>Splash &amp; Dash</b> followed by Sausage Sizzle and spot prize draws at Sorrento Surf Club. The North Coast Adult Aquathlon is held at 6pm.
SUN 21 <sup>st</sup> FEB EVENT 3	7.30am	Craigie Leisure Centre, Whitfords Ave, Craigie	<b>Race 3, Summer Series: TRYSTARS HAVE-A-GO Triathlon for TRYSTAR members.</b> Parents expected to help with marshalling. Bring your friends. Presentations around 9.15am dependent on numbers.
FRI 26 <sup>th</sup> FEB Week 16	5pm	Duncairn SHS, Readshaw Rd, Duncairn.	5pm Juniors and TRYSTARS cycling skills activities. 6pm: <b>Mini Duathlon</b> . Finish at 6.30pm with Spot Prize draws.
FRI 5 <sup>th</sup> MAR Week 17	5pm	Sorrento Surf Life Saving Club, West Coast Drive, Sorrento	<b>NO BIKES NEEDED:</b> 5pm Junior and TRYSTAR running/swimming skills activities. 6pm: <b>Splash &amp; Dash</b> followed by Sausage Sizzle and spot prize draws at Sorrento Surf Club. The North Coast Adult Aquathlon is held at 6pm.
SUN 7 <sup>th</sup> MAR EVENT 4 OPEN EVENT	7.30am	Craigie Leisure Centre, Whitfords Ave, Craigie	<b>Race 4, Summer Series: TRYSTARS HAVE-A-GO Triathlon.</b> TRYSTAR parents expected to help with marshalling. Bring your friends. Presentations around 9.30am dependent on numbers.
FRI 12 <sup>th</sup> MAR Week 18	5pm	Duncairn SHS, Readshaw Rd, Duncairn.	5pm Juniors and TRYSTARS cycling skills activities. 6pm: <b>Mini Duathlon</b> . Finish at 6.30pm with Spot Prize draws.
FRI 19 <sup>th</sup> MAR Week 19	5pm	Sorrento Surf Life Saving Club, West Coast Drive, Sorrento	<b>NO BIKES NEEDED:</b> 5pm Junior and TRYSTAR running/swimming skills activities. 6pm: <b>Splash &amp; Dash</b> followed by Sausage Sizzle and spot prize draws at Sorrento Surf Club. The North Coast Adult Aquathlon is held at 6pm.
SAT 28 <sup>th</sup> MAR EVENT 5	2pm	Craigie Leisure Centre, Whitfords Ave, Craigie	<b>Race 5, Summer Series: TRYSTARS HAVE-A-GO Triathlon for TRYSTAR members.</b> Parents expected to help with marshalling. Followed by <b>TRYSTARS END OF SEASON PARTY.</b> Finishing at 5pm.
THURS 1 <sup>st</sup> APR	6pm	Sorrento Surf Life Saving Club, West Coast Drive, Sorrento	The <b>LAST</b> North Coast Adult Aquathlon for the season. Juniors (12+) welcome dependant on weather conditions and ability. Check with race director first.

The program will start again after Christmas starting again on Friday 15 January at Duncairn SHS with a cycling skills session.

Anyone requiring further information please contact Monique Quick for 7 - 9 year olds on: [MQuick@bigpond.com](mailto:MQuick@bigpond.com) or Tracey Edwards for 9 - 11 yr olds on: [Traceyandean@gmail.com](mailto:Traceyandean@gmail.com)

**Programs for 12 yrs and older:** Triathlon Australia recommend 12 is the age for TRYSTARS to start to move from participation to competition in the sport if they wish. **North Coast has developed a Junior Development Program for the 12 - 15 age groups** with assistance from a grant from the City of Joondalup. This provides highly qualified coaches to assist with this new program. **Go to Junior Development on this website for further information.**

**Swimming is not included in our training. Limited Swimming is provided for our TRYSTARS on Wednesday evenings at extra cost. This is at Craigie Leisure Centre, 6.30 - 7.30pm.** A little late for some, I know, but this is the only lane space we can get!! As the space is limited we have to set a few rules. This is for TRYSTARS who do not already swim with swim squads and would like one session a week of training, they must be in the 9 - 11 age group. TRYSTARS in this group will be expected to swim 100m easily with good technique and have basic skills in other strokes. If you are interested in being considered for these sessions please send an email to Clare Whitehead, our swimming coach on: [Clarewhitehead@bigpond.com](mailto:Clarewhitehead@bigpond.com)  
For those still learning to swim please use the swim schools in the area, such as Craigie, Arena and State Swim. These skills should then be practiced with regular visits to the pool or ocean.  
**Our triathlons include a swim leg at the start adjusted to the child's swimming ability. This is always checked with parents at registration for the triathlons.**

### Equipment needed by a TRYSTAR:

1. Bike (any type), helmet, shoes and TRYSTARS T-shirt
2. Bathers, bright coloured swim cap and goggles
3. Towel and warm clothes for afterwards
4. Water bottle, hat and sunscreen

### DATES FOR THE HAVE-A-GO TRIATHLONS:

All are at Craigie Leisure Centre, Whitfords Ave, Craigie.

#### Saturday 31 October 2009.

Rego: 2.30pm, race briefing: 2.45pm Start: 3pm Finish: Approx: 4.15pm

#### Saturday 21 November 2009.

Rego: 2.30pm, race briefing: 2.45pm Start: 3pm Finish: Approx: 4.15pm

#### Sunday 21 February 2010.

Rego: 7.30am, race briefing: 7.45am Start: 8am Finish: Approx: 9.15am

#### Sunday 7 March 2010.

Rego: 7.30am, race briefing: 7.45am Start: 8am Finish: Approx: 9.15am

#### Saturday 27 March 2010.

Rego: 2pm, race briefing: 2.15pm Start: 2.30pm Finish: Approx: 3.45pm

### TRYSTARS Membership includes:

- 🚴 TRYSTARS T shirt and swim cap.
- 🚴 Membership of North Coast Triathlon Club (NCTC), Membership of Triathlon Western Australia (TWA) and Membership of Triathlon Australia (TA).
- 🚴 Free entry to the Winter Series of "Have a Go" North Coast Duathlons.
- 🚴 Free entry to the Summer Series of "Have a Go" North Coast Triathlons.
- 🚴 Weekly skill and fun activity sessions from October to April. These are run every Friday at 5pm finishing each week with a 'splash and dash' or mini Duathlon (run/cycle/run) and a spot prize draw. Sausage sizzles are held fortnightly at Sorrento.
- 🚴 Regular TRYSTARS updates and information.
- 🚴 Bike and helmet checks.
- 🚴 Insurance for racing and training.
- 🚴 End of season Party.

Further Details are available from Jodie Knierum on: [Jodie.Knierum@hotmail.com](mailto:Jodie.Knierum@hotmail.com)

**TRYSTARS Registration:** Go on line at: <http://www.triwa.org.au/membership.htm#6> and follow the prompts for membership renewal on the Triathlon Western Australia (TWA) website. You will find a blue bar which says, "click here to renew your Triathlon WA membership for 2009 - 10" Even if you are a new member, click here also!! Then follow the prompts. On the first page you will need to say you wish to join a club and choose "North Coast Tri Club". And when it asks what category of membership type, put in: **TRYSTAR**. For TRYSTARS membership (Cost: \$72 for new members, Cheaper options for renewing TRYSTAR members and families with more than 1 child) put in: **INDIVIDUAL** for junior membership for 12 yr olds and over only (Cost: \$100)

- 🚴 Then turn up to any TRYSTAR session with a copy of the TRYSTAR membership receipt.
- 🚴 Information/Registration Day on Saturday 3 October 2009 at 2-4pm at Craigie Leisure Centre. **Bring bike and helmet for checking.** Bring your running shoes to join in the last of the winter Duathlons commencing at 3:00pm, if you would like to participate and experience a club activity

### Special Information on Membership for 12 - 15 year olds:

When signing up for TRIATHLON you have TWO OPTIONS:

1. You can choose to sign up as TRYSTARS members. See cost above. This entitles you to our entire TRYSTARS or Junior program and also allows you to PARTICIPATE in TWA races for the juniors (12 - 15), but because TRYSTARS is all about being a participation program, it does not allow you to receive points or Trophies in the TWA series either for yourself or for the club.
2. You can choose to sign up as Junior Competitive members. This will cost \$100.00. This entitles you to our entire TRYSTARS and junior program and also allows you to RACE in TWA races for the juniors (12-15), and allows you and the Club to receive points or Trophies in the TWA series. Both memberships are joined by going on line at: [www.triwa.org.au](http://www.triwa.org.au) and following the prompts for membership.

### North Coast Tri Club:

North Coast Tri Club started in the early 1990s, is 400+ members strong and has very experienced athletes and coaches in our midst to help out our juniors as they progress through the sport. This summer will be our seventh full TRYSTARS season and each year the program is refined and improved. The club welcomes new members of all ages. Many training sessions are provided as well as the fortnightly Aquathlons in the summer. Members 12 years or over may compete in these, but must check with the race director first.  
Children attending TRYSTARS activities must be accompanied by an adult.

# HAVE A GO AND BECOME A TRYSTAR