

ENERGY FITNESS KIDS



Swim  **Bike**  **Run**
2 Day Kids Camp 😊

Learn, Have Fun, Be active and Meet New Friends!

Energy Fitness Coaching, LLC Presents

A 2-day youth multisport camp targeting the Sylvania SuperKids Triathlon and Duathlon

Location: St. James Club
7337 W. Bancroft Street
Toledo, Ohio 43615

Date: Wednesday, August 4th and Thursday, August 5th
9a.m. to 2p.m.

This is a world class, two-day, multisport training camp designed by accredited triathletes and credentialed sports clinicians specifically for aspiring young triathletes. Under the guidance of Coach Kelly and Coach Rob Wissolik, USA Triathlon Elite Level II Adult and Youth Triathlon Coaches, this camp will help the participants learn sport specific techniques and training tools while building a foundation for personal success as a multisport athlete. The 2 days will be filled with sound technical instruction, motivation and fun! Energy Fit Kids camps promote fun, safety and camaraderie. Throughout the camp, coaches and local triathletes will be on hand to help develop your child's skills in each discipline.

Training Topics

Major Muscle group activities to enhance upper body, lower body and core strength and balance
Efficiency & proper biomechanics for swimming, cycling, running
Healthy Eating Habits and Sport Nutrition
Injury Prevention
Basic Triathlon Terms and Principles
Bike safety and awareness
The importance of practicing transitions (swim to bike and bike to run)
Proper Equipment

Participant Qualifications

Participant's ages 7-10 years must be able to swim 100 yards, bike 3.1 miles, and run/jog 0.6 miles.
Participants ages 11-14 must be able to swim 200 yards, bike 6.2 miles, and run/jog 1.2 miles.

Equipment Needed

Swim suit and goggles (required)
Swim cap and ear plugs (optional)
2 towels (required)
Properly functioning bike and bike helmet (required)
Bike shoes and bike shorts (optional)
Running shoes, socks, shorts, and t-shirt (required)
Water bottle (required)
Hat (optional)
Backpack (required)
Sunscreen (required)
Snacks (optional-snacks will be provided)
Boxed lunch (required)
Note about food allergies (required if food allergies)

Cost

\$75
Make Checks Payable to Energy Fitness Coaching, LLC

Participant Registration

Participant Name: _____
Age: _____
Parent/Guardian Name: _____
Address _____
Phone Number _____
Email: _____

For more information please visit: www.energyfitnesscoaching.com



