



## Calling all Swimmers!!!

Triathlon New Brunswick is looking for athletes age 14-20.

I am the NB Team Manager for the Junior Triathlon Team. To kick off the year, for this team, we will be hosting a one day training clinic in Gagetown, NB. The date will be Feb 25, from 9 am until 6 pm. This will be a great day to meet other juniors who love triathlon or would be interested in knowing more about it. We will be doing some skill level testing, some classroom work and learning some training techniques. This day is mainly to get to know each other and gauge the interest level of our athletes.

We would love to have you participate in this kick off to our team. Please email me by Feb 13, if you would like to attend this clinic. I will require a contact phone number for each athlete. Please spread the word, we have lots of room for enthusiastic athletes. All skill levels are needed. Contact me at my email below. A full Agenda and list of what to bring will be provided to you a week prior to the clinic.

Triathlon New Brunswick will have two teams. All athletes will enter at the Development Team Level. However, there is also the High Performance Team for any athletes that achieve qualifying standards. As a team, we will represent our province, in cool provincial uniforms. We will be supported by:

**Jon Tracy, MSc Exercise Physiologist**

**Triathlon New Brunswick - Provincial Coach**

[tricoach@live.com](mailto:tricoach@live.com)

- NCCP(3) Certified Triathlon & Canada Games Coach

- Junior Development Coordinator & KOS

We will be hosting 5 clinics this year. These clinic will be slotted for February, April, May and 2 in the fall. We will also be planning to have a great race season this year including several in province races and a few out of province races.

Feb 25 – A great day to Swim, Spin and Run!!!!

**Jeannie MacDonald, Triathlon New Brunswick – Team Manager**

[jeannie.macdonald@compass-canada.com](mailto:jeannie.macdonald@compass-canada.com)

<http://www.trinb.ca>