

## Tri for the Kids TRAINING

- It is that time of year again! Time to train for the first triathlon of the season! Below are the dates and places for our triathlon training! I hope you can join us for some or all of the training times!

### Sunday practice-SWIM/RUN/TRANSITIONS

- April 6, 13, 27- 3:00-4:15 at the Huffman

- \*you will need your swim suit, goggles, shorts, t-shirt and tennis shoes for this practice! We will swim, run and work on transitions!

### Tuesday practice- SWIM

- April 8, 15, 22- 3:30-4:30 at the Huffman

- \*I will meet you at school and we will walk over together to practice. You will need your swim suit, goggles and a towel. Parents will pick up from the Huffman at 4:30.

### Wednesday practice- BIKE

- April 9, 16, 23- 3:30-4:30- Kingfisher Trail

- \*We will meet in the parking lot of the Health Dept. on 12<sup>th</sup> St. and will ride on the Kingfisher Trail. Parents will need to meet us there at 3:30 with bikes and helmets.

- Please email Beth Smith ([bsmith@darlingtonschool.org](mailto:bsmith@darlingtonschool.org)) to let her know your child will be attending any or all sessions. A waiver will need to be signed before your child can participate with us. We will need some PARENT VOLUNTEERS! IF YOU CAN HELP, PLEASE LET ME KNOW!