

YOUTH AND ADULT TRI PROGRAM 2013

WHY DO A "TRI"?

- Excellent cross training
- Improve overall fitness
- Increase endurance; lose weight
- Make new friends

THE PROGRAM INCLUDES:

- Training schedules
- Informational talks
- Open water practices
- Track workouts
- Personalized coaching
- Swim/stroke technique clinics
- A practice triathlon
- FUN!

FEE:

Y Members:
\$60/month or \$200 for full program

Community Members :
\$100/month or \$299 for full program

Each participant will receive a free pair of shoes and shirt!

Register at the Front Desk.
No refunds *(or prorating for missed days)*

PROGRAM INFORMATION

Session Dates

May 14th - August 29th (16 weeks)

Group Meetings

Tuesdays 4:45pm-5:45pm

Thursdays 4:45pm-5:45pm

Ages/Pre-requisites

Minimum age of 7. We will offer youth and adult programs. Fun for the family! Everyone should be able to swim 100-200yds, know how to ride a bike, and can run 1k-2k.

Start Date and Location

May 14th at the Montecito Y @ 4:45pm. You will need shoes and socks and a swim suit.

Goal(s)

SB Kids Tri

Youth Aqua Series at DP

Nite Moves

Reef and Run

Tri for Fun (400 yd swim, 8 mile bike, 1.5 run)

Goleta Tri

Santa Barbara Tri

Leader

Jason Smith, professional triathlete and personal trainer .

Administrator

James Heidlebaugh, Aquatics Director



MEMBERSHIP INFORMATION

As a member of the 2013 Triathlon Program, you are entitled to coached workouts, clinics, and training sessions.

About the Tri-Club Leader

A native of Indiana and graduate of Indiana University, Jason Smith took his degree in Exercise Science and Business to Santa Barbara, California in 2010. He has joined the Prevail Conditioning Performance team to improve his personal training, coaching business and competes professionally in triathlon. His athletic accomplishments started at a young age as Jason was inspired for a life full of competition by his father, Kip Smith, Indiana University's Head Sports Medicine Director and a Hall of Fame Athletic Trainer. Jason never turns down an opportunity to compete. During college he played football, ran track and field, and ran cross-country as well as competed on IU's cycling team. He was All-Conference in the 800 meter run while on also receiving Rookie of the Year honors on the cycling team. In 2002 he continued his endeavors as an elite cyclist competing professionally for Texas Roadhouse in 2009, earning top ranks as an adventure racer, All-American honors in triathlon for the 2009, 2010, and 2011 seasons, and most recently competing as a professional triathlete. He is dedicated to his own professional career as a triathlete as well as the health and wellness of all those he trains and coaches. Jason is a cancer survivor and uses his wealth of experience to inspire athletes and non-athletes to reach their full potential and while striving to compete in the 2016 Olympic Trials in triathlon.

Questions?

James Heidlebaugh, Aquatics Director
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TRIATHLON TRAINING CLUB FAQ's

FAQ's (Frequently Asked Questions)

Q: How fit do I need to be?

A: This is a beginning group. Our goal for you, if you chose to accept it, is to complete in a triathlon and have a good time. You should be able to swim several laps using any stroke, jog for 10-20 minutes continuously, and be able to ride a bike. The program will gradually help you be able to cover the distances in the race and string swimming, biking, and running back to back.

Q: What equipment will I need?

A: You need a swim suit that stays on! Goggles and a good pair of running shoes are also necessary. These are the basics that you will need. You will eventually need a bike that has been given a safety check to insure that it is sound. Either a mountain bike or a road bike will do fine. bike helmet is required.

Q: How much time will I need to train to "survive" the triathlon?

A: It differs according to fitness level and your expectations. A pretty good guarantee of a fun, challenging triathlon experience where you will feel that you can finish the entire event will include:

*3 - 5 hours per week of training (on your own). In addition to the Tuesday and Thursday (4-5pm) workouts with Tri team.

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TRI TEAM 2013



Youth and Adult