

**Cordova Bay School  
Triathlon Club 2019  
March 6th, 2019**

Dear Parents:

The Cordova Bay School Triathlon club returns for its sixth season! Practices will start up on April 13th. If your son or daughter likes to ride a bike, run on the playground and can swim independently this club will teach them how to put all three sports together! Teacher Lisa Kinshella will coach a weekly bike and run session at Claremont High School. Brenda Nemeth is going to be our communication expert. Your child will gain experience cycling and running and will learn about transitioning between swimming, biking and running. Children who have participated in the school swim club will be in good shape. We have been able to arrange 5 swim sessions at Commonwealth Pool starting on April 1st.

**PREREQUISITE:** Able to swim 50-150 metres (If wanting to participate as an individual in a triathlon race. There is the option of entering as a relay team, but we encourage all club members to gain some swim experience). The swim distance varies depending on age.

**WHO:** Open to students in Grades 1, 2, 3, 4 and 5

**WHAT:** Triathlon Club is sponsored and coached by teacher Lisa Kinshella and there may be guest coaches as well!

**WHERE:** Bike and run sessions will take place at Claremont High School once a week, on Saturdays.

Those children wanting swim practice can register for our special tri club sessions at Commonwealth Pool. Please contact Brenda Nemeth (see email below) directly for information about the swim portion. The practice dates for swimming are: April 1, 15, 29, May 6 and 13. Cost is \$22.50. You can e-transfer the funds directly to Brenda - the security question is What school does my child attend - Answer: Cordova Bay

Participants in Grades 3, 4 or 5 may also like to practice their running skills by joining the school cross country club that runs in April/May.

**WHEN:** Bike and run sessions will start Saturday, April 13, 2019 (10:00 - 11:00 am). We will meet at Claremont High School track. Please bring your bike, helmet, running shoes and a water bottle. Other practice dates: April 27, May 4, May 11, May 25, June 1.

**WHY:** Keep Fit! Have Fun! Try something new! Participants in this club may like to enter the Victoria Youth Triathlon event that occurs on Sunday, June 9th at UVIC.

If you think your son or daughter may be interested, please complete the information below and return this form to your child's teacher or to the school office by **March 8, 2019**. More information will be sent by email to those who have expressed interest. We look forward to having a lot of fun while learning some new skills.

Kind regards,  
Lisa Kinshella

If you have any questions, please email:

Lisa Kinshella: lkinshella@saanichschools.ca

Brenda Nemeth: brendanemeth@shaw.ca

**Cordova Bay School Triathlon Club**

**Student Name:**

**Grade:** \_\_\_\_\_

**Are you in the school swim club, swim lessons or a local club? Yes No**

**Parent Name:**

**Email Address:**

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