



Heading to the Mackay Triathlon Festival? Triathlon Queensland will be running a Junior Development Clinic Saturday September 23rd, 8-10.30am at the Mackay Surf Life Saving Club. Improve your open water swimming & bike skills, this clinic is suitable for athletes 7-19 years old. Free for members, \$15 non-members.

TQJD Capricornia (Mackay) I Skills Clinic

Time: 8am – 10:30am

Location: Mackay Surf Life Saving Club, Harbour Beach

Ages: 7 – 19 years

Cost: Free for TA members/\$15 Non Members

Led by Experts in the field, the Skills Clinic is open to athletes of all abilities. The focus will be on Open Water Swimming and Bike Skills. Athletes will rotate between multiple stations focusing on; balance, key bike handling skills (for beginners to the more experienced) and then open water swimming activities.

For more information or to register please follow the link; <http://www.active.com/mackay-harbour-qld/triathlon/clinics/tqjd-capricornia-l-skills-clinic-2017?int=72-4-A3>

Please use the following discount code at the checkout screen for your exclusive school discount; **SCHOOLS** (50% off for those who are non-members).

Further details will be provided next week to those that have registered for the clinic. If parents of students have any questions please direct them to contact Daniel Mangano 33699600 or development@qld.triathlon.org.au