



## T3 JUNIOR TRIATHLON CLUB

A multisport club serving youths by promoting a healthy lifestyle



The T3 Junior Club's mission is to promote a healthy fitness program for our community, specifically targeted for youths who may not otherwise have access to the sport of triathlon. The club gives them the opportunity to work with USA Triathlon (USAT) Certified Coaches who understand and value participation in triathlon. Emphasis will be tailored toward developing skills and providing the equipment/means to participate in this amazing sport.

# Core Values

### Education

Our coaches are educators with the goal of promoting lifelong habits that extend beyond sport

### Integrity

Fostering friendships through dedication/discipline of individuals

### Health

Holistic wellness is promoted through the lens of multisport

### T3 Link

[www.t3coaching.net](http://www.t3coaching.net)

### USAT Club link

<https://membership.usatriathlon.org/Public/Public/Club?clubID=13673>

### Information Session

Sunday, March 15, 2020 @ Grey Ghost Bicycles, 60 West Avenue, Saratoga Springs, NY