



Triathlon Academy of the Carolinas (TAC)

Our Mission: To provide a supportive, fun, instructive, and motivational environment for triathletes of all ages and abilities who want to challenge themselves and reach their personal goals through triathlon competition.

Team Philosophy: TAC provides adults and children with the tools they need to participate and compete in triathlons. TAC has group training sessions, conditioning programs, workshops and clinics. TAC also builds camaraderie and sportsmanship through socials, training weekends, and cooperative activities with other organizations.

Team Member Responsibilities: Team members will be representing TAC and Huntersville Family Fitness & Aquatics in a positive manner and will do their best to promote our programs, team activities and events.

1. All members MUST volunteer at one of our own events

Running Events	Triathlon Events
July Firecracker 5k	HFFA Kids Triathlon #1 4/26/14
October Harvest 5k	Huntersville Sprint 4/27/14
***possible other events TBD	HFFA Kids Triathlon #2 5/25//14
	HFFA Kids Triathlon#3 6/22/14
	HFFA Kids Triathlon # 4 7/27/14

2. All members must compete in one of our key events during the season: The full event or a relay.

3. All members will strive to be supportive and positive with mutual respect for one another, conduct themselves in a professional manner and with good sportsmanship, place the interests of their teammates over individual interests and use safe training and racing practices.

Member Benefits Available to all Triathlon Academy of the Carolinas team members:

- Multiple weekly training opportunities with team mates
- Team T-shirt
- Discount Huntersville Family Fitness & Aquatics Memberships
- Use of online training plans designed by experienced coach
- Discount rates on Youth Summer and Winter Triathlon Camps
- Discount rates on all Triathlon Clinics
- Invite to Team Social Event
- Sponsor discounts as they come available throughout the year

Carolina Triathlon Academy Triathlon practice options: YOUTH

<u>Day/</u> Time	Monday S B R	Tuesday S B R	Wednesday S B R	Thursday S B R	Friday S B R
5:30-6:30pm	R		B		R
6:30-7:30pm	S				S

Carolina Triathlon Academy Triathlon practice options: ADULT

<u>Day</u> Time	Monday S B R	Tuesday S B R	Wednesday S B R	Thursday S B R	Friday S B R
5:00-6:00am		S		S	
6:00-7:00am	B	S		S	R
7:00-8:00am		S		S	
8:15-9:15am		Core Strength		Core Strength	
6:30-7:30am	B				
11:00-12:00pm		S	B	SBR on rotating schedule	R

**All training groups must have at least 3 members to run. Schedule is subject to change due to number of participants. Please email Kathy your intentions of when you would like to train.

For More Information Call 704-766-2236 • Or Email: kgoody@huntersville.org



Training Details:

Swim: We will be swimming in the 50 meter pool for adult practices and a combination of the 25yard warm pool as well as the 50 meter pool for youth practices.

Equipment: Swimsuit, goggles & towel. **Optional:** fins, pull buoy, hand paddles & kickboard.

Bike: Inside on spin bikes or BYO bike and a trainer in the studio until March.

Equipment: Bike shorts, Water bottle, towel, your own trainer and bike with bike shoes. (Or use spin bike from gym.)

Run: Inside or out-be prepared for the weather if at all possible we will go outside.

Equipment: Running shoes, light hat, shorts plus appropriate clothes for weather and conditions for going outside. Layers are best for cooler running plus a stocking hat and gloves.

Terms of agreement:

I agree to the terms of this team. By enrolling my child or myself in this program, sponsored by Huntersville Family Fitness & Aquatics, I certify that I have disclosed to this facility any restrictions or conditions that may hinder myself and/or my child's participation in this program, including those activities/field Trips required or involving transportation.

I furthermore hereby release, discharge and hold harmless Huntersville Family Fitness & Triathlon Academy of the Carolinas, its employees, volunteers, instructors and contractor from all actions, claims demands and costs for any injury or illness suffered by myself and/or my child as a result of participation in this program and associated activities.

_____/_____/_____
Participant Signature (Parent/Guardian signature if under age 18) Date

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