



### **Macarthur Triathlon Club TRYstars Report (October/November 2014 Program)**

Just a quick note to summarise our first TRYstars program. What a success! Eleven great children ranging in age from 7 to 12.

We had 4 two hour long skill intensive but FUN sessions over the last month including in the pool, riding our bikes, running and transition. Plus talking ALL things triathlon, meeting new people, making new friends, whilst all the time being bossed around by Coach Guy, with coaching support from Morgan and mothering from Chelsea.

How good was that!

It finished with all Mac Tri TRYstars racing in our club race today. Great job guys. Race tattoos and finisher medals and all .... great to see most using their TRYstars transition mat today too and some in their TRYstars rashie and cap.

What is it all about – Yes - being SAFE and having FUN and learning some new skills! And we did that. Well done Paige, Holly, Josh, Maddy, Rory, Blake, Charlotte, Amanda, Patrick, Erin, Jordan.

I was really excited to watch everyone learn some great new skills and apply them whilst racing.

A special mention to eight year old Jordan who during his race today was the first to stop to assist a young girl Chloe who crashed approaching the bottom bend on the bike. She was upset, dazed and had some cuts and grazes. Jordan stopped to assist.

We talked about racing and triathlon during the week at TRYstars and discussed the Mac Tri Junior Values and how important it was to compete safely and have fun but more importantly it was about being careful with everyone around and respectful of their space and looking after fellow competitors.

It's with a lump in my throat that I say Jordan, you should be really really proud and so should mum and dad with your actions today. Very impressive! A lesson

for all of us from someone so young! Great job to all the other juniors who as they rode around, communicated to us in transition that some one had fallen off.

Big Mac Tri STAR for Jordan!!!! (Well done number 92!). He seemed to have it all together today. See the pic here of Jordan before the race.



Below please enjoy some Mac Tri TRYstar pics from our coaching sessions and from todays race. After the race we all had a half hour in the water park (that was cool!). There are some pics of that here too.

We hope to have another Mac Tri TRYstars program in the new year. The word is out there, even the Muppets have heard about Mac Tri Juniors and the Mac Tri TRYstars and are thinking of coming too!



Well done everyone!!!! I had fun too!

Guy Creber  
9 November 2014







































