

# Youth Triathlon 2010 Summer Camp



Elite Multisport Coaching presents the second annual  
Youth Triathlon Summer Camp in Littleton, Colorado  
Session 1: June 8-July 8  
Session 2: July 13-August 12

Boys and girls, ages 6-19, all ability levels  
Tuesday and Thursdays from 6:00-7:30pm\*  
\$139 for each 5 week session

*\*See tentative schedule below for some days with earlier meeting times*

## Camp Schedule (tentative)

Meeting 1: Introduction, nutrition, equipment, run time trial  
Meeting 2: Swimming\*  
Meeting 3, 4: Biking  
Meeting 5, 6: Running  
Meeting 7: Swimming\*  
Meeting 8: Transitions  
Meeting 9: Simulated mini-triathlon\*  
Meeting 10: Swimming\*  
\*swim sessions and mini triathlon will be from 4:30-6:00pm at Chatfield State Park swim beach

*\*Meeting locations may be different each week.*

## Coaching Staff

*Bob Seebohar, MS, RD, CSSD, CSCS*  
2008 Olympic Sport Dietitian, USAT Elite Triathlon Coach

*Susan Williams*  
2004 Olympic Triathlon Bronze medalist, Expert Triathlon Coach

*Mary Walinchus, Jill Howard*  
USA Triathlon Certified Coaches

Youth will need a properly functioning bicycle, helmet, swim goggles, swimsuit, proper running shoes and appropriate clothing before attending this summer camp. USA Triathlon Youth membership will also be required of each youth.

## Contact

Bob Seebohar at [coachbob@teamemc.com](mailto:coachbob@teamemc.com) or 303-242-7955 for more information and to register.

