



Weetbix TRYathlon 2020

TRAINING SESSIONS

Kia Ora all

Good on you for registering your child for the 2020 version of the ever popular Weetbix TRYathlon to be held at Jellie Park on Sunday 23th February.

Training Sessions

I will be holding training sessions for students who are entered. It is not compulsory but it is a great way for students new to the event to get an idea of what is involved, and also for those doing the event again, to get in some training.

All training will be held on the school grounds and will include using the school pool. We don't have access to the whole field but will make do with what area we have available.

The following sessions are available:

Friday 7th February	3:15 - 4:15 pm
Sunday 9th February - <i>parent help needed with supervision at the school pool</i>	9:30 - 11:00 am
Thursday 13th February	3:15 - 4:15 pm
Sunday 16th February - <i>parent help needed with supervision at the school pool</i>	9:30 - 11:00 am
Monday 17th February	3:15 - 4:15 pm
Thursday 20th February	3:15 - 4:15 pm

Students will need the following: swimming togs, swim goggles (if they use them), towel, bike, helmet, running shoes

Competitors have to wear a t-shirt (will be their Weetbix TRYathlon top on the day) when doing the cycling and running, so we will do this during training.

Please bring an extra top and a bag to put everything in. Throw in a water bottle also, please.

It would be great to see as many of you there as possible. We will meet on the main field by the cricket wicket.

If you have any questions, please don't hesitate to contact me at grant.forman@oaklands.school.nz

Cheers

Grant Forman

Oaklands School co-ordinator for 2020 Weetbix TRYathlon