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If you or your child(ren) are interested in getting into a triathlon program, the Zephyrs Triathlon Team has a dedicated youth development squad. The team has been together since November of 2011. This is a youth program where young athletes can build lifelong movement fundamentals, confidence and a lasting healthy lifestyle with a focus on multisport events. There is a whole world of multisport events waiting for athletes to participate in them.

Our ZOS (Zephyrs of Steel) program is committed to helping kids between the ages of 6 and 15 learn about their abilities, multisport training and events. We do encourage everyone to complete their races with a focus on safety, proper technique and fun. Those who are already very competitive, will be supported to reach their goals.

Youth athletes will join the adult team on Thursday evenings at the Chinook High school parking lot for our weekly Hills and Bike Skills practice during March and April (4 sessions, weather dependent). Parents are more than welcome to join the fun as well. Helmets are mandatory!

**What your child can expect to get from the team:**

1. A full training schedule including resistance training (yes! it is good for kids to do this)
2. A supportive environment
3. Nutrition information with health seminars
4. A bike skills course, race day prep & support
5. Newsletters occasionally with team updates and information

Age	Term	Cost	Term	Cost	Term	Cost
6-9	Full Winter	\$955	½ Winter	\$725	Summer	\$650
10-12	Full Winter	\$1,055	½ Winter	\$825	Summer	\$750
13-15	Full Winter	\$1,155	½ Winter	\$925	Summer	\$850
16-17	Full Winter	\$1,255	½ Winter	\$1,025	Summer	\$950

\*\*Families with more than one athlete enrolled receive 25% off for 2<sup>nd</sup> athlete and 35% off for 3<sup>rd</sup>+

\*\* Full winter is from Sept – April, ½ Winter is from Jan – April, Summer is from May – Aug

**Training schedule for 6-15yr**

- Swims 6-6:45am Mon/Fri @ Maxbell Pool
- Bike/Run 6-7pm Wed Chinook Highschool West Parking Lot,
- Schedule changes with the seasons

**Training schedule for 16-17**

- Custom training plan for each athlete
- Swims – Wed 6am Maxbell Pool
- Bikes – Thu 6am outdoor if weather permits, indoor at the University Track
- Runs – Tue 6am outdoor if weather permits, indoor at the University Track, 8am Saturdays Outdoors

Short course goal races include Kids of Steel Lethbridge, Elkford, Vulcan Duathlon, Raymond, and Fort MacLeod Tri's

- All athletes are setup with a Training Peaks account to receive their workouts

If your athlete is old enough and is interested in long course, we also have a few long course events in AB worth trying

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