



PRINCIPAL PARTNER



Australian Government  
Australian Sports Commission



**trystar  
program  
details**

**Shining TRYstars Club:**

**Cairns Crocs Triathlon Club**

**Program Start Date:**

**Saturday 8<sup>th</sup> November**

**Program End Date:**

**Sunday 14<sup>th</sup> December**

**Location:**

**Marlin Coast Pool**

**Smithfield Oval (Next to Pool)**



# TRYstars

## KIDS TRIATHLON

have fun.  
make new friends.  
learn new skills.

**8 Week Program  
Every Sat 8:30-10am**

TRYstars is Triathlon Australia's national "first touch" junior participation program that encourages kids aged 7-12 to get involved in Triathlon all around Australia.

TRYstars is based on eight x 1 hour action packed sessions incorporating modified swim, ride and run games, ensuring kids of all skill levels and abilities achieve success.

TRYstars is more than a junior Triathlon initiative. It is THE ONLY national first touch sport participation program which develops ALL of the fundamental movement skills needed for successful, life-long involvement in sport and active recreation activities.

To sign up for and / or find out more information about  
TRYstars visit **[www.trystars.com.au](http://www.trystars.com.au)**