

Transition Clinic



- *Do's and don'ts of transition*
- Tips on how to get in and out as quickly as possible
- Hone your Skills before SOLDIERON and Peninsular Trials
- Set up a transition area
- This is a great opportunity for juniors to check out transition up close, and practice at pace without the stress of race day.

This clinic will be lead by Head Coach

Luke Johnston

Triathlon Australia accredited development coach

Saturday 15th November

7:am-8.00am @ Edge Hill State School

ONLY \$10.00 (Places are limited so book fast)

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YUNGABURRA

TRIATHLON

22 & 23 November 2014

TRAIN SMART - FINISH FAST