



Join the Arlington Triathlon Club at Long Branch!

Triathlon is a fun sport consisting of a swim, bike ride, and a run to the finish. It's a great way to get fit, be healthy, or get stronger at other sports. The award-winning Arlington Triathlon Club program also includes nutrition and training principles. This is our 15th year in Arlington Public Schools!

We have a **mandatory** parent meeting March 24th at Long Branch Elementary School & **mandatory** swim test on March 28th. Then we train 3x per week for our youth race June 7th at W-L High School. The Club is open to all 3-5th graders who can swim 25 yards and ride a 2-wheel bike. Membership costs \$250.00 for the entire program **including race registration**. Each child also needs a 1-year youth membership to USA Triathlon (\$10.00). Club members receive team t-shirts, uniform subsidy and other goodies.

The program is led by USA Triathlon-certified coaches. Athletes need a bicycle, running shoes, a swimsuit, and goggles, a positive attitude and the desire to succeed. Please contact the coach if you do not have a bicycle and we will try to help you. We meet Tuesdays & Thursdays at 7:30 am at Long Branch to run and bike. We meet Saturdays at 7:30 -9:00 a.m. at W-L High School to swim & run.

Please download and submit the form on our website along with payment as soon as possible but no later than March 1st. Email Coach Melissa Merson at arlingtontriathlonclub@gmail.com with any questions. Race information will be posted at: www.triathlonfamilyusa.com





2020 Arlington Triathlon Club Registration

NAME: _____ EMAIL ADDRESS: _____

STREET ADDRESS: _____ CITY/STATE/ZIP: _____

BEST PHONE No: _____ AGE ON 12/31/20 _____ GENDER: M / F _____

PARENT CONTACT INFORMATION:

NAME: _____ EMAIL: _____

HOME PHONE: _____ CELL PHONE: _____

EMERGENCY CONTACT: _____ PHONE: _____ CELL: _____

Health Insurance: POLICYHOLDER NAME: _____ CARRIER: _____

POLICY NUMBER: _____ PHYSICIAN: _____ PHONE NO: _____

Parents will be required to sign standard USA Triathlon waiver. Parents: Please indicate if you are available to help out at any training sessions (No experience necessary!)

Tell us about yourself (hobbies, sports, multisport history, etc.):

Medical issues/allergies, we should be aware of? If so, provide details:

Please send form with \$250 check payable to: TRIATHLON FAMILY USA, INC.,
c/o Melissa Merson, 960 Lantern La, Vero Beach, FL.

