



## 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 program began at L.B. 20 years ago!

Our **mandatory** swim test will be Saturday, March 23rd at 7:15 am at Washington-Liberty High School Pool. We will have a **mandatory** parent meeting at that time. We will train 3x per week for our youth race June 9th at W-L. The Club is open to all 3-5th graders who can swim 25 yards and ride a 2-wheel bike. Membership costs \$450 for the entire program **including about 30 training sessions + race registration (worth \$95+)**. Each child also will need a 1-year youth membership to USA Triathlon (\$10.00). Do NOT purchase that now. Club members receive team t-shirts, uniform subsidy, etc.

The program is led by USA Triathlon-certified coaches. Athletes need a bicycle, helmet, 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 help you. We meet Tuesdays & Thursdays at 7:00 am at Long Branch to run & bike. We meet Saturdays at 7:30 -9:00 a.m. at W-L Pool to swim & run. Parent meeting, swim test & 1st practice are March 23rd at 7:15 a.m.

Please download and submit the attached form. Email Coach Merson at [arlingtontriathlonclub@gmail.com](mailto:arlingtontriathlonclub@gmail.com) with any questions. Race information will be posted at: [www.triathlonfamilyusa.com](http://www.triathlonfamilyusa.com)





## 2024 Arlington Triathlon Club Registration

NAME: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_ CITY/STATE/ZIP: \_\_\_\_\_

BEST PHONE No: \_\_\_\_\_ AGE ON 12/31/24 \_\_\_\_\_ 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 take a free, short, online USOC Safe Sport training class and to sign a standard USA Triathlon waiver. Parents: Please indicate if you are available to help out at any training sessions (No experience necessary!) All families are expected to volunteer to support the club and our race.

Were You Referred by a current ATC Member or Family? Place NAME here:

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

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

Please bring form with \$450 check payable to: TRIATHLON FAMILY USA, INC. to the parent meeting at 7:15 a.m. March 23rd at W-L Pool. Late registrants should mail checks to: 960 Lantern Ln, Vero Beach, FL. 32963 or contact Coach M for Venmo instructions. Email questions to: [arlingtontriathlonclub@gmail.com](mailto:arlingtontriathlonclub@gmail.com)

