**MMA Youth-Junior Triathlete Resource Guide**

Required Equipment

1. Bike
2. Helmet - no helmet -no practice participation-NO EXCEPTIONS
3. Athletic attire
   1. Athletic shoes, socks, shorts or pants, t shirt, jacket-weather appropriate
4. Water Bottle

Practices will range from bike conditioning-skill/drill training, run conditioning, and transition practice. Please pay attention to the emails sent during the week for specifics. Outdoor practices will be held at Hawk Island Park the last two weeks of May weather dependent. The calendar will reflect the location of practices.

Most triathlon races allow for relays (swim-bike-run). Athletes are encouraged to participate in relays with teammates. Please discuss relay options with Coach Rebecca.

**2018 Race Schedule**

Hawk Island Kid Triathlon-6.2.18

http://www.southlansing.org/HawkIslandTriathlons/tabid/353/Default.aspx

-14 years old and Under

Grand Rapids Triathlon

-12 years old and over-must be pre-approved by Coach Rebecca

<http://www.grandrapidstri.com/>

Tri-Goddess Triathlon-6.24.18-**girls only**

-12 years old and over-must be pre-approved by Coach Rebecca

<https://epicraces.com/event/tri-goddess-tri/>

July Triathlon Races-TO BE ANNOUNCED

USAT Youth-Junior National Championships 8.4.18-8.5.18

7-19 years old

Available for non-drafting racing(open to all athletes 7-19 years old) and drafting qualifiers

<https://www.teamusa.org/USA-Triathlon/Events/National-Championships/2018/2018-Youth-and-Junior-National-Championships>

<https://www.teamusa.org/usa-triathlon/usat-for-me/athlete-resources/youth>

<https://www.teamusa.org/usa-triathlon/about/multisport/ncaa-triathlon/varsity-programs>