



## TRI4EVER MULTISPORT CAMP MVRHS, JULY 16-27, 2018

**CAMP DESCRIPTION:** The program will engage young athletes in multisport activities with an emphasis on swimming, biking, and running. Athletes will receive skill instruction and practice in all 3 sports, as well as learn about nutrition, healthy lifestyle, goal setting and more. Athletes will train for a mock triathlon challenge during the camp. The facilities of the high school and the YMCA will be used for the sessions.

**DATES AND TIMES:** The clinic will run from 9am to 12 pm during every weekday morning, July 16<sup>th</sup> to 27<sup>th</sup>.

**ELIGIBILITY:** We will enroll up to 20 children, ages 8 through 14. Previous triathlon experience is not required, but participants must be able to swim a lap of a 25-yard pool and ride a two-wheeled bike. Massachusetts law requires that you provide proof of a current physical, including immunization records.

**CLINIC PHILOSOPHY:** A major emphasis will be on building confidence, self-esteem, and healthy habits through training for a sport that, for the most part, emphasizes participation over competition. Hence, kids will participate in confidence-building sessions about the science of sports and nutrition, and they will be encouraged to be comfortable with their own abilities (and bodies) and to be supportive of others who get out there and “tri,” regardless of their natural athletic talent. We believe triathlon is a sport for life!

**COACHING:** The Clinic Director is Paul Bloom, a USA Triathlon Youth and Junior Certified Coach with Triangle Multisport ([www.trianglemultisport.com](http://www.trianglemultisport.com)). During the school year, Paul serves as Assistant Coach of the Duke University Triathlon Club. He and his wife, Shelly (who also coaches in the Clinic), own a home in Vineyard Haven and have spent many summers on the Island. The Co-Director of the Clinic is Jen Passafiume, a certified swimming, biking, and triathlon coach, as well as year-round resident of the Island.

**TUITION:** The tuition for the clinic will be **\$400 for year-round residents** of Martha’s Vineyard and **\$600 for others**. For insurance purposes, all participants will need to become USAT (USA Triathlon) members. Please go to [www.usatriathlon.org](http://www.usatriathlon.org) and click on "Join or Renew Now" in the upper right-hand corner of the website. The cost is \$15.

**FOR ADDITIONAL INFORMATION:** [www.j2sportsperformance.com/tri4ever](http://www.j2sportsperformance.com/tri4ever) or Contact Paul Bloom at [paulnbloom@gmail.com](mailto:paulnbloom@gmail.com) 919-270-8084 or Jen Passafiume at [jen@j2sportsperformance.com](mailto:jen@j2sportsperformance.com) 978-618-0804.

**REGISTRATION:**

Child’s Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent’s Name (s): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email address: \_\_\_\_\_ Phone numbers (cell) \_\_\_\_\_ (home) \_\_\_\_\_

Parent/guardian Signature: \_\_\_\_\_

**Please mail a non-refundable check for \$400 (or \$600) payable to J2sports,  
to: Jennifer Passafiume, P.O. Box 1626, Edgartown, MA 02539.  
10% discount if paid before JUNE 1ST**

