



FCST Annual Houston Kids Triathlon Preparation Clinic

First Colony Swim Team invites you to be a part of the Third Annual Houston Kids Triathlon!

In order to help the athlete's prepare we will be offering a triathlon preparation clinic on Saturday March 29th, 12:00-1:00pm at the Settlers Park Pool (3010 Settlers Way Blvd, 77479)

This clinic will help you with the following:

- Transitions
- Triathlon Rules
- Triathlon Safety
- Passing in the Swim and Bike
- What to take to your Triathlon
- Race Strategy
- Nutrition

The cost for the clinic is \$10, please bring a swimsuit, cap, goggles, bike, **helmet**, shorts and t-shirt (optional), and running shoes!

If you have questions about the clinic, contact [Markell](#) at CoachMarkell@swimfcst.com

Check the HKT website at www.HoustonKidsTriathlon.org for more info on the race. Registration is open, so sign-up now!

First Colony Swim Team creates opportunity for swimmers to merge passion and commitment with expertise resulting in the highest level of personal performance