WHAT IS IT?
Skills School is a chance to:

• learn new skills
• have fun
• meet other athletes
and ultimately...
• work towards being your BEST

WHO IS IT FOR?
Young triathletes aged 11-16 or Tristar 2, Tristar 3 & Youth athletes

WHEN DOES IT START?
Skills School launches nationally in September 2016

GETTING INVOLVED AND LEARNING MORE?
Speak to your Regional Skills School Lead Coach: details can be found at britishtriathlon.org/skillsschool
Skills School is about working towards being your ‘BEST’

Skills School is a new British Triathlon initiative based around athletes having fun and developing skills through creative and innovative sessions.

BE BETTER
Stay focused and motivated in working towards achieving your best

EMBRACE MISTAKES
Mistakes mean learning; the more you are prepared to make, the more you can potentially learn

SEARCH FOR FEEDBACK
Don’t wait to be told - be prepared to look and ask for feedback

TRI, TRI and TRI AGAIN
Even Olympic Champions had to learn basic skills; be open and determined to continuously learn and develop