



For Immediate Release: 4/9/09

Contact: Debbie McCormick, Aquatics Director, Northeast Family YMCA

Phone: 839-2543

Triathlon Training at Northeast YMCA

(Amherst, NY) – Are you participating in your first triathlon this year? Are you a seasoned tri-athlete that needs some different training ideas? Looking for a group of people to do training? The Northeast Family YMCA has the answer for you. The Northeast YMCA (4433 Main St., Amherst) will conduct 10 training clinics specifically for triathlon training. Each clinic is geared toward a segment of the triathlon and will include helpful tips for nutrition, strength training and more. Each clinic is \$5.00 for YMCA members, \$10.00 for non-members. Sign up for all 10 clinics for \$40 (members only). Call 839-2543 to register TODAY! Make 2009 your best season yet!

Schedule of Events:

Thursday, April 9th Introduction to Triathlons – Bicycle Gear Review

6:30 – 7:30 p.m. Presented by Chris Cloutier from North Star Bikes and Sports

Thursday, April 23rd Basic Swim Technique

7:15 – 8:30 p.m. Presented by Bill Niblock, Master Swimmer, Total Immersion Trained Coach & Debbie McCormick, YMCA Aquatics Director

Thursday, May 7th Strength Training and Injury Prevention

6:30 – 8:00 p.m. Presented by Brian Cassick (B.S. Exercise Science, AFAA Certified Personal Trainer) & Mike Szymczak (AFAA Certified Personal Trainer)

Saturday, May 16th Gait Analysis/Running Technique (by appointment)

2:00 – 7:00 p.m. Presented by Brian Cassick (B.S. Exercise Science, AFAA Certified Personal Trainer)

Thursday, May 28th Swim Technique II: Building Endurance

7:15 – 8:30 p.m. Presented by Bill Niblock, Master Swimmer, Total Immersion Trained Coach & Debbie McCormick, YMCA Aquatics Director

Wednesday June 11th Training and Race Nutrition/Hydration

6:30 – 7:30 p.m. Presented by Brian Cassick (B.S. Exercise Science, M.S. Nutrition)

Saturday, June 25th Transition Walk-Through

7:30 – 9:30 am.

Thursday, July 9th Speed Drills for Running

6:30 – 7:30 p.m. Mike Szymczak (AFAA Certified Personal Trainer)

Saturday, July 25th Open Water Swim Tips/Practice

TBD

Wednesday, Aug. 12th Life After Triathlons – Off-Season Training Tips

6:30 – 7:30 p.m. Presented by Brian Cassick (B.S. Exercise Science, AFAA Certified Personal Trainer)

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YMCA offers Triathlon Training
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YMCA Buffalo Niagara is an inclusive association of people committed to a common effort to help individuals and families reach their fullest potential in terms of spirit, mind, and body. Founded locally in 1852, the YMCA is committed to significantly expanding a fiscally sound, service delivery organization which delivers high quality, market driven services to a growing Western New York constituency.

As a dynamic, charitable, organization, YMCA Buffalo Niagara has been able to assist countless youth, families, and senior citizens so that they may benefit from YMCA programming. YMCA Buffalo Niagara serves more than 100,000 people annually through its association of seven branches across Western New York, YMCA resident Camp Weona as well as 40 community based program sites. From fitness to school age child care programs, swimming lessons to camp, there is something for everyone at the YMCA. For more information on all of the programs the YMCA has to offer and our financial assistance program, please contact your local YMCA branch or visit us online at www.ymcabuffaloniagara.org.

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