

## Multi Sport Kids Camp!!!

On Thursday I got the opportunity to visit the Multi Sport kids camp in Bolton! This is a terrific day camp that spends the week teaching kids of various ages the facets of Triathlon and Duathlon with the goal of having a Triathlon race on the last day of the camp. This camp runs 3 weeks, with each week designed for a different age group. I was fortunate enough to talk about Multi Sport Canada, our sport and the opportunities for kids ages 10-14. I talked about learning how to race and the races that are available this year at Lakeside! We talked about transitions and the basics of equipment, set up and some tips and tricks on how to be speedy and conscientious of the regulations. We spent an hour or so talking about equipment, and I showed them how I set up my own transition area. They asked some really terrific questions and we had some fun putting it all together! We then moved into a large gym and they practiced setting out their own transition areas! We had a mini race to see who could run into transition and be ride-ready first! We then switched it up to see who could be run-ready first! I really enjoyed the opportunity to pass on the passion for multi sport and to encourage and motivate our youth to try it for themselves! I don't know of another city that actually has a week long camp devoted to multi sport and Bolton is certainly leading the way! They spent the week having a variety of guest speakers to share their ideas and knowledge with the kids! It certainly ignites a spark within them early in their lives for our sport! I couldn't have been more thrilled for the opportunity to share some knowledge as a Multi Sport Canada Ambassador!!