



Dear Principal,

Re: Cork Primary Schools Tri Heroes Programme

Cork Sports Partnership and Triathlon Ireland have teamed up to bring the successful Tri-Heros Programme to Cork in 2018. Tri-Heroes is fun, varied, stimulating and suitable for all pupils, whether as part of the curriculum or as an after school activity. The programme gives an introduction to triathlon skills covering swimming, cycling and running.

The programme can take place at your school over a 4 week period and will introduce the skills of triathlon to the children in a fun and exciting way. The sessions are delivered by a qualified Triathlon Coach and last approximately one hour. At the end of the programme the children will be invited to take part in a Celebration Event in Cork.

To take part your school must have access to an outdoor space and if possible an indoor hall. Access to a pool is optional and the programme can be run without the swim element if required. All children taking part will need a bike and a helmet.

The programme will cost €200 per class which covers the cost of insurance, membership for each child to Triathlon Ireland, the 4 coaching sessions and entry to the Celebration Event. The maximum number of participants per class is 30. Upon completion each child will receive a certificate.

Places on the programme are limited. If full your name will be added to a waiting list for the second wave of the programme in 2018. If your school is interested or you would like further information please contact Maurice O'Sullivan on mosullivan@corksports.ie

Regards,

Maurice O' Sullivan
Sports Development & Marketing Officer
Cork Sports Partnership

Anna Grealish
Club & Coach Development Officer
Triathlon Ireland