



# STAGE 1: ACTIVE START

**AGES 0-6 (EARLY CHILDHOOD)**

**DEVELOPMENTAL STAGE: PRE-BEGINNER**

## KEY OBJECTIVES FOR SUCCESS

### PHASE OBJECTIVE/FOCUS

Early development period focused on fundamental movement skill acquisition including coordination, running, jumping, kicking, as well as introduction to water safety which will lay the foundation for more complex movements to prepare children for a physically active lifestyle.

## ATHLETE DEVELOPMENT

### TRIATHLON SKILL & DEVELOPMENT FOCUS

- Water safety and swim skill basics including bobbing.
- Bike safety including wearing helmet.

### MULTISPORT ACTIVITIES

Outside free play including running, jumping and bounding.

## TRAINING AND COMPETITION

### RECOMMENDED EQUIPMENT

- Goggles
- Tricycle or Balance bike
- Helmet
- Shoes

### PRACTICE GUIDELINES

- No formal practices.
- Water introduction and swim safety classes.

### RACE GUIDELINES

No formal racing or competition.