

Proudly supported by



The Meteorite Program

For youth and development athletes



The Meteors Triathlon Club proudly brings to you



The Meteors Triathlon Club has been the local club for the southern suburbs of Adelaide since 1987.

The mission of the Meteors Triathlon Club is to engage and grow the multisport community in the southern area of Adelaide by developing a positive culture of health, enjoyment, belonging, achievement, courage and respect for members of all skill levels and capabilities. This is achieved through passion, participation and performance.



What is The Meteorite Program?

The Meteorite Program is a set of 7 Sunday sessions that are exclusive to Meteors Triathlon Club members. They have been designed to assist the youth/junior and developmental needs of triathletes of all ages who are new to the sport or looking to improve their skills and knowledge. With professional athletes, coaches and experienced mentors we know we can help improve your performance and have fun doing it. The best part of all is it is completely free!

Session 1 –September 17th

Where: Flinders University – Carpark #3

Time: 9:00am – 11:00am

Content: Bike handling, transition skills and group/bunch riding skills.

Additional session: 11:00am – 1:00pm

Content: Dealing with flat tires and bike maintenance.



Session 2 – October 16th

Where: Marion Outdoor Pool

Time: 9:00am – 11:00am

Content: Sighting, drafting, maneuvering around buoys and other open water race skills.

Session 3 – November 20th

Where: Flinders University – Sports Pavilion (running club)

Time: 9:00am – 11:00am

Content: Run form breakdown, technique analysis and run drills.

Session 4 – December 18th

Where: Glenelg Jetty

Time: 9:00am – 11:00am

Content: Aquathlon race preparation, beach starts and open water swimming.

Session 5 – January 22nd

Where: Flinders University – Sports Pavilion (running club)

Time: 9:00am – 11:00am

Content: Transition skills and tips, run form breakdown, technique analysis and drills with conditioning exercises.

Session 6 – January 29th

Where: The Buffalo Glenelg

Time: 9:00am – 11:00am

Content: Glenelg Triathlon race course recon and tips for swim, bike and run.

Session 7 –March 19th

Where: Edwardstown Velodrome

Time: 9:00am – 11:00am

Content: A mini team based enduro race format session to practice your skills in a race simulation.



What to do now?

With a junior membership fee of only \$1 our club fee is the cheapest in South Australia. Jump online and like us on Facebook and check out our website at www.meteorstriathlonclub.org to keep up to date with the latest news and find out how to get involved with the club.

Contact us

Booking is essential. For more details or any questions you might have please contact our junior and development coordinator Gavin Woodward at:

Mob: 0402 605 530

Or email us at:

meteorstriathlonclub@hotmail.com