



## AISM Hosts First Inter-School Triathlon

### Students Show Their True Passion And Fighting Spirit



In a collaborative effort with TriKidz Malaysia, the Australian International School Malaysia (AISM) hosted their first inter-school triathlon for children aged between 7-15yrs. TriKidz Malaysia is an organisation that specialises in triathlon events for children

Up to 100 students from AISM and other schools within Kuala Lumpur rose to the challenge of completing a series of sports. The Triathlon, which is a multidisciplinary sport usually reserved for adults due to the level of difficulty, was a hit with the children who really pushed themselves to complete the swimming, cycling and running legs.

The two-day event was held on the school's premises and kicked off with

a one-day coaching clinic using the skills and experience of teachers and coaches to ready the students for the challenge. The event itself, comprising up to 12 laps in the 25-meter pool, followed by cycling up to 8km and up to 3km run was held the next day.

"This sporting event was put together for aspiring young triathletes. We strongly encourage a love for sports here at AISM as, apart from the many virtues of sportsmanship, we believe that when children are exposed to sport at a young age they develop those skills that equip them to eventually become competitors on the National and International scene," said Damian Baynes, Head of Junior School, AISM.

"Exciting sports events such as this allow children to create a healthy balance between their studies and sporting pursuits, so we were happy to be able to host the triathlon at AISM and proud to have attracted young local athletes from the broader community as well as from our own school with this event," he added.

In a wonderful achievement, first time triathletes Cory O'Regan and Jessica Kamps, both AISM, were thrilled to win their races.

Through this collaborative partnership with TriKidz Malaysia the school was able to generate a very healthy competitive atmosphere throughout the whole challenge.