



# Youth Triathlon Training Program

## Directed by Tri-Masters Sports Initiative Programs

The Tri-Masters Sports Initiative Programs is a **6-9 week summer program** that helps children ages 6-14 fight childhood obesity and live a healthy lifestyle through the sport of Triathlon. Under the supervision of certified coaches, children will learn the sport of Triathlon consisting of swim, cycle and run techniques. Triathlon training offers children a fun and exciting way to stay in shape and achieve a level of confidence that remains elusive for many children. Discipline and a strong commitment to learn the sport is the minimum requirement for any child interested in the Tri-Masters Sports Initiative Programs.

**In addition to the training Tri-Masters Summer Sports Program provides:**

- Certified Coaching Staff
- Guest speakers on physical fitness, bicycle safety, nutrition, swim techniques & life skills
- Field trip
- Prize incentives for outstanding performance
- Bicycle Safety Manual
- Official Tri-Masters team shirt
- Race entry into scheduled events when entry forms are returned prior to the scheduled deadline
- Breakfast and Lunch is provided each training day
- USA Triathlon Youth Membership
- End of the program cookout

**Location: Matteson Community Center, 20642 Matteson Ave, Matteson IL. 60443**

**Program Dates: Session 1 Tuesday, June 5, 2018 - Thursday, July 19, 2018 (25 Days)**

**FEES: \$400.00 General / \$375.00 Matteson Community Center Members & Residents**

**(Extended training @ \$50 per week can be added to session 1)**

**Session 2 Monday June 18, 2018 – Thursday August 2, 2018 (26 days)**

**FEES: \$400.00 General / \$375.00 Matteson Community Center Members & Residents**

**Transportation from 87<sup>th</sup> & Dan Ryan available for Chicago youth participants \$125 additional (session 2 only)**

**Training Time: 9:30 am - 4 pm, Monday – Thursday**

Student athletes may arrive as early as 9:00 a.m., however, parents must arrange to have children picked-up at 4:00 p.m.

**No child care services are available.**

**Note: No Scheduled Program Activities on Fridays or July 4<sup>th</sup>- 5<sup>th</sup>, 2018**

### **REGISTER FOR THE PROGRAM TODAY!**

The program is only opened to the first 100 registrations. Please visit [www.tri-masters.org](http://www.tri-masters.org) to register.

1. Please visit [www.tri-masters.org](http://www.tri-masters.org) to register and reserve your slot via **PayPal**.
2. Print a copy of the payment confirmation that will be emailed to you.
3. Download and complete participant application.

The completed application and payment confirmation can be submitted on the first day of participation.

For more information please visit our website at [www.tri-masters.org](http://www.tri-masters.org)



### **PROGRAM REQUIREMENTS:**

- All participants, male and female, must be ages 6 to 14 years old.
- All application forms must be completed and signed by parent or guardian.
- Each participant must have proof of recent physical examination. School physicals are accepted, but must be less than one year old. A physical form is included in the application package and must be completed by a physician.
- Each participant should be actively involved in swimming, cycling or running, or have a strong desire to learn.
- All student athletes must have the appropriate equipment including bike, helmet, swimwear, swim goggles and appropriate sportswear for training and team photos.

**No cell phones or electronic devices allowed.**

**Any emergency calls will be made by a program staff member**

### **EQUIPMENT NEEDED\*\***

All student athletes are required to wear appropriate sportswear for scheduled training and must have a bicycle and helmet. Student athletes must bring all equipment with them each day. Equipment needed includes:

- Shorts and T-shirts
- Running shoes
- Appropriate swimwear: Girls – 1-piece swimsuit (NO 2-PIECE SWIMSUITS) Boys – regulation swim trunks or jammers (NO BEACH SHORTS OR CUT-OFF PANTS)
- Swim goggles (Speedo or TYR Preferred)
- Towel, soap, lotion, etc.
- Gym bag

**No cell phones or electronic devices allowed.**

**Any emergency calls will be made by a program staff member**

### **EXAMPLE OF DAILY SCHEDULE\*\***

Student athletes may arrive as early as 9:00 a.m. for attendance check-in and breakfast at 9:30 a.m.

10:00 a.m. – 12:15 p.m. – Morning training session, warm-ups, running clinics, bicycle safety and training

12:25 p.m. – 1:00 p.m. – Lunch is served

1:30 p.m. – 3:30 p.m. – Swim training and water safety



\*\* This schedule will vary due to weather and special guest speakers.

**SANCTIONED EVENT**