

# KIDS TRIATHLON, INC.

## THE #1 KIDS TRIATHLON SERIES IN THE WORLD

### SCHOOL TRIATHLON TEAMS

#### Overview

This program was developed to encourage kids to do something healthy and active with their friends. Most participants are first-time triathletes, though more than 80% of the kids elect to participate again the next year. Every finisher gains a huge sense of accomplishment, and everyone involved experiences a tremendous amount of pride. For the first time, many kids are able to represent their school and to help it earn money to fund new equipment and new programs.

#### Some Important Details

- The #1 objective is for the kids to see that being healthy and active can be fun.
- The program is very flexible, but it usually works best when 2 or 3 people at a school embrace the effort and actively encourage kids to participate. The more excitement and enthusiasm, the better. The leaders can be parents, staff or teachers.
- Participation can be as simple as agreeing to form a team and notifying all students and parents about the team through existing channels. This can include PTA meetings, school newsletters, teacher announcements and enclosing event information in weekly folders.
- Our objective is to introduce kids to the healthy habits of swimming, biking and running, and there is also a strong focus on proper nutrition and safety. In addition, every school earns a \$10 per participant educational grant to use at your discretion.
- If you are ambitious and really want to grow your team, Kids Triathlon has numerous resources available – at no charge – to assist you. These include:
  - student assemblies that focus on nutrition, exercise and being responsible;
  - coaches available to transform a day's PE classes into *Intro to Triathlon* sessions;
  - volunteers who are able to lead before or after school triathlon clinics; and
  - printed posters, brochures and registration forms.
- Registration is easy. You can either direct parents to register on-line via our website at KidsTriathlonInc.org or hold an actual registration drive where kids bring their completed forms and payment to their teachers (or a central collection point).
- Lots of complimentary prizes are available if you want to turn participation into a school-wide contest. Classes with the highest participation rates can earn free lunches, cool

t-shirts, gift cards and stadium tours.

- For more information about how to get a team started or to officially form a Kids Triathlon Team, please contact our team coordinator, Chris Reese. He can be reached at 904.448.2464 or through email at [Chris.KidsTriathlon@gmail.com](mailto:Chris.KidsTriathlon@gmail.com).