



Tri-Masters
SPORTS INITIATIVE PROGRAMS

Tri and you can master anything in life.



Fitness Focused. Family Friendly.

Youth Triathlon Training Program

Directed by Tri-Masters Sports Initiative Programs

The Tri-Masters Sports Initiative Programs is a **6-week program** that helps children 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, 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 28 days of activities and training, Tri-Masters Summer Sports Program provides:

- Certified Coaching Staff
- Guest speakers on bicycle maintenance, nutrition, swim techniques & life skills
- Field trip (Bus transportation for field trip will be provided)
- Prize incentives for outstanding performance
- Bicycle Safety Manual
- Official Tri-Masters team shirt (for all race event participants only)
- Race entry into scheduled events when entry forms are returned prior to the scheduled deadline
- Lunch is provided each training day
- USA Triathlon Youth Membership
- End of the program cookout

Youth Triathlon Training Program: Ages 6 – 14

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

FEES: \$575.00 (\$700 with transportation from 87th Dan Ryan)

Program Dates: Monday, June 20, 2016 - Friday, July 29, 2016

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

Note:

No Scheduled Program Activities on Friday July 1 & Monday July 4th, 2016

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.

***Registration Deadline: Friday, June 10, 2016 (if slots are still available)**

REGISTER FOR THE PROGRAM TODAY!

The program is only opened to the first 100 registrations. Please visit www.tri-masters.org to register.

1. Please visit 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 call 773-980-8084 or visit our website at 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**

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

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