

Does your child like to swim, bike, and run? Then join our Tri 4 Schools Training Team for St. John and Heritage students!

What is a Training Team?

- ★ Eight weeks of training to prepare 3rd and 4th grade students to participate in the **Waunakee Kids Triathlon on May 18**
- ★ Physical training in addition to social, emotional, fitness, and wellness topics
- ★ A partnership between our schools and Tri 4 Schools, a local non-profit dedicated to getting kids active while supporting school wellness efforts

How to Register:

- ★ Register online by March 25:
<https://tri4schools.org/training-teams/>
- ★ Cost: \$125
 - Financial assistance is available for those in need. See the online registration form for details
 - Includes your entry fee to the Waunakee Kids Triathlon on May 18
 - Each participant receives a t-shirt, water bottle, and snacks at each practice

Program Curriculum:

Physical

- Biking
- Swimming
- Running
- Strength Training

Social & Emotional

- Courage
- Perseverance
- Respect
- Caring & Kindness
- Judgement
- Enthusiasm
- Integrity
- Confidence

Fitness & Wellness

- Nutrition
- Running Form
- Breathing
- Water Safety
- Pacing
- Hydration

WHEN AND WHERE:

St. John School

- ★ March 26 - May 21
- ★ Tuesdays and Thursdays at 2:45-4:30
- ★ Swim lessons at Little Strokes on 4/6, 4/13, and 4/27 from 1:35-2:05



WHY PARTICIPATE?

- ★ Improve fitness levels
- ★ Gain an all-encompassing view of being healthy including nutrition and mindfulness
- ★ Complete a Tri 4 Schools Triathlon
- ★ Help fund health and wellness initiatives at your school!

QUESTIONS?

- ★ Contact Tricia Kleinsteiber at: triciakleinsteiber@waunakee.k12.wi.us for questions regarding the St. John and Heritage program
- ★ Learn more at: www.tri4schools.org or contact Melissa Lindemann at: mlindemann@tri4schools.org