

Does your child like to swim, bike, and run? Then join us the Tri 4 Schools Training Team at Prairie Athletic Club!

What is a Training Team?

- ★ Eight weeks of training to prepare kids ages 5-14 to participate in the **Sun Prairie Kids Triathlon on June 22**
- ★ Physical training in addition to social, emotional, fitness, and wellness topics
- ★ A partnership between Prairie Athletic Club and Tri 4 Schools, a local non-profit dedicated to getting kids active while supporting school wellness efforts

How to Register:

- ★ Register online by April 22:
- ★ <https://tri4schools.org/training-teams/>
- ★ Cost: \$125
 - **Financial assistance is available for those in need. See the online registration forms for details.**
 - Includes your entry fee to the Sun Prairie Kids Triathlon on June 22
 - 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:

Prairie Athletic Club

- ★ April 22 - June 22
- ★ Mondays and Wednesdays from 4:00 - 5:15
- ★ No practice June 12 or 17



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 Chris Thompson at: c.thompson@prairieathletic.com for questions regarding the PAC program
- ★ Learn more at: www.tri4schools.org or contact Melissa Lindemann at: mlindemann@tri4schools.org