



**Happy.
Healthy.
Confident.**

**REGISTRATION FOR
SPRING TEAMS IS OPEN!**

TRI 4 SCHOOLS TRAINING TEAM PROGRAM

**View all team options and register
online at:
tri4schools.org/training-teams**

**For more information contact Melissa at
milindemann@tri4schools.org**

WHY TRAIN WITH US?

Lessons include social, emotional, and mindfulness components along with physical training.

Curriculum designed to keep kids excited about fitness, regardless of their experience with athletics.

Participants set personal goals, and then support each other by training and working together as a team.

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