



Naugatuck YMCA Race4Chase Program Overview



The RACE4CHASE YOUTH TRIATHLON PROGRAM (RFCYTP) is a youth triathlon program aimed to provide kids ages 6 to 12 with a safe, healthy non-competitive environment to discover the sport of triathlon. It brings together kids from all different backgrounds and educates them on how to adopt a healthy lifestyle, coaches them to develop a foundation of athletic skills, and inspires them to aim high in sports and in life.

Designed as a six-week goal-oriented summer program, the program provides kids with instruction in swimming, cycling, running, strength training and flexibility, and also teaches them the fundamentals of good nutrition, under the supportive guidance of coaches, lifeguards and instructors. Implementing a custom-designed training program, the coaches provide the young athletes with all of the equipment, knowledge, and one-on-one support they need to become tri-athletes. At the culmination of the training camp, all the young athletes come together to compete in a USAT-sanctioned triathlon race on Saturday August 3rd at Camp Sloper in Southington, CT.

Naugatuck YMCA Program Details:

- Monday through Friday 9am-12:30pm June 24th – August 2nd (6 Weeks) at Naugatuck HS.
- Program is run by a trained head coach, coaching assistants and volunteers.
- Lunch is provided to the athletes every day of the program (optional based on need and availability).
- At the end of program, all of the athletes will compete in an USAT-sanctioned youth triathlon race.
- All athletes are instructed in swimming, biking, and running, and are also taught the fundamentals of good nutrition, strength training and flexibility.
- Guest coaches share their experiences on how participating in the sport of triathlon and being fit and healthy has helped them succeed in life.

Participant Selection:

- Due to limited enrollment, participant applications will be evaluated based on several factors.
- Selection priority will be given to first time registrations, a demonstration of need, and those indicating a sincere desire to participate for the complete duration of the program.
- The program is FREE for all NEW participants; however a \$10 USAT registration is required & a fundraising goal of \$150 per athlete.
- Returning participants will be placed into a lottery for selection and required to make a \$150 donation per child to participate in the program and a \$10 USAT registration fee once selected.

Applications are due back to the Naugatuck YMCA by April 10th to be in consideration.

No extensions will be considered.

The CMAK Foundation's Mission

In remembrance of Chase Michael Anthony Kowalski, the students and educators of the Sandy Hook tragedy, we will be a positive force to inspire community healing through family and children-focused initiatives and programs. By focusing on emotional healing and physical health & wellness, we will positively change the lives of children and their families.