



Tryathlon

Originated in: SPD

## Requirements

\*\*Award graphics to be provided

1. Learn about the safety rules for swimmers, cyclists and runners who are participating in the Sanitarium Weet-Bix Tryathlon.
2. Discuss any safety equipment each child will need when participating in the Tryathlon (for example: helmets, bike with suitable brake system, proper running shoes, swimming cap & goggles).
3. Complete a training schedule one month in advance in either swimming, cycling or running or all three disciplines of the Tryathlon.
4. Do one of the following:
  - a. Find, read and discuss what the text Galatians 5:22-23 tells us about how you can show the Fruit of the Spirit to others on the day of the Tryathlon.
  - b. Find, read and discuss the meaning of Acts 20:24 (NIV) and how it applies to your life.
5. Make a Tryathlon scrapbook that includes personal comments about the event and also pictures from two or more categories below:
  - a. Training or Practice sessions
  - b. During any three legs of the race; swimming, cycling or running
  - c. Individual or team photos at the finish line
  - d. Photos or signatures from any national sporting icon/s
  - e. Photo with 'The Weetbix Guy' (NZ only)

Updated in: Unknown / Grade Unknown

## Supporting Answers

The purpose of this award is for the Builders and Helping Hands classes to participate and be recognised for their involvement in the Weetbix Tryathlon, which is a nation wide community Kids event held every year in different locations throughout New Zealand and Australia.

Children will benefit physically from participating in this event as they have the choice of taking part in three different areas of the Tryathlon. These are Swimming, Cycling and Running.

This type of award encourages children to develop mental discipline as it could require children to practice and train within the different areas of the Tryathlon in preparation of the event, promoting physical health and well being for their growing bodies. Spiritually children are able to show that they are followers of Christ through their actions, by the way they interact with other children and through showing the Fruit of the Spirit and good sportsmanship towards others.

This event is not about coming first, it's about doing your best and having fun!