



TRY CHALLENGE™ GUIDE FOR SCHOOLS



IT'S **GOOD**
TO **TRY**

WHEN: Anytime between
1 November 2023 and 30 June 2024.
Entries close 31st May 2024.

WHERE: Participants can train at
home and/or at school and complete
the **TRY CHALLENGE** as a school/
classroom led activity.

“This was a huge event for our rurally
isolated school and every single one
of our amazing tamariki have been
superstars - training, improving,
building stamina, demonstrating good
sportsmanship and completing the
challenge...they wore the t-shirts
and medals with pride”

Tracy, Whataroa School, West Coast

WHAT IS TRY CHALLENGE?

The Sanitarium Weet-Bix Kids **TRY CHALLENGE** is a 3-week programme that encourages Kiwi kids aged 5 – 15 years old to get active, and have fun, as they work towards achieving a physical activity goal and earning their Champions medal and TRYathlon t-shirt. Are your students up for the CHALLENGE?

This new innovative programme encourages participants to customise their physical activity or well-being goal based on what resources and facilities they have access to and their level of confidence and motivation.

It does not have to be a swim, bike, run event but it is encouraged to incorporate a range of 3 physical activities.

The **TRY CHALLENGE** culminates in an event day, run by your school, where the participants aim to complete their TRY CHALLENGE goal. You can design your own TRY CHALLENGE or use an annual

school triathlon or cross-country event with the added bonus of your students earning a Champions medal and TRY t-shirt.

WHY PARTICIPATE IN TRY CHALLENGE?

Building resilience and a balanced hauora are vital for the personal development of our tamariki.

- **SENSE OF ACHIEVEMENT**
- **BOOST SELF-ESTEEM & CONFIDENCE**
- **INSPIRE OTHERS**
- **PERSONAL GROWTH**
- **FORM POSITIVE PHYSICAL ACTIVITY HABITS**
- **CONNECT THE SCHOOL COMMUNITY**

HOW IT WORKS FOR STUDENTS



STEP ONE
Students set
their **TRY CHALLENGE**
goal



STEP TWO
Create their
training plan
and get training



STEP THREE
Review their **TRY CHALLENGE**
goal



STEP FOUR
Complete their
TRY CHALLENGE



STEP FIVE
Celebrate!!!!



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**3 WEEKS,
3 DISCIPLINES,
1 GOAL**

COST: The TRY CHALLENGE programme is free of charge. Would you like to purchase TRY T-shirt & Medal Packs?

THE COST IS ONLY
\$15 per student
(plus packing & courier fee).



HOW TO GET YOUR SCHOOL INVOLVED

1. REGISTER A SCHOOL GROUP NOW!

It's free to register and allows us to keep in touch while you plan your schools TRY CHALLENGE. It only takes a few moments!

Once you have registered your school group, you will have access to the TRY CHALLENGE GUIDE.

2. PLAN YOUR TRY CHALLENGE

Are you planning your own TRY CHALLENGE from scratch or using your annual school triathlon or cross-country and rewarding your students with a special Champions medal and TRY t-shirt? We would love to know HOW and WHEN you plan to hold your schools TRY CHALLENGE.

If you know the finer details when you register your school group, that's great! If not, register a

school group and let us know your exact plans later.

3. LET US KNOW IF YOU WOULD LIKE TO PURCHASE T-SHIRT & MEDAL PACKS

Your school will have the opportunity to purchase T-shirt & Medal Packs for students at any time up until 3 weeks prior to your TRY CHALLENGE event day (\$15pp + packing & courier fee).

Do your students need a helping hand? The Weet-Bix TRYathlon Foundation can provide financial assistance to Kiwi kids in need of support so that everyone can enjoy the full benefits of TRY CHALLENGE. Let us know how many students at your school would benefit from this help.

WEET-BIX KIDS TRY CHALLENGE GUIDE

- A step-by-step guide
- How to set goals
- Creating a training plan
- TRY trainer programme
- Training tips
- Health & wellbeing tips
- TRY CHALLENGE Diary

