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## USA Triathlon's Guide to Setting up a Youth Club

Here are items for you to consider as you establish a youth club.

- What is the mission and vision of your club?
- Register your club with USA Triathlon [by clicking here](#).
- What age range are you targeting?
- How do you plan to involve parents?
- Consider creating a survey for parents/kids to take prior to joining the club.
  - Do they have triathlon experience?
  - What equipment do they have?
    - Swimming: goggles, swimsuit
    - Biking: bike, helmet
    - Running: proper running shoes
  - Do you have suggestions on local youth races?
- Remind families that not having certain equipment is not a barrier. Consider purchasing or having equipment donated to your club to get it started.
- Consider having a monthly club meeting for parents with a timeline and agenda for them to follow. This can be coupled with a session so that parents can watch the club activity and then ask questions after.
- Create a club calendar that includes meetings, activities, and events.
- Are you a Certified USA Triathlon Coach or have you identified one to assist with the club?
  - USA Triathlon recommends using a [Youth and Junior Certified Coach](#) for youth clubs. This ensures activities are appropriate for the age and ability of the youth participating.
- Have you identified a facility to use?
  - Many clubs use fitness centers, YMCAs, recreation centers, etc. as options.
- What will you establish for your membership fee?
  - It is suggested that you develop a budget and then try to match an affordable membership fee with it. Perhaps consider a discount for multiple family members?
- Do you have information on the [USA Triathlon annual membership](#) for your club members?
- Do you have age-appropriate workouts for the kids as part of the club activities?
- What is your plan for recruiting volunteers, preparing for clinics, producing events, etc.?

When registering your club with USA Triathlon, you are eligible to purchase insurance. Information on club insurance can be found [by clicking here](#).

USA Triathlon offers funding to support programs through the [USA Triathlon Stipend](#) and also the [USA Triathlon Grant](#) program.

Should you have more to add to this list, please contact Meg Duncan, Youth Program Manager, at [meg.duncan@usatriathlon.org](mailto:meg.duncan@usatriathlon.org).



MEMBER