



Age Group Captain Program

What is it?

The Team USA Age Group Captain Program is designed to connect fellow age group athletes with other athletes while in a foreign country at a World Championships. An age group captain will lead a 10-year age group in communication, select workouts and social outings at World Championships. USAT will communicate with the age group captains and then the captains will communicate with athletes in their age group on select topics that are at the highest level of importance for all team members to know.

What are my responsibilities as an age group captain?

- Plan social outings throughout the week at World Championships (minimum of one for the week – could be a morning coffee or a late afternoon tea)
- Host training rides, runs, or swims for your age group separate from USAT or Event led training rides
- Be in constant communication with USA Triathlon Team managers/leads race week
- Communicate prior to and during World Championships with your age group, via your preferred means of communication, on highest level details that require the entire team be briefed on while at the world's location
- The investment of time is based on what it takes to accomplish the above

How am I expected to communicate with athletes prior to departure for Worlds and while at the world championship venue?

USAT will supply contact details to you for those in the ten-year age groups for you to communicate to about the various points of information. Note that not everyone will be agreeable to participate but those who do will enjoy the experience. How do we know? The program was one that we supported for years, and it was the reason why we have so many of the great friendships that we see today by team members.

How can I sign up to be an age group captain?

Interested in being an age group captain? Great! Simply answer a few questions via [this google link](#) and USAT will be in touch soon on next steps!

Thanks for considering this opportunity!! We appreciate your commitment to Team USA!!