



Provincial Team Program
2023

MANDATE

The Triathlon Alberta Provincial Team is the official team of Alberta's best to compete throughout the province, nationally and internationally. The Provincial Team mandate is to develop and build a community of high performing athletes and coaches throughout the province.

BACKGROUND

Triathlon at the International Triathlon Union (ITU) level is an extremely difficult and demanding sport. Wins along this path are few and far between and the setbacks and challenges are common. Success comes from the consistent application of core principals in every aspect of the triathletes planning, preparation and performance. Winning consistently at the elite level demands the athlete be knowledgeable, professional and proficient, technically, tactically, mentally and physically fit. Together, we can accomplish more!

VISION

To be the program for Alberta triathletes who are on the ITU pathway and to provide Albertan triathletes with additional support from their club environment while remaining in their hometowns.

MISSION

To develop, support and promote a high-performance environment for triathletes throughout the province by providing opportunities to participate and compete in provincial initiatives that enhance the development and performance pathway.

KEY PRINCIPLES & PHILOSOPHY

The 2023 Triathlon Alberta Provincial Team will be anchored within the philosophy of Honesty, Fair Play and Personal Excellence.

Honesty is the underpinning value that allows us to build meaningful relationships and through those relations, we can support true development.

Respect for athletes, coaches and clubs throughout the province will help all stakeholders develop and grow in a positive and performance-oriented direction.

Fair play is a critical component to the spirit of sport and the purity of true sport performance. The Provincial Program will participate in True Sport 101 initiatives and maintain a firm stance of Fair Play at its core.

Personal Excellence is different for everyone. For some, it may be the top step of the Podium at a World Championships or Olympic Games. For others, it may be to push themselves as much as physically possible in triathlons while achieving a high GPA throughout their High School and University careers. Personal excellence simply means be the best that you can be.

COACHING VALUES

- Continuous improvement
- Innovation
- Sense of urgency
- Professionalism
- Accountability
- Respect
- Encouragement

ATHLETE VALUES

- Athletes that are coachable
- Athletes who invest in themselves
- Athletes who thrive on being comfortable with being uncomfortable
- Athletes who do the basics well, have good habits and self-discipline
- Athletes who value their ability and focus on process over outcome

PHYSICAL LOCATION

- Triathlon Alberta supports the individual and personal needs of developing athletes by honoring a decentralized coaching and training system with opportunities to participate in province wide initiatives. Triathlon Alberta believes that development aged athletes perform best when in their home environment with their existing support systems and does not encourage moving athletes away from the home environment. Unique training opportunities will be offered for athletes to come together as a group to enhance the performance environment and build community throughout the province.

BENEFITS

- Priority enrollment to training camps at a subsidized rate
- Group rates and bookings for travel to select events
- Webinars and education opportunities
- Access to team clothing and related training and competition equipment at a subsidized cost through Jakroo
- Support from provincial level coaches with respect to annual training consultation
- Discounts with Triathlon Alberta suppliers and sponsors

ELIGIBILITY

Athletes must meet and maintain minimum standards at three testing periods throughout the year outlined in Tables 1 & 2 for men and 3 & 4 for women. Testing will consist of 200m swim and a 1500m run as well as performance at Nationals or the Calgary KOS.

November/December & March Test

- Coach supervised
- Submitted to Triathlon Alberta
- 1500m run and 200m swim Time Trial

Nationals

- Athletes not attending Nationals may use the Calgary KOS

FEES

Program Fee: \$800

Fee includes team clothing.

Additional fees apply to training camps and events.

REQUIREMENTS

The Provincial Team uniform must be worn at events when representing Triathlon Alberta including at pre-race meetings and during competition. Provincial Team uniforms may include the logo of a sanctioned Triathlon Alberta club that the athlete belongs to.

TABLE 1: Men's 200m Swim Standards

200m Swim Times	Athlete Age
2:17	<24
2:23	<23
2:30	<20
2:34	<18
2:37	<16

TABLE 2: Men's 1500m Run Standards

1500m Run Times	Athlete Age
4:16	<24
4:27	<23
4:44	<20
4:50	<18
4:55	<16

TABLE 3: Women's 200m Swim Standards

200m Swim Times	Athlete Age
2:26	<24
2:31	<23
2:37	<20
2:40	<18
2:42	<16

TABLE 4: Women's 1500m Run Standards

1500m Run Times	Athlete Age
4:46	<24
5:00	<23
5:15	<20
5:20	<18
5:25	<16

EVENTS

The Provincial Team will participate in several events throughout the year. Athletes will be provided support at the events by means of a Triathlon Alberta staff or coach. Events may have additional fees such as registration, travel, and accommodations. Triathlon Alberta will do its best to discount fees through group bookings and registrations.

Tentative Event Schedule: (Subject to change)

Winter/Spring: Mad Motos with Training Camp

Winter/Spring: Monthly Webinars

May – Drayton Valley Triathlon

May – *North Shore Triathlon (BC SuperSprint)*

June – Lethbridge KOS

June – Calgary KOS

June – Woody's Triathlon

July – Diamond Valley Triathlon

July – *Kelowna Apple Triathlon*

July – Eastlink Triathlon

July – Alberta Summer Games

July – PTO Canadian Open

July/August – Nationals

September – Kamloops Youth Triathlon