

TRIATHLON – TERM 4 (Training Only)

Please see below for information regarding Triathlon:

BARADENE TRIATHLETE DEVELOPMENT PLAN	
Year 7 / 8	Fun environment, learning basic skills, build basic fitness, and gaining a love of triathlon.
Novice	Develop basic skills specific to triathlon, develop fitness as appropriate to their commitment and ability.
Development	Further develop skills and technique. Learn to train in a more structured manner. Develop good training habits as well as time management and organisations skills. Fitness and training made appropriate with their commitment to the sport. A season plan for the events you aim to compete in should be developed pre or early season.
Competitive	Racing and training are planned in more detail prior to the Triathlon season. Key events may include events outside the school events such as the National series. Training with structure and purpose, develop racing skills and experience. The school program aims to be inclusive and provide training suitable to all abilities.

AGE ELIGIBILITY: Years 7 – 13

TRAININGS: Mondays (3:30pm – 5:00pm) at Baradene = Run Session
 Thursdays (6:00am – 7:15am **OR** 3:30pm – 5:00pm) = Tri specific skill session (Okahu Bay, Orakei Domain and Baradene).

Training calendar to be provided closer to Term 4

First Training will be on Monday 18th October (Week 1 – Term 4)

As the athlete progresses from Novice through Developmental and into Competitive, training outside of the School Triathlon Programme may be required. Any questions surrounding this, please liaise with the Baradene Triathlon Coach.

UNIFORM: All athletes are required to wear the Baradene Tri-Suit whilst competing, purchased at the uniform shop. They are to travel to and from events in the School Tracksuit wearing sport shoes only.

EQUIPMENT: Bike, wind trainer (can be supplied), swim and running gear.

COST: \$150 - (This is required to be paid in full prior to the first training)

EVENTS: School Events:
 There are NO school events during Term 4.
 All school events are held in Terms 1,2,3 and include:
 AKSS Triathlon
 NZSS Triathlon
 AKSS Aquathon
 AKSS Duathlon

NZSS Duathlon

Other Events Include:

- Local Events:

These are appropriate for all ages and abilities, from beginners to those looking to gain race experience. Good options are The Peoples' Tri Series events and the Kohi Summer Swim series– see links below.

Entries to be completed by the individual or team wishing to compete.

- National Events:

Appropriate to those at Development & Competitive Level.

Age Group Entry: Open to all (min. age applies – depending on distance)

Elite Entry: Requires a minimum performance level to compete.

Individuals enter themselves and team entries are done with the Regional Academy.

USEFUL LINKS:

www.peoplestri.co.nz

<https://www.summerswim.co.nz/>

<https://www.futurechampionz.com/>

<https://triathlon.kiwi/>

<https://triathlon.kiwi/national-championships/>

Please ensure your daughter's online registration is completed by Tuesday 24th August 2021.

If you have any questions, please do not hesitate to contact me – jmilicich@baradene.school.nz

Yours sincerely,



Jessica Milicich
Sport Manager



Sandy Pasley
Principal

PAYMENT OPTIONS:

Payment of the fee is to be made through the Parent Portal which will be loaded once your daughter's team is finalised. Please do not make payment until the fee is loaded, however, this is required prior to the first competition game.

All payments made through the Parent Portal automatically update your statement and acts as a receipt for payments made.

Credit Card: Logon to the Parent Portal and pay by credit card. Click on the Pay Fees option from the menu. (Please use the parent portal username and password that was emailed to you in the month or from the parent information sheet). If you are having difficulty locating your username and password, please email admin@baradene.school.nz.

To enable us to migrate to a cashless environment, we prefer payments via the Parent Portal, however, payments can still be made by Internet Banking, Cheque (payable to Baradene College) or Cash. Internet banking: please state what the fee is for and directly credit the Baradene Bank Account: 03 0252 0884164 00.