

TRIATHLON – TERM 4

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
 First Training: Monday 21st October 2024

- A full-term training calendar will be provided before the season begins, by Baradene Triathlon Head Coach.
- Information meeting: Thursday 17th October 2024, 5.00pm – 6.00pm, in E307

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 Head Coach.

COACHES: Head Coach: Yasmin Kessner
 Assistant Coach: Niamh Evans

UNIFORM: **Competition:** 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.
Training: Any appropriate activewear, sports shoes and swimwear (cap and goggles).

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

COST:

\$160

This is required to be paid in full prior to the first training session. You will be advised once the fee is loaded on the portal and ready for payment.

EVENTS:

There are no school events in Term 4.

Please note:

Withdrawing from a team once named is not acceptable at Baradene. If this occurs your daughter will not be permitted to represent Baradene in any other code for the season, so please ensure all commitments are considered prior to committing to teams.

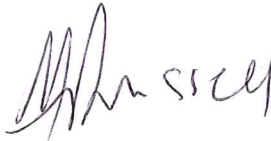
Please ensure your daughter's online registration is completed by Thursday 22nd August 2024.

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

Yours sincerely,



Danielle Reynolds
Sport Manager



Alexandra Russell
Acting Principal