

## 2025 TRIATHLON

**SEASON:** Terms 1 & 4

**NOTE:** Registrations for Term 4 Training will be taken in Term 3.

**ELIGIBILITY:** Years 7 – 13

BARADENE TRIATHLETE DEVELOPMENT PLAN	
<b>Year 7 / 8</b>	Fun environment, learning basic skills, build basic fitness, and gaining a love of triathlon.
<b>Novice</b>	Develop basic skills specific to triathlon, develop fitness as appropriate to their commitment and ability.
<b>Development</b>	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.
<b>Competitive</b>	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.

**TRAININGS:** **Mondays:** 3:30pm – 5:00pm = Run Session

**Thursdays:** 6:00am – 7:15am (Bike/Run) **OR** 3:30pm – 5:00pm (Swim/Run) = alternate weekly

**First Training: Monday 10<sup>th</sup> February 2025**

- A full-term training calendar will be provided before the season begins, by Baradene Triathlon Head Coach.
- Information meeting: Monday 3<sup>rd</sup> February 2025, 5.00pm – 5.45pm, in E307 – Baradene Gym, top level (all parents/students encouraged to attend)

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.

### **NEW**

#### **TRIATHLETE?**

If your daughter is participating in triathlon for the first time, she must also attend the 'Cycling – Learn to Ride' training sessions. Learn to ride (LTR) program is for all new riders and is designed to ensure that all riders have the necessary skills and understand bike safety. LTR is a 10-hour course run over 5 Sunday mornings in Term 1 (10am). No specialist equipment is required, just a road worthy bike and helmet. It will cover all aspects of road safety, bike handling skills, basic cycle and racing techniques, bunch riding etiquette etc.

#### Dates

- 9 February – Learn to Ride 1, Baradene
- 16 February – Learn to Ride 2, Baradene
- 23 February – Learn to Ride 3, Stonefields
- 2 March – Learn to Ride 4, Airport Oaks
- 9 March – Learn to Ride 5, Airport Oaks
- Reserve day 16 March

*If required, you will receive more information on this once your daughter's registration has been processed.*

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

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

**UNIFORM:** All athletes are required to wear the Baradene Tri-Suit for competitions – which can be purchased at the uniform shop.  
They are to travel to and from events in the School Tracksuit wearing sport shoes only.

**COST:** *Term 1* - \$150.00 – training only (*Event entry fees will be charged separately*).  
This is required to be paid in full prior to the first training. Payment via Parent Portal.

**EVENTS:** **AKSS** events are recommended to all, but athletes **MUST** reach minimal safety requirements. **NZSS** events have a selection criteria and performance expectation.

<b>NZSS</b>	<b>Triathlon</b> – Thursday 27 <sup>th</sup> / Friday 28 <sup>th</sup> March – Glendu Bay, Wanaka <b>Duathlon</b> – TBC: Sunday 3 <sup>rd</sup> August – Ambury Regional Park
<b>AKSS</b>	<b>Aquathon</b> – Tuesday 18 <sup>th</sup> February – Saint Kentigern College (TBC) <b>Triathlon</b> – Tuesday 4 <sup>th</sup> March – Pt England (TBC) <b>Duathlon</b> – Tuesday 10 <sup>th</sup> June – Ambury Farm Park (TBC)

*All of these will incur an additional cost.*

#### Non-school 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 – see link below.

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

#### Non-school National Events:

Appropriate to those at Development & Competitive Level.

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

**USEFUL LINKS:** [www.peoplestri.co.nz](http://www.peoplestri.co.nz)  
<https://triathlon.kiwi/national-championships/>  
<https://www.summerswim.co.nz/>

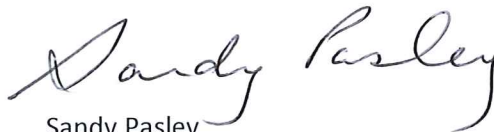
*Please note: Withdrawing from a team once named is not acceptable at Baradene. If this occurs your daughter will not be permitted to represent Baradene in any other code for the season, so please ensure all commitments are considered prior to committing to teams.*

Please ensure your daughter's online registration is completed by **Friday 31<sup>st</sup> January 2025**.  
If you have any questions, please do not hesitate to contact me.

Yours sincerely,



Danielle Reynolds  
Sport Manager



Sandy Pasley  
Principal

