

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 13th October 2025

- A full-term training calendar will be provided before the season begins, by Baradene Triathlon Head Coach.
- Information meeting: Thursday 9th October 2025, 5.00pm – 6.00pm, in E307 (all new students and parents MUST attend, returning students and parents encouraged)

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: Training: Any appropriate activewear, sports shoes and swimwear (cap, goggles and towel).

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

COST:

Term 1 - \$150.00 – training only.

This is required to be paid in full prior to the first training. Payment via Parent Portal.

EVENTS:

There are no school events in Term 4.

USEFUL LINKS:

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 **Wednesday 27th August 2025**.

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

Yours sincerely,



Danielle Reynolds
Sport Manager



Alexandra Russell
Principal