

2026 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

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.

COACHES: Head Coach: Liam Bird

Assistant Coach: Niamh Evans

Assistant Coach: Jennifer Birch

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 9th February 2026

- A full-term training calendar will be provided before the season begins
- Information meeting: Monday 9th February 2026, 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

- 15 February – Learn to Ride 1, Baradene
- 22 February – Learn to Ride 2, Baradene
- 1 March – Learn to Ride 3, Stonefields
- 8 March – Learn to Ride 4, Airport Oaks
- 15 March – Learn to Ride 5, Airport Oaks
- 22 March – Reserve Day

You will receive more information on this once your daughter's registration has been processed.

COST: \$160.00 – training only (*Event entry fees will be charged separately*).

\$210.00 – training and Learn to Ride

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

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

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

Competition: 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.

EVENTS: AKSS events are recommended to all, but athletes **MUST** reach minimal safety requirements.

NZSS events have a selection criteria and performance expectation.

NZSS	Triathlon – Thursday 26 th – Friday 27 th March, Mt Maunganui Duathlon – Sunday 20 th September, Mangere Bridge
AKSS	Aquathon – Tuesday 24 th February, St Kentigern College Triathlon – Tuesday 10 th March, Point England Reserve Duathlon – Tuesday 23 rd June, Pukekohe Raceway

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.

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 30th January 2026.
If you have any questions, please do not hesitate to contact me.

Yours sincerely,



Danielle Reynolds
Sport Manager



Alexandra Russell
Principal

