

TRIATHLON – TERM 4

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/Swim Session
Thursdays (6:00am – 7:15am OR 3:30pm – 5:00pm) = AM: Bike, PM: Run/Swim
 First Training: Thursday 15th October 2026
 Information meeting: Thursday 15th October 2026, 5.00pm – 5.30pm, in E307 (all new students and parents **MUST** attend, returning students encouraged)

COACHES: Head Coach: Liam Bird
 Assistant Coach: Niamh Evans

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

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

COST: **Term 4** - \$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.

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.

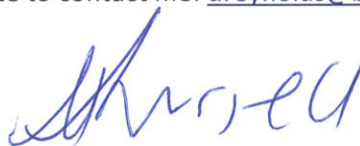
Please ensure your daughter's online registration is completed by **Friday 4th September 2026**.

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

Yours sincerely,



Danielle Reynolds
Sports Manager



Alexandra Russell
Principal