



## HIGH PERFORMANCE PLAN INFORMATION - 2025

### 1. INTRODUCTION

Triathlon NL's High Performance program is aimed at developing Youth, Junior, and U23 aged athletes for regional national and international competition.

Triathlon Canada has created a new development series focused on grassroots High Performance to create better competition for athletes aiming to reach the international stage. Elite development starts at the provincial level with initial identification and provincial competitions.

The Triathlon NL program will focus on the basics of triathlon and build as applicable for each individual athlete with the objective of participating in the National Development Series in future years.

2025 National Development Series – Program Details:

- [https://www.triathloncanada.com/wp-content/uploads/2025-Development-Series\\_Program-Details-and-Calendar\\_Jan24\\_EN.pdf](https://www.triathloncanada.com/wp-content/uploads/2025-Development-Series_Program-Details-and-Calendar_Jan24_EN.pdf)
- [https://www.triathloncanada.com/wp-content/uploads/2025\\_National-Dev-Camp-Outline\\_Magog\\_Montreal\\_Jan\\_EN.pdf](https://www.triathloncanada.com/wp-content/uploads/2025_National-Dev-Camp-Outline_Magog_Montreal_Jan_EN.pdf)

Triathlon is not participating in the 2025 Canada Games, however will likely be returning for 2029.

### 2. COACHING

- Triathlon NL have two provincial coaches, one male and one female. These coaches hold certification in the NCCP Competition pathway and the applicable safe sport training. Other supporting coaches may be involved and help with the required training.
- The provincial coaches will be responsible for:
  - Providing in season training programs for athletes in the program, and monitoring the athletes via the Training Peaks program (free version) and/or general communication.
  - Leading athletes/teams at provincial and out-of-province competitions.
  - Connecting local training programs and out-of-province competitions with Triathlon Canada HP programming and development, where appropriate.
- It is anticipated the program will require more involvement in the race season (May to September) however if there is interest by athletes, training camps will be hosted monthly in St. John's at other times of the year and there will be in person or virtual training opportunities.

### 3. ATHLETES

- Athletes in the program must be between the ages of 15 and 22. Ages are based on December 31, 2025.
  - Younger athletes could attend some one day training camp or select sessions as part of early development.
- Athletes purchase their own equipment required for open water swimming, cycling and running.
  - For the cycling portion, a reliable good quality road specific bike, clipless shoes/pedals, helmet and indoor trainer will be required. No funding will be provided from Triathlon NL for this.
- Athletes may be required to enroll in Training Peaks (free) to participate in the HP program.

- Athletes will be expected to participate in races as members of the Triathlon NL HP program, wearing appropriately branded racing gear, including any sponsor or PSO-branded gear.
- Each year athletes will receive an item that can be used for training or racing (e.g. bike helmet, jersey, tri suit, etc). The value of such an item will be dependent on funding and sponsorship availability.
- Each year athletes will receive partial financial support to participate in one out-of-province competition as part of a Triathlon NL HP team based on performance standards for the specific event, commitment to the program, and discretion of TriNL/coaching team. The level of financial support will be dependent on funding and sponsorship available.
- It is expected that participants in the program will contribute financially to their own benefit in terms of travel to competition, entry fees, and gear, facility rentals as required, etc. There is also an expectation for payment of annual program fees (\$25 per quarter-year in 2025) which is to be used for formal coaching. This fee may be subject to increase in future years based on the program and travel demand.
- Athletes will be required to sign an agreement to participate in the HP program involving general responsibilities and adhering to the Code of Conduct and Ethics.

## 5. Team Manager

TriNL will be seeking parent(s) or guardian(s) of athletes on the team to be assigned the role of Team Manager. This role will include the following responsibilities as required:

- Liaison with coaching staff and TriNL High Performance Director.
- Assisting with recruitment of athletes to join the program.
- Event coordination.
- Communication with the team.
- Fundraising.

## 6. Training

Training activities in the program will include:

- Baseline physical and performance measurement
- Mental training and psychological aspects of high performance training and competition
- Swim technique development
- Run technique development
- Bike handling skills and racing technique development
- Strength and Conditioning training
- Triathlon-specific skills and strategy training
- Safe sport education

## 7. Competition

Annual activities will include competing in all eligible local (in-province) race events as part of the HP program team: <https://www.trinl.com/events/>



Significant advancement in skills and performance will ultimately require athletes to race with similar levels of athletes in high-level competitions. This sort of event and field will typically only be available by travelling to out-of-province races (when an athlete meets requirements).

It is intended that one benefit to the athlete of participation in the HP program will be to participate in at least one out-of-province competition each year as deemed appropriate by the TriNL coaches and in collaboration with the TriNL. Athletes would receive partial funding and coaching support from TriNL while attending such competitions.

Athletes will need to have met competitive levels of performance commensurate with the competition being entered. Competitions will be chosen that are appropriate for the age and ability of the athlete. Competitions will therefore range from national championships, national junior/U23 series races, down to regional races, depending on the athlete performance, TriNL/Coach selection, and the funding available. The TriNL coaches will have discussions with each athlete to select suitable out-of-province competitions for that athlete and the standards that would need to be achieved by the athlete to attend such a competition.