



# Triathlon Ontario Provincial Development Program 2019/2020

## **Mandate**

The Triathlon Ontario Provincial Development Program (“PDP”) provides world class coaching, facilities, sport science and support staff to athletes seeking to further their progression along the National and International development pathways.

## **Vision**

Provide Ontario athletes a National-level performance environment and process that enables success at the National and International level.

## **Mission**

Provide Ontario athletes, who are on the ITU pathway, an enhanced performance environment through professional coaching and programming based on knowledge of the demands of the sport along the development pathway.

## **Goal**

Prepare Ontario development athletes for sustained National and International success.

## **Background**

In 2013, Triathlon Ontario developed its PDP with the purpose of creating a more defined pathway to the National program, expand programming, and increase access to facilities and sport science to a higher level of coaching to a broader range of athletes. The new programming was also in better alignment with the mandate of the Province of Ontario.

Following five years of existence, a thorough review and examination of the PDP was undertaken. Along with a greater desire to increase the PDP’s integration with Triathlon Canada’s Olympic pathway, Triathlon Ontario identified a number of consistent development gaps throughout the province;

- Available development programming
- Consistency in development programming
- Lack of understanding of the current developmental pathway for athletes
- Inconsistent skill levels in development athletes

Triathlon at the ITU level is an extremely difficult and demanding sport; wins along this pathway are few and far between and the setbacks and challenges are common. Success comes from the consistent application of core principals in every aspect of the triathletes planning, preparation and performance. Winning consistently at the elite level demands the athlete be technically, tactically, mentally and physically knowledgeable and proficient.

Coaches and athletes must understand and address all of the areas for success at all points along the pathway through competent experienced coaching.

Triathlon Ontario's PDP will offer athletes the following;

- Accessibility to world class coaching
- Accessibility to world class facilities
- Accessibility to world class Sport Science, Nutrition and Mental Performance support creating a true High Performance Integrated Support Team (IST)

The PDP is based on the following critical factors for success;

- Competitive Group Training Environment
  - Athletes willing to work within the training environment developed and take advantage of opportunities provided
  - Create an environment that supports the athletes
- Effective Coaching and Support Team
  - Staff with knowledge and experience to contribute
  - Staff with positive attitudes
  - Staff that works together as a team
- Create a Group of Individuals
  - Allow athletes to grow as individuals at their own pace
  - Develop a value system that creates strong team values and mutual respect
- Athletes Willing to Make Changes
  - Athletes accepting the need to make changes that will challenge them
  - Athletes willing to push their comfort zones
  - Encouragement of athletes to be self-sufficient, make decisions and be accountable

## Key Coaching Principles and Philosophies

- Support athletes, emphasizing process/effort/and continued improvement over outcomes
- Provide feedback and strategies to overcome setbacks
- Allow failure and to encourage reflection on failures as part of achieving success
- Teach athletes to set goals in training and embrace challenges
- Recognize that future potential is not defined by current performances
- Ensure the overall welfare of each athlete is paramount
- Utilize a clear message for advice and guidance, emphasizing communication and respect
- Stress the importance of learning, becoming a student of the sport and having a clear picture of the person we are trying to develop

## Coaching Values

- Continuous Improvement
- Innovation
- Sense of Urgency
- Professionalism
- Accountability
- Respect
- Encouragement

Click [here](#) for Provincial Development Coach bio

## Athlete Values

- Athletes that are coachable
- Athletes who invest in themselves
- Athletes who invest in quality coaching
- Athletes who thrive on being comfortable with being uncomfortable
- Athletes who do the basics well, have good habits and self-discipline
- Athletes who value their ability and focus on process over outcome

## Physical Location

Triathlon Ontario believes that development aged athletes perform best when in their home environment with their existing support systems in place and does not encourage the uprooting or moving of athletes to one central location at this stage of the development pathway.

There are multiple options for day-to-day training within the PDP:

- Ottawa – daily training under the direct supervision of the Provincial Development Coach
- Toronto – daily training under the direct supervision of the Assistant Provincial Development Coaches and guided by the Provincial Development Coach
- Local - day-to-day training wherever they are located across the province with the full squad coming together to train multiple times a month in locations such as Toronto, Milton and Ottawa, depending on the schedule. Training plans will be overseen by the Provincial Development Coach

whether in person or remotely through the use of [TrainingPeaks.com](https://www.trainingpeaks.com), email and phone/Skype conversations and the use of equipment such as [TritonWear](https://www.tritonwear.com) swim analytics.

### Training Facilities

Triathlon Ontario may use a variety of training facilities depending on needs but the primary facilities are as follows:

#### Toronto Swim Schedule [Toronto Pan Am Sports Centre](#)

Tuesdays 7:30pm - 8:30pm Short Course Competition Pool

Thursdays 7:00pm – 8:00pm Short Course Training Pool

Saturdays 2:00pm – 3:00pm Long Course Competition Pool

[Mattamy National Cycling Centre](#) TBD

#### Ottawa Run, Strength and Mobility Schedule

Mondays, Wednesdays, Thursdays – 5:30pm [PEAK Centre for Human Performance](#) or [uOttawa](#)

Saturdays 9:00 am - [PEAK Centre for Human Performance](#)

#### Ottawa Fall Swim Schedule

Mondays, Wednesdays, Fridays – 6:00am – 7:15am [Richcraft Recreation Complex](#)

Tuesdays, Thursdays - 9:00am – 10:00am [uOttawa](#)

Saturdays – 3:00pm – 4:30pm [Nepean Sportsplex](#)

### PDP Services/Benefits

In addition to the details of the Program as listed below, PDP athletes are entitled to receive the following benefits:

- One bike fit from Triathlon Ontario’s approved bike fitter
- Nutritional Support with dietitian through MED Sport Ottawa
- Mental Performance support with Martine Parent, Mental Performance Consultant M.Ed, MA, RP, CCC, MPC
- VO2max, lactate and metabolic testing via [PEAK Centre for Human Performance](#)
- Strength and Flexibility Assessments via PEAK Centre for Human Performance
- One pair of New Balance running shoes per annum
- Two pairs of [Vorgee](#) goggles per annum
- Access to discounted [EnergyLab](#) carbon wheels
- Access to discounted [Infinit Nutrition](#) products including a customized blended formula
- The following Triathlon Ontario branded “gear” is included in the \$200 Initiation Program Fee (fee not applicable to returning Program athletes)
  - Race suit
  - Cycling kit (jersey, bib shorts, socks)

- Microfibre towel
- Training shirt
- Silicon swim caps
- Water bottles
- Elastic lock laces

### **Program Fee**

Triathlon Ontario requires a \$200 initial administration fee upon acceptance into the program for first time athletes. Athletes returning to the Program need not pay the initiation fee. Those funds will go towards recovering the cost of the Triathlon Ontario racing and training kits. Additionally, the cost of training services/programming will be \$175 plus HST per month. The monthly fee will cover all training services and cost of facility/equipment rentals for all PDP related training activities with the exception of any pre-identified camps. Any travel to and from or any required accommodations is not included. Race entry fees are not included. Wherever possible, Triathlon Ontario will help to arrange carpooling or homestays for traveling athletes to help mitigate the costs to the athletes. The start date is scheduled for October 1, 2019.

### **Program Services for Toronto, Ottawa or Remote Training**

- Tailored training plans suited to each athlete's development objectives
- Comprehensive goal setting through race and off seasons
- Pre and post-race support including race and recovery plans
- Nutrition analysis, consultations and personalized food plans
- Mental skill performance seminars and personalized services available
- Full complement of sport science testing multiple times throughout the year to identify technical and performance gaps with strategies to address gaps and improve training efficiencies
- Use of TritonWear swim data collection devices and analysis
- Regular swim and run video analysis
- Ability to incorporate sport – specific related programs (i.e.: swim clubs, varsity programs etc.) into a triathlon program
- Regular coach/athlete meetings either in person, telephone, Skype and email interactions
- Subscription to Training Peaks account
- Discounted Triathlon Ontario membership

### **Toronto/Ottawa/Remote Training Opportunities**

Please contact PD Coach directly for more information at [coach@triathlonontario.com](mailto:coach@triathlonontario.com).

For any questions about the PDP or any other development topics, please contact Provincial Development Coach Greg Kealey at [coach@triathlonontario.com](mailto:coach@triathlonontario.com).

Supporting Partners