



Triathlon Ontario Provincial Development Program 2018/2019

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 with 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;

- Lack of available development programming
- Lack of 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. Day-to-day training for the athletes will be wherever they are located across the province but the squad will come together and train multiple times a month in locations such as Toronto, Milton and Ottawa, depending on the schedule. The Provincial Development Coach will oversee all training 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 [TriTon Wear](#) swim analytics.

Training Facilities

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

[Toronto Pan Am Sports Centre](#)

[Mattamy National Cycling Centre](#)

[PEAK Centre for Human Performance](#)

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 the [Flying Monkey Bike Shop](#)
- Full Nutritional Support with Nutritional professional [Madeline Yungblut](#)
- Mental Performance Seminars with [Elysian Insight Mental Performance Solutions](#)
- Discounts on Individual mental performance support
- VO2max, Lactate and metabolic testing via [PEAK Centre for Human Performance](#)
- Strength and Flexibility Assessments via PEAK Centre for Human Performance
- 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 Program Fee
 - Race suit
 - Cycling kit (jersey, bib shorts, socks)
 - Casual polo shirt and hoodie
 - Training shirt
 - Silicon swim caps
 - Water bottles

Program Fee

Triathlon Ontario requires a \$200 initial administration fee upon acceptance into the program. 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 \$150 plus HST per month with a six-month minimum commitment. 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 2018.

Program Services

- 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 Triton Wear 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

Preliminary 2018/2019 Fall and Spring Schedule

Month	Dates	Location	Description
Sept	29 th & 30 th	Ottawa	Intake – run & bike VO2, Nutrition Intro , mental skills seminar
Oct	13 & 14 th	TPASC	Swim
Nov	3 rd & 4 th	Ottawa	Swim / run sessions – nutrition follow up – individual mental performance sessions by appointment - YOGA
Nov	24 th & 25 th	TPASC or Milton	Swim and run sessions
Dec	8 th & 9 th	Ottawa	Swim / run sessions – nutrition follow up – individual mental performance sessions by appointment - YOGA
Dec	27 th to 30 th	TBD – XMAS CAMP	Swim camp + bike fitting (could do Milton and use Dave’s studio to begin bike training)
Jan	19 th & 20 th	Ottawa	Swim / bike / run sessions – nutrition follow up – individual mental performance sessions by appointment - YOGA
Feb	2 nd & 3 rd	Milton	Swim and bike sessions
Feb	16 th & 17 th	Ottawa	TESTING – swim/bike/run VO2MAX – Nutrition / Mental skills seminar
Mar	MB	CAMP	Warm weather or Ottawa
April	13 th & 14 th	Ottawa	Swim / run / Bike sessions – nutrition follow up – individual mental performance sessions by appointment - YOGA
April	26 th & 27 th	Milton	Swim / bike and run sessions

(Adjustments to schedule may take place throughout the year)

Daily Training Opportunities

Working with the Provincial Development Coach on a daily basis in Ottawa is available to those that are interested. Please contact PD Coach directly for more information at coach@triathlonontario.com.

Drop-In Programing

For those athletes training in other programs, select programing and training opportunities will be made available on a case-by-case basis. Registration will be open for these opportunities and any athlete is welcome on a first-come first-serve basis. Drop-in athletes are not entitled to the other program contents listed herein.

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