

**Gators Triathlon Team
2024/25 season**

Team groupings criteria:

	Tri FIT	Tri Devo	Tri Performance
Why (What athletes opportunities are in each level of training - baseline minimums)	<ul style="list-style-type: none"> • Fitness maintenance • Cross training foundational performance for other sports • Introduction and honing of base triathlon skills • Social fitness • Develop resiliency 	<ul style="list-style-type: none"> • Exploring triathlon as a personal sport • Draft legal training (certification optional) • Competitive opportunities <ul style="list-style-type: none"> • Social networks in fitness-similar environments • Pursuit of mental toughness skills 	<ul style="list-style-type: none"> • Performance based training • Goal specific individual programming • Strength and alternate training supports <ul style="list-style-type: none"> • Sports specific mental health • Advanced competitive opportunities
What (Training expectations)	<ul style="list-style-type: none"> • Triathlon, strength, flexibility and fundamental movement skills • Variety in training, venue and sport discipline • Competitive skills sets • Team building 	<ul style="list-style-type: none"> • 12 to 20 minute continuous performance exertions • 3 discipline engagement • Indoor and outdoor training and competitions • Competitive skills and metrics 	<ul style="list-style-type: none"> • Performance based interval training • Strength and flexibility corollaries • 3 discipline engagement <ul style="list-style-type: none"> • Distance training: 15-30 minimum continuous efforts in all disciplines • Full hour exertions • Performance tapers

Competitive expectations (minimums)	St. Albert Kids of Steel	St. Albert Kids of Steel Draft legal race opportunities (age specific) Three out of four Team presence triathlon events Winter Series	St. Albert Kids of Steel Provincial Points Series (when an option arises - choose draft legal) Winter Series
Pre-requisite skills (minimum standards)	<ul style="list-style-type: none"> • Can swim 100 meters continuous • Can ride a bike (has a bike) • Can run 500 meters continuous 	<ul style="list-style-type: none"> • Can swim 200 meters continuous • Can ride 20 minutes continuous • Run 1.5 k continuous 	<ul style="list-style-type: none"> • Swim 200 meters in 3:35 • Bike 1k average 25kph (road bike) • 1k run TT shows improving trend • Willingness to learn open water swimming
Weekly hours of training¹	4 hrs	6 hrs	8 hrs
Age minimums²	8+	8+	14+
Coachability³ score(listening, learning skills) = /10	1+ / 10	5+ / 10	8+ / 10
Attendance expectations (minimums)	50%	60%	80%

Important note: Coaches approval is needed for Tri-Devo and Tri-Performance groups