



# RTC Vancouver

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## Welcome to the June issue of the Triathlon Canada Regional Training Centre in Vancouver newsletter

At this time, we are actively promoting awareness of the Regional Training Centre and the opportunities it presents for talented young triathletes in metroVancouver. We are not sending out mass e-mails or the like, we are simply spreading the word to people who are interested and excited to be

part of the experience!

To help in this “**organic growth**”, please pass this e.mail along to others who you believe would be interested!

Very soon the RTC will have a website and until then, you can follow Twitter updates @RTCVancouver.

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Share your thoughts!

### Regional Training Centre | Vancouver

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[Triathlon Canada](#), in conjunction with [Triathlon BC](#), recently dedicated resources to developing a triathlon specific Regional Training Centre (RTC) in Vancouver. For more information please see the press release from [Triathlon Canada](#).

The RTC is a resource for young athletes who show exceptional swim and run talent as well as dedication to the sport of triathlon. As part of the triathlon high performance athlete development pathway, our goal is to offer professional coaching and training opportunities in the best distraction free **daily training environment** possible!

The RTC will work on developing and "**open door**" environment to show that there are no secrets to success, only dedication, consistency and hard work by all involved. As such, all RTC workouts are open to certified triathlon coaches and one certain days each month, certified coaches who have built a relationship with the RTC can bring pre-RTC athletes to workouts to help expose them to a new peer group.

Our open door policy and all RTC operations status will encourage **long term athlete development** as envisioned by [Triathlon Canada](#) and the [Canadian Sport for Life](#) movement. This includes RTC values built around developing athletes to be the best they can be in the long term, not pushing them to short lived, short term success.

The RTC Vancouver will prepare athletes to be Champions while respecting their developmental age and associated needs in not just sport, but as many areas that contribute to their pursuit of excellence as possible.

We are very aware of the adverse impact the RTC can have on local clubs. As such, there will be **no aggressive recruiting** of athletes into the RTC. Rather, we are looking to present opportunities for top athletes to train as triathletes while still belonging to their home clubs as leaders, role models and top performers. To minimize adverse effects, for each athlete a club to RTC transition plan is needed to ensure the most positive outcomes for all involved.

I have raced as an elite triathlete as recently as 2002, hold a Master's degree in Exercise Physiology and I am a Chartered Professional Coach with [Coaches of Canada](#). In 2009, I was named Triathlon Canada's Age Group Coach-of-the-Year.

In a nutshell, I have more than 20 years experience as a triathlete and coach with a proven track record of guiding athletes to the

elite level. Most recently, I have coached athletes to be age group world championship podium finishes, and developed a number of athletes to elite levels.

For the past seven years, I coached at Leading Edge, a premier triathlon and cycling program in Vancouver. In the fall of 2011, I will step down from coaching at Leading Edge and focus exclusively on the RTC.

### Coming up soon...

As we are in mid-season, it is not the objective of the RTC to intervene and coach any athletes as this will be disruptive and could adversely impact performance this season. However, for the immediate future, assistance is available to RTC candidates through their coach. Come fall 2011, we hope to have training facilities, programs and support in place for the athletes.

In preparation for the fall, we are working making the RTC Entrance Standards as transparent as possible. In the formative phases of the RTC, we are looking to ensure a positive and sustainable culture of excellence. With guidance from Triathlon Canada, CSC-Pacific and Triathlon BC, the RTC Vancouver Entrance Process will align with the Triathlon Canada RTC Entrance Policy, and add more direction in the discretionary areas left to each RTC.

Our objective here is to make the criteria to join the RTC as clear and straight forward as possible. As soon as this information is available for community feedback, we will openly send it around.

This past week, I had a very informative meeting with the metroVancouver Sports Services Coordinator. Stay tuned for more updates on how the RTC fits in the metro [Vancouver Sport Strategy](#). If you are not familiar with this initiative, follow the link!

Furthermore, have been soliciting input from a number of sources (ex-elite / pro athletes, coaches, city sports and recreation professionals, CSC staff, etc.) for feedback on the RTC ideas. This includes a wish list of ideas, resources, support, anything they feel can help make the RTC an exceptional place to train developing athletes.

As the RTC coach, I am registered with [Canadian Sport Centre Pacific's Vancouver campus](#) located in the [Creekside Community Centre](#) in the 2010 Athlete's Village. The RTC receives great support from CSC Pacific, for both athletes and coaches.

The [Triathlon Canada RTC | Guelph](#) senior development coach, Craig Taylor, has been very helpful in passing on best practices and lessons learned. The same appreciation goes to [Provincial Training Centre](#) coach Mark Bates for all his thoughts and wisdom. Their generosity will help us become a fully functional training centre very quickly.

Over the next weeks, we will begin exploring what strategic partnership we can build with local triathlon, sport and commercial stakeholders as well as schools and other sports programs (swim clubs, athletics, cycling teams).

Under **long term athlete development**, the RTC will lobby hard for some subtle competition realignment to help junior elite and draft legal triathlon development. Along with Triathlon BC, we will look for solutions to provide additional competitive depth and opportunities for draft legal events in the lower mainland and BC. Furthermore, it is important to state that the RTC will respect the academic demands on athletes and facilitate an environment that promotes academic excellence

Looking ahead towards Rio2016, [ParaTriathlete Meyrick Jones](#) was kind enough to devote a long lunch to helping me learn about paraTriathlon and his how best to conceptualize the inclusion of paraTriathletes in the RTC program. Post London 2012, paraTriathlon will grow very quickly so we need to have RTC Vancouver ready.

### Share your thoughts!

This is your RTC! If you have any feedback or ideas you wish to share, your input is more than welcome! Feel free to call me, e.mail or pass on your ideas anyway you like.

Please help spread the word and pass this update along to anyone you believe may interested in the Triathlon Canada RTC | Vancouver and make sure to follow updates on Twitter @RTCVancouver

If you were forwarded this update and want to get the communications directly, send me an e.mail and introduce yourself!

And lastly, if you would like to get involved in the RTC in any way or believe you can contribute to our pursuit of excellence, I would love to hear from you!

Alan

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