



RTC Vancouver

AUGUST 2011, Issue 2

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

As we get ready for our first season this September, we are still actively promoting awareness of the Regional Training Centre and the opportunities it presents for talented young triathletes in metroVancouver.

Please pass this newsletter along to

others who you believe would be interested!

The RTC now has a temporary website at TriathlonRTCVancouver.wordpress.com and you can follow Twitter updates @RTCVancouver.

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Share your thoughts!

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The RTC Vancouver is now online at;

<http://TriathlonRTCVancouver.wordpress.com/>

The RTC website has our blog showcasing news and events of interest to the RTC community.

Our blog links to the RTC Twitter feed @RTC Vancouver

RTC Athlete Handbook

After many weeks of thought, review, reflection, challenges and editing, we now have our RTC Vancouver eligibility criteria and entrance standards published. These and other supporting documents are all available on the website under the **RTC Athlete Handbook**.

Learn all you can about the RTC by visiting the site and reading the sections in the Handbook on;

- RTC Entrance Requirements
- Code of Conduct for Participant
- Code of Conduct for Parent
- RTC Athlete Agreement
- RTC Entrance Criteria
- RTC Targeted Events
- RTC Training Program
- RTC Sport Science

The Athlete Handbook also contains a list of RTC skills athletes are expected to acquire through the RTC coaching and sport education opportunities. These are aligned with Triathlon Canada's Long Term Athlete Development model and found under Athlete Competencies.

Details on training venues and our weekly training schedule are also contained in the handbook, and as soon as they are confirmed will be posted.

Next item to appear on the website... the RTC Entrance Application- coming soon!

The past couple of months have been quite busy as we prepare the RTC for the fall.

I have attended two great junior elite events in BC in the past few weeks; the **Teck Junior National Series** race in Penticton and the **Western Canada Summer Games** in Kamloops. There was some incredible racing at both events from experienced and new athletes alike. The future of triathlon in BC looks great!

After Kamloops, I was at the **Canadian National Triathlon Championships** in Kelowna supporting developing athletes from BC and other provinces as needed in the junior elite, elite and age group events. It was a busy few days and a long Sunday camped out on Knox Hill cheering and giving splits

After these great events I must say I am inspired! It is very exciting to be part of the success BC triathletes are having!

The RTC got some early exposure thanks to the **Canadian Sport Centre-Pacific** and the **Get Connected** television show! One of our potential athletes is featured in an upcoming episode of this technology in business show that used sport science to showcase technology in the workplace.

Sport Medicine BC has some great resources we are looking to include in our initial athlete intake process. This will help us be proactive in screening for potential injuries and medical issues. Furthermore, SportMedBC is helping us in developing the infrastructure and relationships required to get injuries diagnosed and treated within 24 hours!

Remember to follow us on Twitter **@RTC Vancouver!**

Coming up soon...

Right now we are finalizing preparations for the launch of the RTC, hosting a few RTC information session and the RTC open trials in swimming and running.

Sunday September 25 is the **Triathlon BC Annual General Meeting**. Please come out and support our Provincial Sport Organization, one that is recognized as the top sport organization in BC for delivering sporting opportunities!

Be part of this success story by donating a Sunday afternoon back to your sport

While Triathlon BC is already very good, we are striving to be better. We want to be a world leader for triathlon.

To this end, junior and development coaches across BC and Canada are brainstorming on how to create more draft legal triathlon opportunities for our next generation of elites athletes.

This thinking is known as competition realignment and it is a big part of Triathlon BC's long term athlete development model.

We need ideas and solutions that we can present to innovative and forward thinking race directors willing to try something new. If you have any ideas, let us know and check the RTC blog for some of these ideas in the weeks leading up to the AGM!

Thank you in advance for your interest, your ideas and your support!

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 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!

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