

PROJECT 2024

Creating tomorrow's Champions, today.

APPENDIX 1 - 2019 PROJECT 2024 TEAM PROGRAM EVENTS

DATE	EVENT	PURPOSE	TARGET ATHLETE	REQUIREMENT	\$\$\$ VALUE
March 4	Truesport clean 101 (webinar) Concussion Module (webinar)	Increase athlete awareness of hazards and risks associated with doping and concussion	Coaches/Athletes	<i>Mandatory</i>	No cost to Team athletes
March 13 5:00 – 6:00pm	Mental Performance Workshop (webinar)	Enhance athlete's ability to use mental performance skills within training and racing, Part 1	Coaches/Athletes	<i>Mandatory</i>	No cost to Team athletes (\$100.00 savings)
March 18-22	Victoria Spring break camp	Training camp to kickstart program into the race season training	Juniors/ U23 (Coaches welcome)	Optional	\$350.00
March 27 5:00 – 6:00pm	Nutrition Performance Workshop (webinar)	Enhance athlete's ability to use sport nutrition within training and racing, Part 1	Coaches/Athletes	<i>Mandatory</i>	No cost to Team athletes (\$100.00 savings)
April 10 5:00 – 6:00pm	Mental Performance Workshop (webinar)	Enhance athlete's ability to use mental performance skills within training and racing, Part 2	Coaches/Athletes	<i>Mandatory</i>	No cost to Team athletes (\$100.00 savings)
April 24 5:00 – 6:00pm	Nutrition Performance Workshop (webinar)	Enhance athlete's ability to use sport nutrition within training and racing, Part 2	Coaches/Athletes	<i>Mandatory</i>	No cost to Team athletes (\$100.00 savings)
April 27	Fortius Strength & Conditioning Follow up & Retest	Reassess athletes S&C and Functional movement, receive updated training programs based on individual progress	Coaches/ Athletes	<i>Mandatory (athletes only)</i>	No cost to Team athletes (\$350.00 savings)

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May 8	Mental Performance Workshop (webinar)	Enhance athlete's ability to use mental performance skills within training and racing, Part 3	Coaches/Athletes	<i>Mandatory</i>	No cost to athletes (\$100.00 savings)
May 20	SuperSeries #1 Northshore Triathlon, North Vancouver, BC	High level provincial racing for all athletes on the Performance Pathway	Junior/U23	Must compete at minimum 2 Super Series events in 2019	Entry fee covered by Team benefits (\$115.00 savings)
May 22 5:00 – 6:00pm	Nutrition Performance Workshop (webinar)	Enhance athlete's ability to use sport nutrition within training and racing, Part 3	Coaches/Athletes	<i>Mandatory</i>	No cost to Team athletes (\$100.00 savings)
June 5, 5:00 – 6:00pm	Mental Performance Workshop (webinar)	Enhance athlete's ability to use mental performance skills within training and racing, Part 4	Coaches/Athletes	<i>Mandatory</i>	No cost to Team athletes (\$100.00 savings)
June 8-9th	SuperSeries #2, Victoria Youth Victoria, Victoria, BC	High level provincial racing for all athletes on the Performance Pathway	Junior/U23	Must compete at minimum 2 Super Series events in 2019	Entry fee covered by team benefits (\$115.00 Savings)
June 19, 5:00 – 6:00pm	Nutrition Performance Workshop (webinar)	Enhance athlete's ability to use sport nutrition within training and racing, Part 3	Coaches/Athletes	<i>Mandatory</i>	No cost to athletes (\$100.00 savings)
June 20-23	Living Sky Triathlon, Saskatoon, SK Triathlon Canada Development Series	High Level regional racing for all athletes on the performance Pathway	Junior/ U23	Optional	Entry fee covered by team benefits/ accommodation subsidized by monthly fees
June 28-29	USAT Monroe Triathlon, Monroe WA, USA	High level USAT National series for youth and Junior on the performance pathway	Junior	Optional	

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July 3-7	SuperSeries #3 Kelowna Apple Triathlon, National Championships	Highest level racing of National racing, Mandatory for all athletes competing in ITU/CAMTRI events	Junior/U23	Mandatory	Entry fee covered by Program (\$155.00 savings)
July 10-16	Magog Triathlon Quebec, CAMTRI/National Development Series	High Level regional/International racing for all athletes on the performance Pathway	Junior/U23	Optional	Entry fee covered by team benefits/ accommodation subsidized by monthly fees (\$105.00 Savings)
July 16-22	Edmonton Triathlon, National Mixed Team Relay/National Development Series	Individual and Relay racing opportunity Highest level racing of National racing, Mandatory for all athletes competing in ITU/CAMTRI events, opportunity to watch WTS live!	Junior/U23	<i>Mandatory</i>	Entry fee covered by team benefits/ accommodation subsidized by monthly fees (\$125.00 Savings)
Aug 1-11	Victoria Multi-Provincial Camp	High level physical/mental performance training with Mad Moto racing to conclude the camp	Junior/ U23/ Youth on an individual basis (Coaches welcome)	Optional	Entry fee covered by team benefits/ accommodation subsidized by monthly fees
Aug 25	Mad Moto Victoria	Race Simulation: Skill, Tactics and Speed enhancement in a race simulated environment	All	Optional	Entry fee covered by team benefits
Sept 7-8	SuperSeries #4 Vernon Provincial Championships, Vernon, BC National Development Series event	Individual and Relay racing opportunity at national level	All	<i>Mandatory</i>	Entry fee covered by team benefits (\$55.00 Savings)