

2024 TRIATHLON BC PROVINCIAL TEAM

UPDATED JANUARY 18, 2024

PROVINCIAL TEAM PROGRAM OVERVIEW

Through Triathlon BC's Provincial Team program, aspiring Junior* and U23** Canadian Sport Institute – Pacific registered athletes have the opportunity to join a unique high performance environment that includes physiological testing, specific trainings sessions, camps and clinics, and have the ability to compete in stage-appropriate competitions to help fuel their development in the performance pathway.

Junior*: Open to CSI-P registered athletes between the ages of 16-19 as of December 31, 2024. Athletes compete in super sprint and sprint triathlon distances.

U23**: Open to CSI-P registered athletes between the ages of 20-23 as of December 31, 2024. Athletes compete in super sprint and sprint triathlon distances.

Athlete Category	BIRTH YEAR	TYPICAL DISTANCES	FORMAT
Junior	2005, 2006, 2007, 2008	375m/10k/2.5k to 750m/20k/5k	Multi-lap, Draft Legal
U23	2001, 2002, 2003, 2004,	375m/10k/2.5k to 750m/20k/5k	Multi-lap, Draft Legal

Provincial Team – Head Coach

Provincial Coach Kelly Guest oversees the Provincial Team program with his wealth of experience and knowledge. Kelly has a MSc in High Performance Coaching and Technical Leadership, Advanced Coaching Diploma, and is a Certified NCCP Competition Coach. He has worked with youth, junior, and U23 athletes for over 15 years, and has supported and developed many athletes to international success.

Contact Kelly Guest: Kelly@tribc.org

Provincial Team – Benefits

Registered Provincial Team members receive the opportunity for coaching, testing, and camps with the Provincial Coach, and are able to gain experience and race on provincial team projects to Regional, National and International events under the guidance of experienced coaches and project staff, while benefiting from a team environment that includes subsidized logistics and on the ground coaching by certified staff.

Athletes enrolled in the BC Team program:

- Provincial Team race gear, including:
 - Out of Province BC Team Race Suit

- Team T-Shirt, Team Hoodie, socks and waterbottle.
- Access up to 30% discounted Provincial Team Cycling Kit (jersey/bibs)
- Free access to camps and testing
- Access to Provincial Team racing projects
- Additional discounts with Triathlon BC suppliers
- Exclusive access to Triathlon BC's new Homestay Program, greatly reducing the barrier of cost associated with out-of-town projects.

Provincial Team Membership Fee

All Provincial Team members pay a \$50.00 team enrollment fee, and will be required to make a \$500.00 charitable donation to the [BC Amateur Sport Fund – Triathlon](#) by January 31st 2024 to support Triathlon BC's performance pathway Programming.

Provincial Team Race Project Fees

Race project fees vary, and are based on the number, location and type of events that align with an athlete's individual development and performance plan.

Provincial Team – Criteria

The full Provincial Team criteria can be [found here](#).

PROVINCIAL TEAM RACING PROJECTS

Competition opportunities are separated into three primary Project areas, each with specific goals to create meaningful, stage-appropriate racing opportunities for Team members. Enrollment within each Project will be limited; Athletes will be required to submit an Expression of Interest (EOI) for Projects at the beginning of the year, and selections will be based on carding level, time standards achieved, and race objectives. A minimum number of athletes will be required for each project to move forward.

Western Canadian Projects:

These projects are intended to introduce athletes to the demands of traveling, and build experience around draft-legal racing and the high-performance pathway. Athletes focusing on these projects should be prioritizing regional competitions and the Triathlon BC Super Series to prepare effectively for these events. Athletes are encouraged to travel/race with their club for BC-based events.

- Approximate costs: \$TBD per project (excluding flights, food and personal expenses)
- Priority CSIP carding level: Provincial Development 1 & 2
- Event Dates:
 - May 20th – Western Canadian Triathlon Series Event / SuperSeries, BC
 - June – Western Canadian Triathlon Series Event, Alberta TBC
 - June 22 – Western Canadian Triathlon Series Event / Provincial Championships, BC
 - July – Western Canadian Triathlon Series Event, Saskatchewan TBC
 - Aug – Western Canadian Triathlon Championships, Alberta

North American Projects:

These projects are for experienced athletes in the high performance pathway, and will provide national and international exposure to several of the top Junior events in North America. Athletes focusing on these projects should be prioritizing the Triathlon BC Super Series and the Western Canadian Triathlon Series to prepare effectively for the events.

Athletes interested in these projects should plan a meeting with their coach and Provincial Coach Kelly Guest before Feb 29th - as athlete participation must be approved by Triathlon BC based on 2024 project performance standards. Project standards to be published by end of January 2024.

- Approximate costs: \$TBD per project (excluding flights, food and personal expenses)
- Priority carding level: Provincial Development 1 and Canadian Development, athletes meeting project standards
- Event Dates:
 - o June – USAT Pleasant Prairies, WI
 - o July – Americas Triathlon Cup, Magog, QC
 - ~~o July – USAT Flatland Cup, Des Moines ID TBC~~
 - ~~o August – USAT Milwaukee, WI TBC~~
 - o September – National Championships, Quebec

Note: Registration for all USAT events will begin on Saturday January 14 and is on a first-come, first-served basis. Athletes can access event and registration information using the individual websites listed.

International U23 Project:

The International U23 Project is intended for those experienced athletes transitioning into U23 racing or U23 athletes seeking to improve their World Triathlon ranking. This project will focus on Continental Cup races in North America and across Europe. Athletes interested in this project should plan a meeting with their coach and Provincial Coach Kelly Guest before Feb 29th - as athlete participation must be approved by Triathlon BC based on 2024 project performance standards.

- Approximate cost: \$8,000 (excluding flights, food and personal expenses)
- Priority carding level: Canadian Development, athletes meeting project standards
- Event / Travel Dates: Beginning of June – Mid-July

PROVINCIAL TEAM CAMPS

Provincial Team fees are inclusive of all camps, clinics and testing. Camps are an opportunity for Team members to receive physiological testing, track progress, build their training plan and improve their development trajectories. These camps will also provide a great opportunity to improve skills and social connections with other Team members.

Depending on the time of year, camps may include swim assessment, bike skills assessment, run economy assessment, physiology benchmarking, strength assessment, S&C Programs, Volume training, recovery days, ratified time standards and more.

Consideration and time will be made available during each camp for athletes to complete schoolwork should they miss school to travel to or attend camps.

Every effort will be made to utilize the homestay program to house athletes during camps - Homestays will be prioritized based on performances from the 2023 season.

Non-Provincial Team members will be considered for camps and projects if space permits on a project-by-project basis and are not eligible for the homestay program.

2023/2024 Season Camps:

November 13-19, Victoria, BC

- Testing, training, and technical focus
- Full Week and weekend options

January 13-14, Victoria, BC

- Training and team building
- Weekend camp Saturday to Sunday

February 19-25, Victoria, BC

- Training and testing
- Full week camp

May 19-20 Race / 21-25 Multi-Province Training Camp (BC Location TBC)

- Training Race Prep
- Full week camp

Full week sample schedule, subject to changes

- Sunday - arrival date
- Monday - swim assessment, bike skill assessment, run economy assessment
- Tuesday - physiology bench marking (swim/ bike/ run)
- Wednesday - easy volume
- Thursday - recovery day (off or light training or local adventure)
- Friday - testing and strength/ movement assessment
- Saturday - Bike physiology testing/ S&C program review
- Sunday - Optional easy volume OR Departure

PROJECTS AND CAMP EXPRESSIONS OF INTEREST

ACTION ITEM: Please complete this Expression of Interest (EOI) for camps and race project for 2024. This is required for all Provincial Team athletes to complete, as it will help shape the provincial team calendar, and ensure appropriate staffing levels for planned projects.

[Complete the Expression of interest Here.](#)