

# 2023 National Development Series Kick-off & High Performance Webinar

2023 Pre-Season Benchmarking - [February 20 to 27](#)  
2023 Arena Games Montreal / National Dev Series - [February 25](#)  
2023 High Performance Webinar - [February 26](#)

Montreal will be hosting the season opener of the 2023 Arena Games. This is a blended in-person and virtual format offered by Super League. World Triathlon now has an agreement in place for Arena Games which means there are World Ranking points available at this event. We look forward to seeing some of our top athletes on this invitation-only start list.

Triathlon Canada will be offering a nation-wide opportunity to get involved with this event as part of the National Development Series. A private Zwift event will be open to all athletes on the high performance pathway to race the same bike program format as the Arena Games (2 x 4km). Information for joining the Zwift session will be shared shortly.

The Arena Games week is also an ideal time for athletes on the high performance pathway to complete and submit their ratified swim and run times for the first period of the 2023 season. The requirements for ratified times can be found in the policy linked below.

[2023 Triathlon Canada Ratified Swim & Run Times Policy](#)

Triathlon Canada's High Performance Director Phil Dunne will be offering a webinar for all athletes and coaches on Sunday, February 26th. The topics will include the 2023 National Development Series program, understanding and applying new selection criteria and physiological considerations in competition planning. To register for the webinar please use the button below.

REGISTER

# Arena Games & National Dev Series Competition Schedule

START	END	DESCRIPTION
<b>Monday, February 20 to Monday, February 27, 2023</b>		
		Ratified Time Submissions
<b>Saturday, February 25, 2023 - Eastern Standard Time</b>		
9:00am	9:30am	Arena Games Women - Heat 1
9:50am	10:20am	Arena Games Women - Heat 2
10:40am	11:10am	Arena Games Men - Heat 1
11:30am	12:00pm	Arena Games Men - Heat 2
12:00pm		National Dev Series - Login to Zwift & Warm-up
12:30pm		National Dev Series Round 1 - 4km
1:00pm		National Dev Series Round 2 - 4km
1:30pm		Grand Prix Series Women
2:30pm		Grand Prix Series Men
5:45pm		Arena Games Women - Final Stages 1-3
6:45pm		Arena Games Men - Final Stages 1-3

*\*Please note - the Arena Games schedule is tentative and may be adjusted closer to the competition.*

# High Performance Webinar Agenda

Sunday, February 26, 2023 – Eastern Standard Time	
Introductions & Welcoming Comments   Phil Dunne	
1:00pm 1:20pm	<b>Presentation   2023 National Development Series Program</b> <i>Program elements and opportunities - Rachel Macatee</i>  The 2023 race season is shaping up and we want to provide as much information as possible for athletes and coaches to plan ahead. Rachel will provide a detailed outline of the 2023 domestic competition schedule.
1:20pm	<b>Question &amp; Answer Session   Rachel Macatee</b>
1:25pm 1:55pm	<b>Presentation   2023 Selection Policies:</b> <i>Understanding Criteria - Phil Dunne</i>  New selection criteria for the 2023 season have been published. High Performance Director Phil Dunne will explain the criteria and how to use these policies to inform developing a competition plan with your coach.
1:55pm	<b>Question &amp; Answer Session   Phil Dunne</b>
2:00 – 2:10pm <b>Break</b>	
2:10pm 2:30pm	<b>Presentation   Physiological Considerations in Competition Planning:</b> <i>Gareth Sandford</i>  Using his extensive experience and expertise in the physiological preparation of endurance athletes, Gareth will share fundamental principles for athletes and coaches to consider when creating the optimal plan for a triathlon competition season.
2:30pm	<b>Question &amp; Answer Session   Gareth Sandford</b>
Closing Remarks   Phil Dunne	

## Webinar Speakers



**Phil Dunne**

***Triathlon Canada High Performance Director***

Phil joined the team at Triathlon Canada in 2022. In previous roles within Sport Institutes in Canada and Ireland, as well as with the Canadian Paralympic Committee (CPC) and Own the Podium (OTP), Phil has honed his skills working with and leading multi-disciplinary, integrated support teams across a range of Olympic and Paralympic programs and events. He holds a Bachelor of Science in Sport Science from the University of Wales, and he completed his Masters in Sport Performance Analysis at Cardiff Metropolitan University.



**Rachel Macatee**

***Triathlon Canada Director of Para & Dev Programs***

Rachel joined the team at Triathlon Canada in 2017. She has extensive experience working in endurance sport and event management in Canada. Currently she oversees Triathlon Canada's Sport Development department and supports the Paralympic program as a team manager for major competitions.



**Gareth Sandford**

***Canadian Sport Institute Pacific Sport Physiologist***

Dr. Gareth Sandford is a sport physiologist for Triathlon and Athletics Canada with the Canadian Sport Institute out of Victoria, BC. Gareth has worked for 13 years across 15 individual and team sports within three Olympic and Paralympic systems (UK, New Zealand, Canada) and five professional sports leagues (English Cricket, Football, Rugby and Major League Soccer, Australian Rules Football). Together, supporting over 400 athletes that achieved 15 Olympic, Paralympic and World Championship medals, and one world record. Gareth was scientific lead for the Canadian Olympic marathon and race-walk athletes at the Tokyo 2021 Olympic Games. Gareth's background in triathlon involves work with GB U21 development and Paratriathlon squads at Loughborough University in 2013, alongside more recently consulting with national coaches and practitioners in both New Zealand and now Canadian national federations.