



Youth Squad

Information for parents

Introduction

The Wellington Triathlon Club has formed a squad with 3 main aims:

- increase participation in the sport
- develop age-appropriate triathlon skills
- support those competing at college sport and schools nationals events

This squad has the backing of Triathlon New Zealand, and operates in a similar way to other youth squads around New Zealand.

Squad options

The youth squad is running through term 4 of 2011 and term 1 of 2012. There are 8 squad sessions per term (one each week).

There are two squad options:

- Wellington on a Tuesday 5.30pm – 6.30pm
- Hutt on a Wednesday 4pm – 5pm

You can enrol for only one of these squads, and attend that squad on a regular basis (i.e. no chopping and changing between squads each week).

You can enrol for term 4 only, term 1 only, or both terms.

What's included

Squad fees are \$85 per term included in this is:

- One squad training session each week for 8 weeks run by TriNZ accredited coaches
- Junior membership to the Wellington Triathlon club for the remainder of the season
- 1 free Splash & Dash event
- 1 free Scorching Triathlon event

Joining this squad does not give your child individual coaching and support. You will need to engage a coach separately from the squad for this.

How to join

Complete the form on the Wellington Triathlon Club website:

<http://www.wgttriathlon.org.nz/training/training-squads/>

Squad criteria

Key criteria for joining the squad include the ability to swim 100m continuously (slowly is fine!) and ride a bike.

This squad will best suit year 7 – 10 children who are (or want to be) participating in all three disciplines of triathlon. Other ages may be accepted too at the club's discretion.

This squad will suit a range of abilities as it is about developing triathlon skills, and having fun in the sport - NOT just about high performance and hard training.

Equipment needed

The equipment your child will need is:

- a bike and bike helmet (NZ safety standard approved)
- running shoes
- swim togs and goggles
- wetsuit is optional

Training session locations

The squad is all about developing triathlon-specific skills. To do this we will need to hold different training sessions in different locations (e.g. safe quiet location for cycling, pools and beach for swimming, etc).

You will be advised of the location for each session on a week by week basis, and we will try to centralise venues as much as possible.

Where any cycling is planned on public roads, or swimming in the open water, you will be required to actively supervise and support your child during this session.

Goal events

Included in the squad fees is one Splash and Dash and one Scorching Triathlon per term. These events will be towards the end of the term as an opportunity to put into practice the skills learned.

These events have a wide range of other people and abilities participating at them, however safety is well controlled. Different ages and abilities race at different times, there is on the water safety crews, and medical support available if needed.

You are welcome to do any of the events with your child, but may not assist or give them an unfair advantage during the event (e.g. helping them get changed, shelter them from the wind while cycling etc).

Other events

You are encouraged to do other events with your child too. Such as:

- Splash & Dash series <http://www.splashanddash.co.nz/>
- Scorching series <http://tri.scorching.co.nz/>
- Weetbix triathlon <http://tryathlon.weetbix.co.nz/> (Wellington event 19 Feb)
- College Sport Wellington triathlon <http://www.collegesport.org.nz/> (Mar 08)
- Contact Tri Series <http://www.triseries.co.nz/> (Wellington event 10 Mar)
- School Triathlon Nationals (TBC March 2012)

Your role as a parent

- Ensuring your child has the equipment needed for each session
- Getting your child to the session on time, and collecting them again at the finish time
- Providing opportunities to practice skills outside of the squad
- Volunteering to help at some training sessions
- Supervise your child during any on-road cycling

Questions?

If you have any other questions please contact kath.tate@wgtntriathlon.org.nz