



2024-2025 Campbell and Haliburton Group Athlete Excellence Program

Program Purpose

The Purpose of the Triathlon Saskatchewan Athlete Excellence Program is to support and develop athletes to achieve goals at the highest level of performance in triathlon.

To advance this purpose requires that we create an environment of excellence through the implementation of programming that develops and supports athletes from early identification, group programming, and performance management for youth, high performance, and Age Group athletes who are looking to qualify for and compete in AG World Championships.

Program Outcomes

We believe that investment in the TSAEP will increase Saskatchewan triathlon athlete performance development and achievement in qualifications, competitions, and placements in national and World Triathlon competitions.

Program Values

Coach

- Professional
- Respectful
- Inclusive
- Collaborative
- Honest
- Excellence

Our coaches will work together to help create a provincial environment where athletes feel safe and excited to become the best athletes they can be.

Athlete

- Respectful
- Coachable
- Committed
- Conscientious
- Excellence
- A Team Player

To achieve program goals, we ask that athletes formally commit to the program of excellence and engage fully in becoming a high performer in triathlon.

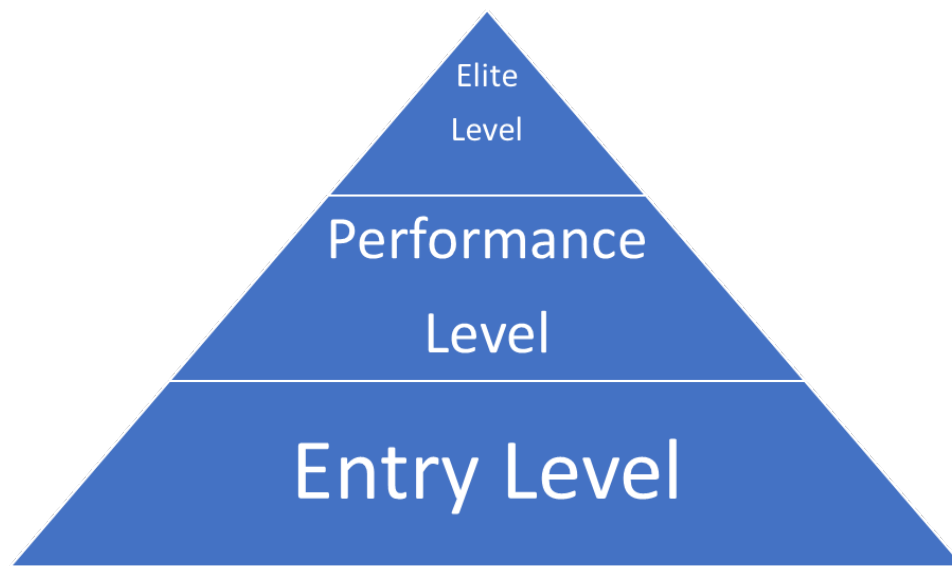
Performance Levels

We recognize the development diversity of our athletes and the need to develop them where they are at. To accomplish this, we have created a three-level development model as depicted in figure 1 below.

1) Entry Level – Entry level athletes are new to draft legal triathlon and striving to compete at a higher level provincially to develop Performance Level swim and run times. Their focus is skill development and improving swim, bike and run fitness.

2) High Performance Level – High Performance Level athletes are the top athletes in the province and are striving to compete nationally. High Performance athletes place in the top 30 in the country at nationals or in the national series in their division, or by achieving a minimum of one High Performance Swim or Run standard and one Performance Swim or Run Standard time.

3) Elite Level – Elite Level athletes are the top athletes in the country defined as being on the national team, are nationally carded, have a top 10 placing at national championships, and/or achieve both a High Performance Swim and Run Standard times. Elite athletes have the goal to compete at a higher level internationally and improve their World Triathlon ranking.



Program Details

The Campbell and Haliburton Athlete Excellence Program has been expanded in 2025 to meet the needs of Youth, Jr, U23, and Age Group athletes looking to train, develop, and compete in the sport to reach their highest potential. We recognize the need to develop athletes where they are and want to be and for this reason, have re-structured the Campbell and Haliburton Athlete Excellence Program to develop and/or progress athletes in each level:

1. **Entry Level Athletes** –are training to train and learning to compete. This level is appropriate for Youth to Age Group triathletes and athletes from other sports who are new to triathlon and/or draft legal racing.

2. Program benefits at the entry level:

- Annual fitness assessment
- Designated Age Group World Championship Qualifying Spot per gender, per 5 year age group e.g. 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64
- Saskatchewan Development Series Fee Waived
- Provincial Development Clinics at 50 % discount.
- Provincial Group Education
- Tri Sask Team Swim Cap
- Opportunity to Receive Athlete Assistance for Youth at the \$100.00 Level; Age Group Triathlon Canada Team World Competitions at the \$500.00 Level

2. **High Performance Level Athletes** who are training and competing Inter-Provincially in Western Canada Development Series and Triathlon Canada's Nationally Development Series.

Program Benefits at the HPL:

- All Entry level Benefits
- BI-Annual Physiological and Metabolic Testing
- Performance Development Monitoring
- Access to High Performance Grants such as Futures Best (\$1500 + per year)
- Group Education and Resources by Saskatchewan Medicine and Science Counsel
- Opportunity to Receive Athlete Assistance at the \$250.00 per event level

3. **Elite Level Athletes** are the top athletes in the country defined as being on the national team, are nationally carded, have a top 10 placing at national championships, and/or have achieved High Performance Swim AND Run Standard times. Elite athletes have the goal of competing to win and improve their World Triathlon ranking.

- EL receive Entry and HPL benefits
- Program Fee Waived
- Opportunity to Receive Athlete Assistance at the \$500.00 per event level.

Program Pricing:

- Entry Level = \$180.00 annual fee
- High Performance Level = \$360.00 annual fee
- Elite Level = \$360.00 annual fee waived if swim and run standards achieved

Payment Options:

- Full payment upon registration, Or

- 50% due at the time of registration, remaining 50% automatically billed May 15th 2025.

Program Registration Link:

<https://ccnbikes.com/#!/events/tri-sask-excellence-program>

Program Contacts:

- Patrick Ash @ patrick@triathlonsaskatchewan.org (Regina and South Districts)
- Dan Toogood dan@triathlonsaskatchewan.org (Saskatoon and the North Districts) or
- Yvonne Cafik, STAC Executive Director at executivedirector@triathlonsaskatchewan.org.

Program Benefits

For all Participants

- Annual Baseline fitness and performance testing and monitoring
- Team communications
- Provincial camps and clinics at discounted rates. 1st Camp free
- Regular group education, experts, and team events with guest coaches and experts in the field
- Access to Mental, nutritional, strength and conditioning provided by Saskatchewan Medicine and Science Counsel professionals
- *Opportunity to Apply for Athlete Assistance for Camps and Events
- Triathlon Sask T shirt and Tri Sask Swim Cap

For High Performance and Elite Level athletes-only (Above + benefits below)

- Additional individualized education, nutrition, mental training and support services
- BI-annual Physiological and Metabolic Testing
- *Dedicated Athlete Assistance for Camps and Events

*See Athletes Assistance Policy and Procedure for details

Program Eligibility

- Be an annual STAC Member in good standing.
- Athletes must apply for a Triathlon Saskatchewan Athlete Excellence Program.
- Be a resident of Saskatchewan or a former resident who has moved for triathlon training for international competitions.
- Sign the STAC program agreement and code of conduct forms.
- One Parent or Legal guardian of a High Performance or Performance athlete must complete the Respect in Sport online evaluation. *can be found here <https://www.sasksport.ca/programs-education/respect-in-sport/access-training/>

Excellence Program Fees (annual)

- Entry Level, \$180.00 with option for payment plan
- High Performance Level, \$360.00 with option for payment plan
- Elite Level, fee waived for those who meet the performance standards for Swim and Run

Additional fees and charges

- Camps, clinics and event travel expenses are the responsibility of athletes.
- Tri Sask Team Clothing and Tri Suit (price will vary based on selection (\$129-\$300))