



2024-25 Team Ontario

Mandate

The Triathlon Ontario Team Ontario initiative provides world class coaching, facilities, sport science and support staff to athletes across Ontario seeking to further their progression along the National and International development pathways.

Vision

Establish a program that provides Ontario athletes a National-level daily training environment and support by creating partnerships with world leading programs.

Mission

Provide Ontario athletes, who are on the World Triathlon pathway, an daily training environment that prepares them to race, perform and succeed at the International World Cup and World Triathlon Championship Series level.

The Triathlon Ontario Provincial Development Program (“PDP”) consists of four main areas. The overriding objective of the Program is to support and prepare athletes and coaches for long term success in draft legal racing at the national and international levels.

The four areas the Program focusses on are as follows:

- 1) Racing Environment
- 2) Coach Education and Development
- 3) Training Environment
- 4) Education and Event Support

Team Ontario is a component of the third area, “Training Environment”.

Training Environment

There are two primary areas where the Program works to improve and enhance athlete’s opportunities for daily training environments.

1) Club Support – The Program has access to resources and services that not all current clubs do. The Program runs targeted, specific training and education opportunities that are open to any athlete and coach in the province to participate in at little to no financial cost. These opportunities include access to nutritional and mental strength seminars, experts in specific fields like swimming or running during camps or clinics, track certifications. The Program also provides training camps and training days throughout the Province that provide opportunities for athletes to train together in larger groups and be exposed to coaches with International coaching experience in multisport and single sport arenas.

2) Team Ontario – Team Ontario is a full service training program run by the province according to national and provincial training and development. Team Ontario operates within the Provincial Development Program to bring international triathlon experienced coaching to athletes and mentor coaches across the



province. Team Ontario provides a daily performance environment for athletes training out of its centres, in addition to providing programming support for athletes who do not have youth triathlon infrastructure in their community. The coaching staff is National Coaching Certification Program (“NCCP”) Competition Stream certified and provides planning, organizing and assessment of the camps and clinics operated through the PDP. These programs are based on the sports best practices and operated with support through our sport science partners.

Team Ontario is built on an Athlete Development Model based on analysis of the sport of triathlon along the full development pathway working with our partners to develop and implement a system that provides athlete’s with an understanding of the demands of the sport from community level to International level competition.

Since 2014, Triathlon Ontario’s Provincial Coach has worked closely with Triathlon Canada (“TC”) in many ways to ensure that Ontario athletes and Triathlon Ontario’s mandate is heard at the National level. The Provincial coach also sits on TC committees that are developing training and assessment policies for national programs and athlete development, currently he is leading the development of an Athlete Skills Matrix for Triathlon Canada’s updated Long Term Athlete Development Model. As one of only three Master Coach Developers in the country, he has certified numerous Provincial coaches through the NCCP process.

Since 2009, Triathlon Ontario’s Provincial Coach has had over 25 International Coaching assignments through Triathlon Canada and Barbados Federation of Island Triathletes (BFIT) including World Championships, Pan AM Games and Regional Championships, World Cups and WTCS events. This experience has provided an exceptional understanding of the how the sport has evolved and how the technical, tactical and physical demands of the sport at the top levels of the sport do not always align with our Provincial level competition. It is this insight that guides the programs structure and delivery.

Athletes need to be prepared and to execute in one to two hour events in what has become an global sport, with the need to travel to three or four different parts of the world. Successful athletes need to be problem solvers and independent learners and need to be able to make informed choices in training as well as in life. For over 20 years Triathlon Ontario’s Provincial Coach has specialized in developing Youth/Junior and U23 programs with a single focus on the draft legal pathway, working with athletes who have stood on the podium at Provincial and National Championships, World Cups and World Championships.

Physical Location

Triathlon Ontario believes that development aged athletes perform best when in their home environment with their existing support systems in place and does not encourage the uprooting or moving of athletes to one central location at this stage of the development pathway.

There are multiple options for day-to-day in person training within Team Ontario, including Toronto and Ottawa. The program also provides support and programming to athletes located all across the province

Supporting Partners:





using the most up to date programming and tracking software, including Training Peaks, ZWIFT, ZOOM, phone calls, athlete meetings and planning and reflection sessions.

Athletes enrolled in Team Ontario are provided with support from our partners including:

- Professional bike fitting
- Nutritional support and guidance
- IST (Integrated Support Team) support from CSIO including nutrition, mental performance and performance assessments
- Metabolic, VO2 and lactate testing via Peak Centre for Human Performance Ottawa

Triathlon Ontario programs abide by all Safe Sport policies and procedures, our partners only with established, licenced and certified professionals, organizations and businesses that are reputable and respected in the sporting community. The program takes a holistic approach to athlete development and stresses sport/life balance, developing positive support networks and long term goal setting. Triathlon Ontario's program is based on best practices in the sport of triathlon and has one of the countries best sport retention and success records.

Program Fees

Program Registration Fee – One-time fee of \$200.

This fee helps pay for Team Ontario training gear such as a full cycling kit, training shirt, goggles, swim cap, water bottle, lock shoe laces, sunglasses, and microfiber towel.

Monthly program coaching fees:

- In-person in Ottawa: \$180 per month
- In-person in Toronto, \$180 per month
- Remote coaching \$125 per month

Monthly coaching fees include:

- All coaching and programming
- Initial nutritional assessment
- One professional bike fit
- Lactate Zone testing by PEAK CENTRE
- Video assessments (swim, cycling, running)
- Sport specific strength training program design and progression
- Free registration to all Provincial clinics*
- Reduced fee for all Provincial Camps*
- All facility access fees
- Training Peaks account

*Clinics are defined as one or two-day training opportunities. Camps are defined as three or more-day training opportunities.

Supporting Partners:





For any questions about Team Ontario or any other development topics, please contact Provincial Development Coach Greg Kealey at coach@triathlonontario.com.

Supporting Partners:

