



2004 AGM Report

Our Mission:

To develop elite athletes and coaches for major international games, world championships, and national championships, by providing a holistic approach to sport.

Our Performance Enhancement Team:

Head Coach – Gary Pallett
Sport Psychologist – Tom Patrick
Sport Physiologist – Dr. Greg Gannon
Sport Medicine Coordinator – Dr. Glen Bergeron
Strength and Conditioning Specialist – Kari Schneider
Nutritionist – Rennie Benedict

Our Partners:

Triathlon Manitoba
Canadian Sport Centre – Manitoba
Sport Manitoba
Triathlon Canada

Our Athletes:

- The Manitoba National Triathlon Centre (MNTC) membership during the season ranged from 8 to 12 athletes. We were very fortunate to have Namibian Triathlete Charmaine Shannon training with our program through the Olympic Solidarity Program. She continued training with the MNTC until March of 2004.
- MNTC athletes competed in a tremendous number of provincial, national and international competitions over the time period from October 2003 and September of 2004.
- Jenna Wilson –30/38 juniors at the 2003 World Triathlon Championships on November 29th, 2003 in New Zealand.
- Erin Braun (1st) and Amy Briscoe (2nd) at the USA World Championship Qualifier in Clermont, Florida on March 13th. Jacques Marcoux placed 8th in the U23 race.
- Erin (29th) and Amy (34th) at the 2004 World Triathlon Championships on May 8th in Portugal among 48 junior female entrants.
- Edie Fisher placed 5th at the 2004 Worlds in the 45 – 49 age group.
- Amy and Erin placed 7th and 9th respectively (1st and 2nd Juniors) in the Elite race at the 2004 Apple Duathlon in Sartell Minnesota on June 5th 2004.

- Erin (1st), Amy (2nd), Jenna (4th) and Teresa Samek (6th) of 8 entries in race # 1 of the Triathlon Canada Junior Series in St. Malo Manitoba on June 27th 2004. Willie Bell placed 2nd in the junior men's event.
- Erin (3rd), Amy (5th), Jenna (11th) and Teresa (20th) of 35 entrants at the Pan American Junior Championships in Edmonton on July 11th 2004. 15 countries were represented in this event.
- Edie Fisher set a new women's course record time of 4:56:17 at the Morden half Ironman on July 17th 2004.
- Amy, Erin, and Jenna placed 2nd, 5th and 10th overall at the Canadian Championships in Caledon Ontario on August 1st, 2004. This event also served as the North American Challenge race where all of the best athletes from North America competed, overall the girls placed 5th, 9th and 16th respectively of the 45 competitors.
- The Manitoba female girls team placed first in the provincial team competition at Junior Nationals.
- Erin was the 1st Junior and 3rd overall at the Athletic Manitoba Provincial 5 km Championships in a time of 19:08 on September 11th, 2004.
- Amy won the Manitoba Provincial Cycling Championship in the time trial and criterium events.
- Edie placed 2nd (16th female overall) at the Wisconsin Ironman on September 12th 2004 in a time of 11:10:58.
- All 8 MNTC athletes who completed the program year improved swim, bike and run times on performance testing for the 2004 season.
- Amy (2nd) and Erin (3rd) overall in the new Canadian Junior Triathlon Series.
- Youth athlete Blair Peters placed second in the 14 – 15 year age category for the National Youth Series.
- Four MNTC athletes will be competing at the Canadian Duathlon Championships in Montreal on October 2nd, 2004.

Our Program:

- The MNTC has been in operation for four years. We have been able to make a tremendous amount of progress in the establishment of an elite development system for the sport of triathlon in Manitoba. In 2004 program results far exceeded previous performance levels as the benefits of a long-term approach started to show results on a National and International level.
- As the performance level of athletes on the team increases the individual attention they require in terms of program design, performance enhancement team services and performance monitoring has increased exponentially. The performance enhancement team continues to let the individual athlete lead the rate at which personal development occurs.
- The program was able to attend more National and International events allowing the athletes to race in more competitive events.
- The program received a 2004 Sport Legacy Trust Grant for the purchase of Power Output measuring equipment for cycling (5 Power Tap Pro units) and 2 sets of race wheels (Zipp 303).
- The MNTC website (http://www.triathlon.mb.ca/mntc/MNTC_index.htm) has recently changed administrators and is currently being updated by program director Gary Pallett. Much work needs to be done in this area in the next year to help make the program visible to potential recruits and sponsors.

Coaching Team Initiatives:

- Gary Pallett, the Director of the MNTC, has become more involved with Triathlon Canada working with the High Performance, Coaching and Kids of Steel committees and is now on the advisory committee for both programs.
- The Performance Enhancement Team has been able to incorporate more individual laboratory testing and individualized training programs, which is resulting in improved program results.
- MNTC has moved away from the process of age group development to focus fully on Elite / High Performance athlete development.
- MNTC conducted a very successful two-week training camp at the USA National Triathlon Centre in Clermont during the first 2 weeks of March 2004.
- The program more closely monitored athletes racing schedules to prevent over racing which has occurred in previous years.

Opportunity:

- We need to put some emphasis on marketing the program to potential athletes and sponsors. We need to create an environment where developing athletes see our logo on the athletes winning the swimming, cycling, running and multi-sport events in the Province. Currently, we are at the stage where we are starting to win a lot of these events but are not doing a good job of promoting these athletes as being developed by our program and creating interest with potential athletes or sponsors to become involved in our program.

Challenges:

- Acquiring pool space at appropriate times and locations is always a major concern for the program. In the past we have been lucky to be able to reduce program costs by using donated pool space by our partner swim centre. However, this situation depends on them having extra swim space available. The program has to be prepared for an increase in expenses if our pool availability ever changes.
- The major challenge facing the MNTC program is recruiting talented athletes into the program at a young age. This is particularly difficult in the sport of Triathlon because we currently do not have a development program in the province that works with young Kids of Steel athletes on a yearly basis preparing the athletes for a jump into a program like MNTC. As a result, there is a large talent gap between our current athletes and potential new recruits. This problem makes the creation of a yearly development program for young athletes even more important than in previous years. Kris Hildebrand has expressed interest in starting a development program and MNTC is interested in helping this program however, it can.
- A secondary issue making athlete recruitment difficult for the program is the athletes we want to recruit are the ones performing well in the sports of running and swimming, usually when an athlete is performing well it is a sign that they are happy and don't want to change sports. Compound this with the chance that successful runners and swimmers can get university scholarships in these sports but not in triathlon makes promoting the successes of our program critical for athlete recruitment to our sport.