



## Kids of Steel® Report 2005 AGM

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Kids of Steel /Youth Program Directors

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This was the first year that Triathlon Manitoba combined the Kids of Steel® and Youth Program with two co-directors.

**Program Summary:** The program is designed to provide a non competitive, entry level initiation to the sport of triathlon for youth. Goal is to develop a province wide, regionally based program for youth to participate in the sport through the Kids of Steel® program.

### Races:

- In total this year there were 11 events (8 provincial and 3 rural) with a total number of 952 participants. These participation numbers in comparison to the number of events held in 2004 have increased.
- Of these participants 74 received 4 time participant t-shirts.
- Little tykes races were held at St. Malo, Pinawa and at the Bird's Hill Park Wind-up. The tykes had lots of fun figuring out which direction to go!
- The 6-7 age category was held at all races with the exception of 1 event. It continued to be very popular and should be included in all events in 2006.
- The weather did cooperate a little better this year with only 1 race needing to cancel the swim.
- The big challenge of the summer was long lineups at registration on race day.

A big thank you to all Kids of Steel® race directors, race volunteers, officials and Triathlon MB staff for all their time, energy and expertise.

### Training and Clinics:

- Throughout the winter a program was held with 14 sessions at Pan Am Pool to introduce children (ages 7 - 14) to the sport of triathlon. There were 18 children registered in the program. It was overseen by Kris Hildebrand and the children were coached by various athletes from MNTC. It was a great experience for all. There was a wide range of ages and skills which would need to be looked at for future programs.
- The teen tri program had approximately 4 -5 members per evening and was coached by Brent Miller. He did a fantastic job of running Thursday

night practices and substituted for the Manitoba Youth Team Coach while he was away.

- A new program that started this year was the Manitoba Youth Provincial Team. Dave Lipchen was hired as the coach and the team met Tuesdays and Saturdays at Birds Hill Park from May until September 10<sup>th</sup>. The program was extremely successful ending the season with 17 members. Dave was visible at all events, as was the Youth Team. They met before the races for a pre-race warm-up and after the race for a team cool down. They attracted attention wherever they went because they were clearly a team that supported each other and enjoyed what they were doing. This team traveled to Saskatchewan to compete in the Markham Cup. Even though the team did not win the Markham Cup it was an extremely valuable experience for the ten athletes that made the trip. The program is taking a brief hiatus until November when it will start up for the winter months.
- There was an attempt to run 3 rural clinics. Unfortunately they were cancelled due to numbers registered.
- Two official Kids of Steel® clubs sanctioned under the new KOS sanctioning policy: the Girl Guides of Steel program and Joseph Teres Jets.
- Also the East Kildonan YMCA continues with their kids program and St. James YMCA started one also with much success.

#### **Publicity:**

- This year we were fortunate to get some great publicity for KOS events. Shaw cable came and did a short story at the St. Malo race.
- Many schools in the city put an announcement in their newsletters in May or June.

#### **Next Steps:**

- Continue to promote Kids of Steel® events, with a focus to continue in rural communities.
- Continue to provide off season clinics and training for youth (6 - 19)
- Increase partnerships with recreation centers and fitness facilities offering youth triathlon program.
- Continue to encourage publicity of the program through the schools.
- Re evaluate registration process and look at possibility of using on-line registration or the race wizard.
- Continue to build the youth training program.