



2005 PROGRAM DEVELOPMENT COMMITTEE

Submitted by Angela Douklias

The Program Development committee consists of myself as chair and Michelle Barnet, Jennifer Goldenberg and Jamie Wilson as committee members.

Some key goals of the Program Development Committee are:

- Assist and encourage the development of community-based programs for the membership throughout the province
- Maintain, encourage and assist clubs with development of programs and races
- To lead initiatives for development of training programs and to monitor and review these programs
- Design and stage programs where the development of membership is a key goal.

CLUBS

- Funds in the form of a grant were distributed to 1 club this year for club development
- There were 7 sanctioned clubs in 2005 that met the club policy requirements

BINGO POLICY

- Triathlon Manitoba continues to be an active participant in bingos allocated by Sport Manitoba and the Manitoba Lotteries Corporation.
- Thanks to Evan Nitschmann for his many years of work as chair of the bingo sub-committee.
- Bingos will continue to be allocated by Triathlon Manitoba based on the total number of registered members in a club or program with access to bingo fundraising.
- The program continues to run well and is an important source of funds for Triathlon Manitoba and participating clubs.

RACE SERIES

- The Provincial Championship Series are well attended in most age groups with awards and recognition (in 2005) going to women in 12 categories and men in 14 categories.
- All sanctioned events now offer a duathlon and many include a sprint duathlon
- Try-a-tri still offered at many races and remains a popular option for novice athletes

DEVELOPMENT PROGRAMS

Swim Program

- The swim program continues to play an important role in our member's training programs.
- After many years of dedicating their time and efforts into the swim program, Kris Hildebrand (Aug 2005) and Kelly Mahoney (June 2005) resigned as the swim program coaches to pursue other interests. Triathlon Manitoba is currently in the process of accepting applications for the coaching positions with the goal of hiring a minimum of 2 coaches by October 12, 2005, which is the first swim workout for the new swim program season.
- Anita Miller continues to look after the administration aspect of the swim program
- The Triathlon Manitoba Swim Program Policy has been reviewed and updated with minor changes. The revised policy can be found on our website.

Clinics

- For the third year, a 10-week Triathlon clinic was offered through The Running Room in the spring of 2005. Michelle Barnett conducted the clinic. The clinic was well received and will hopefully be offered in the spring of 2006.
- A nutrition clinic "Fueling up for Triathlon" was offered to our members in March 2005. The clinic was very well attended.
- Upcoming clinics include Pilates for Triathletes (Oct 2005), Weight Training for Triathletes (Nov 2005). Nutrition, Bike Mechanics and Women's Only Triathlon clinics are proposed for 2006.