

## **Tribalistic Report 2005**

This has been a year great year for the Tribalistic Triathlon Team. Our workouts were restructured to give our members more flexibility for choosing workout times. Membership fees were also revised to allow our members to choose the program that best met their needs. St Malo had excellent attendance and hosted a Junior and U23 sprint series race.

### **1 Training**

At the Tribalistic 2004 AGM, a survey was handed out to all the members best determine how the club could meet the needs of the membership. When asked to rank a variety of topics (including membership fees, athlete development, social activities, etc.) the items receiving the most attention were athlete development and workout facilities. As such, the workout program was restructured to offer 6 workouts per week. In the winter, 5 indoor workouts were offered, with an outdoor long run on Sunday. Each week, three workouts (M/W/Sa) were held at the Pan Am Aquatic Hall of fame, and two workouts (Tu/Th) were held at the Max Bell track. No facility passes were required to attend any of the workouts as the membership fees covered the costs of facility rentals. As it transitioned into the nicer weather, all the workouts moved outdoors leaving from a variety of locations.

Tribalistic's coaching staff consisted of Head Coach was Patrick Peacock and assistant coaches Jared Spier and Jeff Morier.

With the limited availability of space at Max Bell for 2006, the Thursday night workout traditional held at Max Bell has been moved to Pan Am.

### **2 Membership Fees**

The restructuring of the workouts and increased facility rental requirements led to a restructuring of the membership fees. Using the MMAC fee structure as a guideline, we instituted a fee program where the membership fees depended on the number of workouts attended each week, as follows:

- a) Level I (1 workout /week) = \$115
- b) Level II (3 workouts/week) = \$175
- c) Level III (unlimited workouts) = \$270

MMAC and Tribalistic formed a partnership in 2005 that allowed members of both clubs to receive discounted memberships. Unfortunately, due to a restructuring of the MMAC membership fees, this discount will no longer be offered.

### **3 Membership**

In 2005 Tribalistic had approximately 70 members, with most to of the members choosing Level II membership. Our members ranged in age from 7 to 71, with an almost 50/50 ratio of men and women. We have national champions, lifestyle triathletes, families, etc... Our athletes compete in all distances from Try-A-Tri to Ironman. And with workouts offered 6 days per week, it was easier than ever for our members to choose a time that fits into their lifestyle.

#### **4 St Malo Multisport**

Thanks to race Director Scott Wiebe and his team of volunteers the St Malo race went very well with participation up from 2004. One hundred and thirty-two people participated in the Kids of Steel race and Try-A-Tri race on Saturday. On Sunday a total of 236 people participated in the Olympic and Sprint triathlons, Olympic and Sprint Duathlons and Open Water Swim.

Over 50 elite athletes participated in the Junior & U23 Development National Series Triathlon, up from 12 athletes in 2004. Since the Junior and U23 race was so popular this year, Tribalistic has committed to holding the race again next year. In 2006, U23 participants in St Malo Multisport race will be competing for two U23 qualifying spots to the University Games in 2006.

#### **5 Special Events**

Tribalistic continued the tradition of mixing training with an active social life. Activities included the Bingo Bowl registration night, Escape from River Heights Mtn Bike Rally, Weekend at the beach training camp at Victoria Beach as well as several post-“Sunday run” breakfasts.