



2006 PROGRAM DEVELOPMENT COMMITTEE REPORT

Submitted by Angela Douklias

The Program Development Committee consists of myself as chair, with Michelle Barnet and Jaclyn Vallis 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

- There were 7 sanctioned clubs in 2006 that met the club policy requirements.

BINGO POLICY

- Triathlon Manitoba continues to be an active participant in bingo's allocated by Sport Manitoba and the Manitoba Lotteries Corporation.
- Chair of the bingo sub-committee is Angela Douklias.
- Bingos will continue to be allocated by Triathlon Manitoba based on total number of registered members in a club or program with access to bingo fundraising.
- Clubs/programs currently participating are Tribalistic, Triple Threat, MNTC, Officials and Westman Triumphs.
- The program continues to run well and is an important source of funds for Triathlon Manitoba and the participating clubs/programs.

CLINICS

- Several clinics were offered throughout the year to our membership. Following is a list of clinics offered:
 - Pilates for Triathlon
 - 2 Weight Training for Triathlon clinics
 - Nutrition
 - Rules of Triathlon
 - Running Room Triathlon Training clinic (once a week for 8 weeks)
- Triathlon Manitoba in co-operation with the Winnipeg Aboriginal Sport and Recreation Association offered a 1 week Aboriginal youth triathlon camp July 24-28, 2006. The clinic went very well and we hope to work with the WASRC in the upcoming year to offer an Aboriginal family or adult triathlon clinic.

RACE SERIES

- A race series is 3 or more related races where points are awarded to determine series winners. The Grand Prix Series is our premier race series in which the races are at the Olympic triathlon distance. There is also the sprint series which consists of a 750m swim, 20km bike and 5km run.
- We also offer a Duathlon series which covers the sprint distance (new this year) and long distance.
- A few changes were made to the race series in 2006. The changes were:
 - The ½ ironman in Morden no longer qualifies for the grand prix series.
 - Removal of the Northern events (Thompson, The Pas and Flin Flon), for the 2007 season a Northern series will be established with complete details to be available on the website when finalized.

SWIM PROGRAM

- The swim program continues to play an important role in our member's training program.
- On October 12, 2005, 2 new coaches were hired to lead the Triathlon Manitoba swim workouts. Chris Torrance and Frici Laszlo have brought a wealth of knowledge to our program. In addition to Triathlon Manitoba receiving very positive feedback regarding the swim workouts, both Chris and Frici have been very well received by our membership.
- Due to issues regarding pool safety, Pan Am Pool implemented a policy that requires 1 coach and 1 lifeguard for a group of 12-30 athletes. Generally, at the Triathlon Manitoba swim sessions we had 1 coach/guard for an average of 20-28 participants but in order for us to meet the new requirements we had to add 1 more lifeguard. As a result, our costs were greatly affected. In order for the committee to determine a fair fee increase, a swim program participant survey was distributed so that we can get feedback regarding the program. After reviewing the results from the survey and with careful consideration, the drop-in fee increased to \$7.00 for adults and \$4.00 for juniors/youth in June 2006.
- Effective September 1, 2006, we also switched to a drop-in card system where swimmers must pre-pay for a 5 time or 10 time visit card.
- The Triathlon Manitoba Swim Program Policy was reviewed and updated to reflect the above changes and was approved by the Triathlon Manitoba Board of Directors on August 14, 2006. The policy along with details pertaining to the swim program can be found on our website.
- Anita Miller continues to look after the administration aspect of the swim program.