

2007 PROGRAM DEVELOPMENT REPORT

Submitted by Angela Douklias

The Program Development Committee consists of myself as chair and Jaclyn Pauls as a committee member.

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 8 sanctioned clubs in 2007 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.
- 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, Tri Force, Officials, MNTC, Youth Program, Westman.
- The payout for bingos is at the end of each quarter.
- Clubs are given \$65.00 per volunteer (increased from \$50.00).
- 1 bonus spot is now paid instead of 2 previously.
- April 1, 2007 – March 31, 2008, Triathlon Manitoba received an additional 5 bingo slots bringing our total to 22.

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 the Olympic distance. There is also a sprint series which consists of a 750m swim, 20km bike and 5km run.
- We also offer a Duathlon series which covers the sprint and long distances.

CLINICS

Several clinics were offered to our membership throughout the year. Following is a list of clinics offered:

- Mental Training for Triathlon
- Injury Prevention Clinic
- Bike Maintenance Clinic
- Women's Only Triathlon Clinic
- Indoor Triathlon and Clinic hosted by the Westman Club in Brandon

SWIM PROGRAM

The swim program continues to play an important role in our member's training program.

Our coaches are Chris Torrance and Frici Laszlo. They continue to run workouts geared towards triathlons. Chris and Frici have been very well received by participants and feedback has been extremely positive.

The swim program is monitored very carefully due to the high costs involved in running it. To avoid canceling the program, on April 2, 2007, the Triathlon MB Board of Directors made the decision to reduce the workouts to 1 hour on Mondays and Wednesdays effective May 1, 2007. And, to cancel the Saturday workouts for July and August.

After careful consideration and a thorough review, the swim program will continue into the fall (October-December 2007) for 1 hour on Mondays and Wednesdays. The Saturday workout will remain canceled until further notice. Triathlon Manitoba's Board of Directors will take a look at the program towards the end of 2007 to make a decision for the new year.