



2008 Kids of Steel® Report

Submitted by Mark Lehmann – KOS Committee Chair

Members: Mark Lehmann (Chair), Anita Miller, Eileen Pedersen, Erin Braun, Dave Bell, Jeff Hunt

Program summary: The program is designed to provide a non-competitive, entry level initiation to the sport of triathlon for youth. The goal is to develop a province wide, regionally based program for youth ages 6-15 years to participate in the sport.

Participation Overview:

- 228 Kids of Steel members (Clubs - 3rd Wave: 13; Joseph Teres Triathlon Club: 24; Pinnacle: 4; TriForce: 2)
- 149 One-day members
- 75 athletes earned their 4 time participant t-shirts

Race Participants:

There were 7 races in the Triathlon Manitoba Kids of Steel Series. (One Northern race -- The Pas) (2007 stats in brackets)

Event	2008	2007
The Pas (Norman Regional Qualifier for the MB Summer Games)	54	Not known
Triple Threat (Winnipeg Regional Qualifier for the MB Summer Games)	99	141
Westman Regional Qualifier for the MB Summer Games, held in Killarney	5	
Interlake Regional Qualifier for the MB Summer Games, held in Lundar	12	
St Malo (Eastman Regional Qualifier for the MB Summer Games)	142	119
Pinawa	133	114
Central Regional Qualifier for the MB Summer Games, held in Carman	17	
Morden	88	103
Parkland Regional Qualifier for the MB Summer Games, was to be held in Roblin -- cancelled due to lack of registered participants		
Stonewall	114	110
Power Smart MB Summer Games, held in Carman	70	
Riding Mountain	92	107
Birds Hill Windup	116	107
The Turtle Crossing event was cancelled for 2008		52

- In total this year there were 12 events including the MB Summer Games qualifiers.
- There were a total of 942 racers (not including The Pas – 888 racers, which compares to 2007: 853, 2006: 828)

- Of these participants 75 received 4 time event participant t-shirts (down from previous years: 2007: 86, 2006:88).
- The Windup Race in September was changed to a duathlon several days before the race.

Youth Training

(submitted by Dave Lipchen)

2007/2008 has been a very successful year for the Manitoba Youth Team. We started with approx 20 athletes and grew as high as 36 by the end of the winter program, and averaged 30+ athletes for most of the summer.

The Youth team was very strong winning the Man/Sask provincial event in Stonewall. Most of the team qualified for the Power Smart Manitoba Games in Carmen and won 16 medals. Coach Dave was awarded one of the "Thanks Coach" awards at the Power Smart Manitoba Games.

Three athletes of the Manitoba Youth Team have been picked by Gary Pallet to start training with the MNTC this winter. This adds to the draw to the Youth Team even though it's not a main goal. Our main goal is to instill a lifetime sport into the young competitors and provide them a challenging and fun training opportunity to race triathlon.

With this years success and the demand for yet another expansion of the teams age ranges and abilities, the Manitoba youth team has a proposal for the Triathlon Manitoba Board to consider to improve there highly popular youth development team. We will present at the 2008 AGM on Oct 15th 2008.

2008-2009 Goals

- Continue to promote, develop and expand Youth Training program.
- Re-establish partnership with Girl Guides.
- Continue promotion in schools and community.
- Encourage existing KOS racers to bring their friends.

Other:

- Triathlon Canada has mandated new 'maximum distances' for the KOS age groups.
(swim, bike, run)
7 & under up to 50m, 1.5 km, 500m
8-9 years up to 100m, 5 km, 1km
10-11 year up to 200m, 5 km, 2km
12-13 years up to 300m, 10 km, 2km
14-15 years up to 500m, 10 km, 4km

The major changes are in shorter bike distances. The longer bike distances favoured the athlete whose parents were willing (or had the means) to spend more money on more expensive equipment. The longer bike also favoured the early developer over the better all round athlete as size is highly related to bike ability at younger ages. It is also believed a shorter bike and better balanced race distances (swim/bike/run) will help develop better all round athletes and make the possible transition into junior elite racing easier for those athletes choosing to make that progression.

The Triathlon Manitoba KOS race series will be adjusted in 2009 to reflect the new maximum distances.