

## **SWIM PROGRAM**

The swim program continues to play an important role in our members' training regime. Our coach is Chris Torrance. Chris runs workouts that gear towards triathlons. Feedback about his workouts continue to be very positive.

The workouts are offered every Monday and Wednesday evening at Pan Am Pool for 60 minutes. The swim program is monitored very carefully due to the high costs involved in running it. However, this year (2009) the program ran in the surplus which enabled Triathlon Manitoba to extend each workout to 90 minutes between April 1, 2009 – June 30, 2009. The additional 30 minutes was very well received by the participants and we hope to offer it again in 2010.

## **CLINICS**

A number of clinics were offered to our membership in 2009:

1. Injury Prevention Clinic.
2. Mental Training for Triathlon.

As well, Triathlon Manitoba partnered with the Running Room on Kenaston and offered a 10 week Triathlon clinic in the spring. The clinic was coached by Erin Schinkel (Braun) and there were 19 participants. Erin focused on many aspects of triathlon racing (swim, bike, run, transition) with the goal that each participant compete in their first triathlon on June 28 in St. Malo. Each clinic participant received a 1 year complimentary Triathlon Manitoba membership. The clinic was a tremendous success and Triathlon Manitoba looks forward to partnering with the Running Room again.

## **CLUBS**

There were 8 sanctioned clubs in 2008 that met the Club Policy requirements. We also had the establishment of a new club "Junkyard Dogs" based out of Portage La Prairie.

Club grants were given to Tribalistic, Triple Threat (received 2 grants) and Tri Factor. The Club Development Grant application form was updated effective April 1, 2009.