

TRIATHLON NEW BRUNSWICK

ANNUAL REPORT

OCTOBER 8, 2020



TRI THLON NB

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Triathlon New Brunswick 2020 Highlights

2020 has been a character building year, with lessons learned and a vision forward:

- ✚ Due to COVID-19 Pandemic and the New Brunswick State of Emergency, only one of our scheduled races launched.
- ✚ As a result, there were no Atlantic Championships, or world spots up for grabs.
- ✚ TriNB, working with the Province of New Brunswick and other stakeholders, launched our Return to Sport and COVID Operation plans to address the pandemic.
- ✚ Due to the unprecedented situation, TriNB offered free annual memberships for 2020.
- ✚ First ever English PTO Level 1 training delivered virtually for Atlantic Canada.
- ✚ World spots TriNB purchased will roll over to next year.
- ✚ TriNB Junior/Youth program still remained active with Kristine Cormier - Head Coach, Michael On - Assistant Coach, and Ricky Stiles - Team Manager and 15 athletes participating in training clinics. The coaches continued their training towards obtaining their coaching certified status. The coaching team is actively planning for the fall 2020/spring 2021 season and making the required preparations for the now rescheduled 2022 Canada Summer Games.
- ✚ We've signed an MOU with Triathlon Canada, Triathlon Nova Scotia, and Triathlon PEI to trial a shared services model and launching a 1-year pilot creating a role of Maritime Executive Director.
- ✚ Financially our revenue was down and our expenses up, however our Total Shareholder's Equity increased.

My 1st year as President was interesting to say the least. Now that we have 2020 mostly behind us, I am looking forward to working with the new board and Executive Director in making the most out of 2021. Some focus items will include reviews and publishing of our bylaws and policies and procedures, expanding our social media presence, and working more with our clubs and race directors to optimize opportunities for our members.

Respectfully submitted,



Troy Kearns, President

2020 BOARD OF DIRECTORS

- ✚ Troy Kearns, President, (1 year remaining on term)
- ✚ Rosemary Boyle, Treasurer (1 year remaining on term)
- ✚ Christine McKinnon, Technical Director (1 year remaining on term)
- ✚ Doug Scott, Vice-President (1 year remaining on term)
- ✚ Chris Burke, Director at Large (completed 2 year term - re-offering for 2021)
- ✚ Jesse English, Director at Large, Social Media (completed 2 year term - re-offering for 2021)
- ✚ Lianne Maurice, Director at Large (completed 2 year term - re-offering for 2021)
- ✚ Marlo Rose, Director at Large, CCN (1 year remaining on term)
- ✚ Kristine Cormier, Director at Large (1 year remaining on term)

Departing Member(s) - Thank you!

Big thanks to Mary Bartlett who acted as Secretary for most of this year. Thank you for your service and great contributions this past year - you will be missed!

New Maritime Regional Director

Welcome Andrew Dacanay, our new Maritime Regional Director! This summer Triathlon New Brunswick worked with Nova Scotia, PEI and Triathlon Canada to develop a shared services agreement (SSA). For a one year trial, at no cost to TriNB, we will be sharing a part-time Regional Director with our maritime counterparts. Andrew will be filling the role of Executive Director (ED); TriNB has been without an ED for the last few years - mostly due to costs. This will not only give us access to an experienced Executive Director, but an opportunity for us to work a little more closely with NS and PEI and perhaps capitalize on some synergies to the benefit of all our members.

To be clear, the Maritime Regional Director does not mean that Triathlon New Brunswick has merged with Triathlon Nova Scotia and Triathlon PEI, nor does it signal that Triathlon Canada has taken over the running of Triathlon New Brunswick (or Triathlon Nova Scotia or Triathlon PEI). As your President, I, along with the board, still control all aspects of Triathlon New Brunswick operations, including its vote at the Triathlon Canada AGM. Rather, the SSA gives Andrew protected time to attend specifically to Triathlon New Brunswick's administrative requirements (including but not limited to those below). Should we be satisfied with the outcome at the end of the one year agreement, we will work with Triathlon Canada and our maritime counterparts to establish a longer term agreement and budget accordingly.

Executive Director Responsibilities Include:

- a. Attend all monthly Maritime PSO board meetings and other meetings as required and as time permits
- b. Keep the Committee of Maritime PSO Presidents informed by monthly report about the affairs of TC and Provincial governing bodies
- c. File annual returns, changes in the Directors of organizations, amendments in the bylaws and other incorporating documents by the timelines stipulated in each PSO's bylaws and provincial law with the Corporate Registry
- d. Assist committees with planning programs and services based on each Board's priorities
- e. Respond in a timely manner to all Board correspondence or direct correspondence to associated Board Members
- f. Connect with other PSOs and TC as needed
- g. Assist Board Committees with managing communications (social media/website/press releases etc.)
- h. Manage insurance requests from individuals, clubs and race directors

- i. Manage summer students/coordinators/interns if required and as needed

About Andrew

Andrew first came to North America over twenty years ago to complete his post-graduate level education, as a post-doctoral researcher at the Virginia Institute of Marine Science in Gloucester Point, Virginia and as a Research Associate (then Research Officer) at the National Research Council of Canada's Institute for Marine Biosciences in Halifax, Nova Scotia. Since then, in his own words, he is now in "career 3.0" working in triathlon administration. Before working for Triathlon Canada he was Executive Director for Triathlon Nova Scotia, an organisation he had also held several volunteer positions including a Technical Official, Technical Chair and President.

Andrew has been involved in triathlon for 30 years since his first race at the Airebrough Triathlon in Leeds in 1989, first as an age-group athlete then as a volunteer and finally staff. He has been a L2 World Triathlon Technical Official since 2014. Our members may remember him as a technical official at events such as St Andrews, TriLobster or various Canadian Triathlon Championships. However, you may have also met him as a pace-bunny at the Legs for Literacy Marathon in Moncton or the PEI marathon.

COVID-19

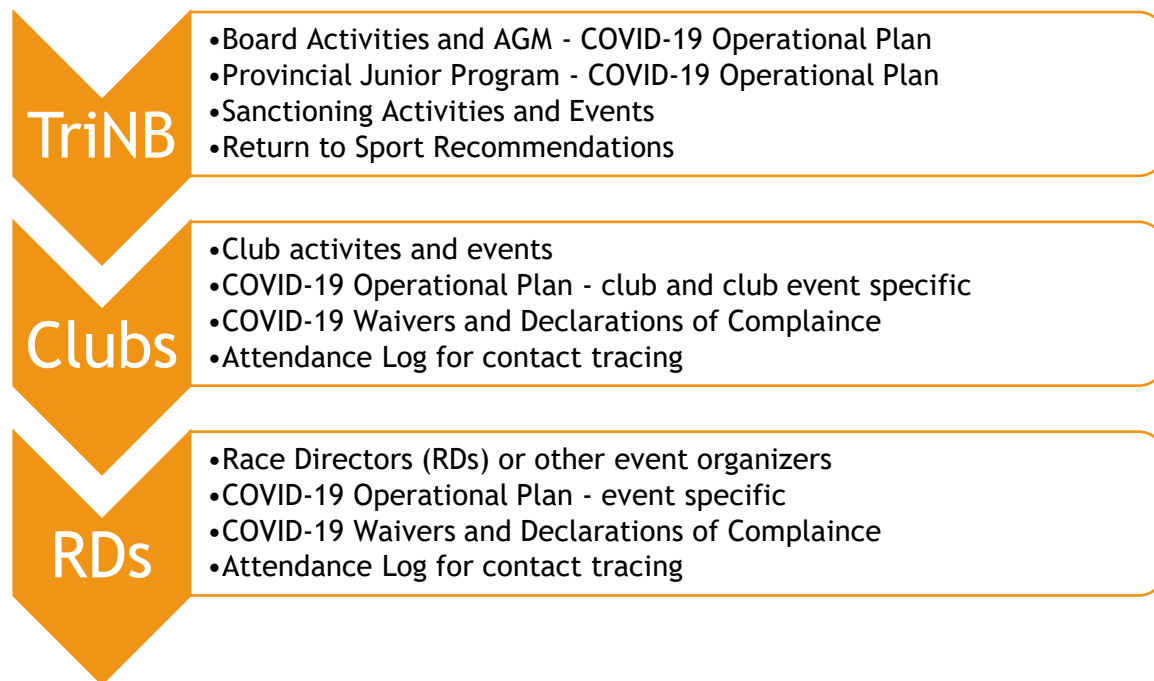
In early May 2020, TriNB participated in a series of stakeholder engagement conferences coordinated by NB's Sport and Recreation Branch regarding COVID-19 with the Departments of Public Health, Public Safety, and WorkSafe NB. On May 25th, Triathlon Canada published their Sport-Specific Return to Sport Framework and National Framework for Return to High Performance Sport. On May 27th, TriNB provided guidance to our sanctioned clubs and race directors, including the COVID-19 Operational Plan Guidelines and Template, and the Return to Sport Recommendations.

In early June, our Junior Coaching Team had developed our first COVID Operational Plan as mandated by the province, allowing the junior team to continue facilitated training. Also in June, the Fredericton Triathlon Club also developed their COVID Operational Plan, allowing them to continue putting on sanctioned training and other events.

By early July, a COVID Operational Plan for the Hampton Ladies Triathlon was finalized, giving hope that a race might happen this year. Also in early July, TriNB finalized the New Brunswick Triathlon Return to Sport and COVID Operation plan.

Finally in August, the Southeast Storm also developed COVID operational plan, allowing them to again hold sanctioned training activities and events.

The following is the summary roles and responsibilities for the operational plans:

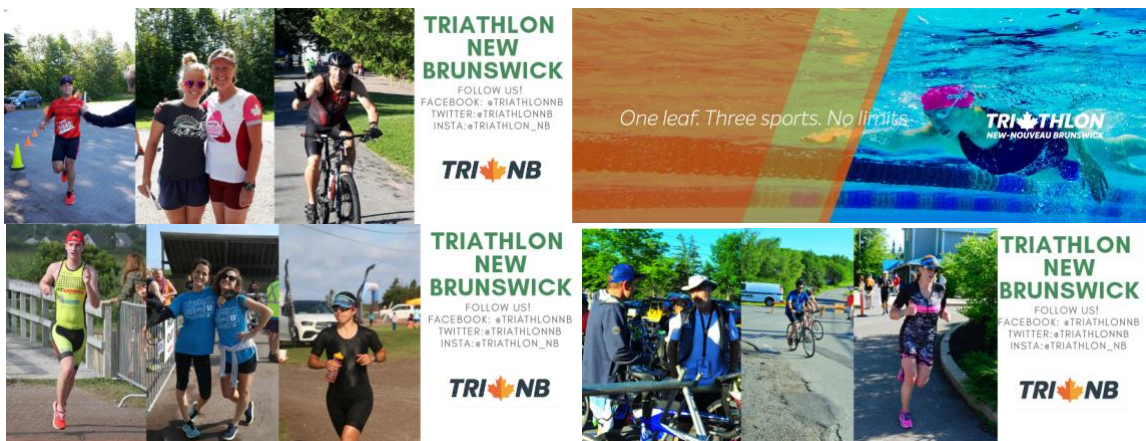


COVID Operational Plans will need to be continually monitored by their owners and updated as necessary to meet changes in government requirements and Triathlon Canada/New Brunswick recommendations. Triathlon New Brunswick will look to expand our assistance to our clubs and race directors in 2021 to help deal with pandemic and maximize our sports' potential while keeping our members safe.

2020 SOCIAL MEDIA

TriNB had an increased social media presence in 2020. Initiatives included:

- Consistent posting and sharing of information on the FaceBook page.
- Custom graphics for major activities.
- Race schedule promotion.
- Linking of FB posts to Twitter and Instagram.
- Direct sharing of major posts to NB triathlon club's FB pages.
- Sharing of posts from Triathlon Canada, Coach NB, Sport NB and other relevant organizations.
- AGM listed as an event on FB
- Updates on the New Brunswick Junior Team



Triathlon NB Youth & Junior Program

- ✚ Head Coach - Kristine Cormier
- ✚ Assistant Coach - Michael On (Welcome to the team Michael!)
- ✚ Team Manager - Ricky Stiles

We began the year with 10 dedicated athletes and the group continues to grow as we always welcome new athletes and we are at currently 15 athletes across the province of NB.

Republic (Edmundston area):	1	Western Valley (Woodstock area):		Capital (Fredericton area)	4
Fundy (Saint John area)	4	South East (Moncton area)	5	Miramichi/Kent (Bouctouche)	1
Chaleur/Peninsula (Bathurst area)		Restigouche (Campbellton area)		Outside NB	

The majority of the athletes have declared their intent for the Canada Games which means that we will be very honored to bring 3 female and 3 male athletes to represent our Province at the 2022 Canada Games in the Niagara region.

Athletes attend monthly clinics where they get an opportunity to learn how to safely and efficiently do a number of skills such as:

- Open water sighting
- Open water turns around buoy
- Mount & Dismount bike
- Emergency stopping
- Cornering on bike
- Bike handling
- Safe start
- Running form
- Gain speed



Transition efficiently And so many more.


We accept Youth/Jr's between the age of 14-19 for a long-term development in the sport of triathlon. Interested in finding out more? E-mail our coaching team at trinbprogram@gmail.com and check out our website: <https://www.trinb.ca/junior/>

Athlete Update

Home › Athletes › PARATRIATHLETE

Kamylle Frenette

Canada • Born: 1996



Rankings

- ITU Paralympic Qualification Ranking 5
- Para triathlon Ranking 4

Starts	Podiums	Wins
12	7	2

An update from Kamylle Frenette:

"With all the race cancellations including the Paralympic games, my 2020 season was very different than what I had anticipated. I normally do about 4-5 international races in a season and spend some time in Victoria where my coach, Carolyn Murray, is located.

This summer, I had the opportunity to spend more time at home and get creative with my training and "racing". I had great support here in Halifax from the Canadian Sport Centre Atlantic (CSCA) who helped me complete a heat training protocol. We set up a tent in the gym and added heaters in there where I did a 5 days training block to simulate the heat of Tokyo. I also had great support from my swim coach in Halifax, Zoe Miles from the Sackville Aquatic Waves Club, who got very creative when the pools were closed for an extended period of time. She made us a 50m "pool" in a lake with homemade lane ropes and she was on a paddle board to give us technical tips during the workout.

As far as racing goes, we weren't able to do any races this summer but we got to test our fitness with some time trials at the end of August during Triathlon Canada's Performance on demand week."

2020 TECHNICAL OFFICIALS PROGRAM

TriNB Highlights 2020 from your Technical Director

2020 was the year Covid-19 reared its ugly head and changed our world as we knew it.

Races for 2020

Covid-19 visited New Brunswick in March 2020. It caused the province and most of Canada to basically shut down. The Province of New Brunswick with guidance from Public Health set out the rules and regulations for public gatherings. This was basically the end of the race season based on the number of people allowed to be in one area at the same time. The Race Directors one by one cancelled their races based on the set guidelines. This left athletes with a year of possibly no competitions in which they had trained for. Many athletes turned to virtual races.

By July 1st New Brunswick moved into the second phase of the Yellow Level of reopening with a set criteria and guidelines set out by the provincial government. Triathlon Canada, working in consultation with the provincial organizations published recommendations for the return to sport. Based on the Government of New Brunswick's Guidelines and Triathlon Canada's recommendations, Triathlon New Brunswick established a Return to Sport and COVID Operational Plan.

Garth and Helena Millar stepped up with some consultation with TriNB and developed the first race COVID plan in New Brunswick – opening the door for a race to happen in 2020.

The Hampton Ladies Triathlon was held on August 30th, 2020. Their race would be the first in the Atlantic Provinces, and one the earliest in Canada.



Once again the Hampton Ladies race was a huge success with 103 ladies that showed up to race on that rainy, wet, and foggy morning. Along with several volunteers and four officials the race went off with very few glitches. Prior to race day, athletes submitted swim times and were given registration times based on those. The ladies wore masks, were temperature scanned and asked the mandatory Covid-19 questions at registration. They were briefed via zoom prior to the race and individually that day. They

were shown to the racks with an official at their side to assist them. One challenge came about when it became evident that some athletes had not provided very accurate swim times, which led to delays at the pool. The officials also were challenged to watch such a large transition area with the racks as per Covid-19 guidelines allowing for six feet of space between athletes. With the guidelines in place, the transition area is basically twice the normal size. We will need more officials for such a large area in transition next year. The race day is longer as well due to the spacing and number of participants in one area requirements. Aside from those issues the race went very well. The ladies were well spaced out and had a great race.

Thank you Garth and Helena, all the officials and volunteers, the Town of Hampton and of course all the athletes that participated and made it a great day!



Officials 2020

Once again Covid-19 had impacts on training officials. We were able to work with Triathlon Canada's Andrew Dacanay to develop an online course for the PTO level 1, done via Zoom. The PTO Level 1 course was offered for Atlantic Canada in June, with 4 participants from NB. There is ongoing work on a PTO Level 2 course, with hopes of having another PTO-1 and PTO-2 course in the spring of 2021. By then all of our current officials will need to do the courses as a refresher.

As well, Triathlon Canada launched their Triathlon Training Officials Portal in September.

There will be lots of work to do this Spring to get our 2021 Triathlon Race Season back up and running. Hopefully there will be some of you willing to help us out.

Your TD,
Christine McKinnon
christine.mckinnon@trinb.ca

RACE PARTICIPATION STATISTICS

Race	Total Number of Participants/Race				% Change	% Change	% Change	% Change
	2020	2019	2018	2017	2019-20	2019-18	2018-17	2017-16
Moncton Du	-	104	98	81	-	6%	21%	-33%
Hampton Ladies	103*	266	260	217		2%	20%	5%
Duncan Hadley	-	112	102	106	-	10%	-4%	-39%
Rockwood	-	124	90	121	-	38%	-26%	-8%
St. Andrews	-	0	312	358	-	-	-13%	-9%
Chaleur	-	78	73	90	-	7%	-19%	1%
Aboiteau	-	193	98	0	-	97%	-	-
Harvey	-	150	89	79	-	69%	13%	-16%
Sackville	-	122	104	77	-	17%	35%	-
Gagetown	-	54	0	0	-	-	-	-
X-terra	-	0	0	0	-	-	-	-
Cross	-	28			-	-	-	-
Total	103*	1231	1226	1129			9%	-17%

*Due to COVID pandemic, only one race in 2020. 108 registered athletes for the Hampton Ladies deferred to 2021.

MEMBERSHIP PARTICIPATION STATISTICS

Total Number of Participants						2020-2019	2019-2018	2018 - 2017	2017-2016
Type	2020	2019	2018	2017	2016	% Change	% Change	% Change	% Change
Day	161	643	912	972	741	-75%	-29%	-6%	31%
Jr	18	21	19	21	29	-14%	11%	-9%	-28%
Annual	144	231	204	189	208	-38%	13%	8%	-9%
Total	323	895	1135	1182	978	-64%	-21%	-4%	21%

Number of Male Participants					
Type	2020	2019	2018	2017	2016
Day	6	240	318	394	270
Jr	5	8	10	10	13
Annual	46	108	87	97	98
Total	57	356	415	501	381

Number of Female Participants					
Type	2020	2019	2018	2017	2016
Day	155	403	500	578	471
Jr	13	13	9	11	16
Annual	98	123	83	92	110
Total	266	539	592	681	597

Non-specified Gender Participants					
Type	2020	2019	2018	2017	2016
Day	0	0	94	0	0
Jr	0	0	0	0	0
Annual	0	0	34	0	0
Total	0	0	128	0	0

Financial Report

The Triathlon New Brunswick Association (2010) Inc. Comparative Balance Sheet

	As at 12/31/2019	As at 12/31/2018
ASSET		
Current Assets		
Cash - BMO Chequing	49,309.58	47,339.48
Total Current Assets	<u>49,309.58</u>	<u>47,339.48</u>
Long Term Assets		
Incorporation Costs	1,776.00	1,776.00
Accumulated depreciation - Inc C...	-715.69	-669.30
Equipment	22,085.33	18,751.64
Accumulated depreciation - Equi...	-15,797.55	-14,642.30
Total Long Term Assets	<u>7,348.09</u>	<u>5,216.04</u>
TOTAL ASSET	<u><u>56,657.67</u></u>	<u><u>52,555.52</u></u>
LIABILITY		
TOTAL LIABILITY	<u>0.00</u>	<u>0.00</u>
EQUITY		
Shareholder's Equity		
Capital Stock	100.00	100.00
Current Earnings	4,102.15	23,861.33
Retained Earnings	52,455.52	28,594.19
Total Shareholder's Equity	<u>56,657.67</u>	<u>52,555.52</u>
TOTAL EQUITY	<u>56,657.67</u>	<u>52,555.52</u>
LIABILITIES AND EQUITY	<u><u>56,657.67</u></u>	<u><u>52,555.52</u></u>

The Triathlon New Brunswick Association (2010) Inc. Comparative Income Statement

	Actual 01/01/2019 to 12/31/2019	Actual 01/01/2018 to 12/31/2018
REVENUE		
Revenue		
Sanction fees	2,250.00	2,784.00
Sponsorship	7,400.00	9,000.00
Province of NB	20,800.00	25,700.00
Memberships	26,314.00	25,860.00
Other	170.07	670.00
Total Revenue	<u>56,934.07</u>	<u>64,014.00</u>
TOTAL REVENUE	<u>56,934.07</u>	<u>64,014.00</u>
EXPENSE		
Operating Expenses		
Office Supplies	488.55	1,631.40
Depreciation	1,201.64	1,077.16
Para Triathlon	9,150.00	9,000.00
Total Payroll Expense	0.00	1,781.24
Awards	1,427.70	0.00
Total Banquet Costs	3,388.59	2,584.11
Coaching Clinics	3,167.05	0.00
Junior Development	4,695.86	4,050.00
Membership	1,442.38	0.00
World Spots	2,250.00	2,250.00
Officials	10,432.36	6,802.65
Swim Caps	2,917.12	1,826.99
Tri Canada AGM	1,432.62	826.00
Race costs	1,282.06	0.00
Sports Insurance	2,353.00	4,796.00
Marketing	904.44	1,061.65
Website	1,000.00	355.81
Travel	3,373.63	621.47
Repairs and Maintenance	1,068.33	420.60
Board Expenses	1,030.11	767.59
Bank Fees	180.50	0.00
Miscellaneous	-354.02	300.00
Total Operating Expenses	<u>52,831.92</u>	<u>40,152.67</u>
TOTAL EXPENSE	<u>52,831.92</u>	<u>40,152.67</u>
NET INCOME	<u><u>4,102.15</u></u>	<u><u>23,861.33</u></u>

Membership value:

- Annual subscription to Triathlon Canada Magazine (full and junior members)
- Liability and accident insurance at all TriNB sanctioned races, events and clubs
- Access to bike insurance program (full and junior members)
- ****NEW** Access to individual athlete insurance program (full and junior members)**
- Eligibility to participate in provincial, national* and world* events (*must be full/junior members)
- **Discount at TriNB Partners**
- Purchase of new race equipment
- Use of race equipment at local races
- Co-purchase of World spots for 2020 World Championships in Edmonton, Alberta
- Support of the Provincial and Atlantic Championship races
- Continuation of the new Coach program and Officials training
- Discount on the Coaching courses and support of Coaching development
- Continuation of social media promotion of TriNB and of races on behalf of RDs
- Support for Officials at sanctioned races to ensure that races are fair and safe for all athletes
- Funding support for junior and elite athletes
- Percentage of funds will help establish an operational reserve
- Knowing that you are helping support the goals of TriNB to expand and improve the sport in a meaningful way to all members.

Honorary Life Time Members

Honorary Life Time Members

Upon the written recommendation of 2 members of the Board, and upon a motion being passed by at least two-thirds of the members of the Board eligible to vote at a meeting of the Board, a maximum of 2 Honorary Life Memberships may be conferred by the Board each calendar year upon a person or persons who shall have rendered notable service to the Triathlon New Brunswick Association or who otherwise has brought great prestige to the sport of triathlon in New Brunswick.

It is with great pleasure that Triathlon New Brunswick bestow Honorary Life Memberships to Garth and Helena Millar, for their many years of being pioneers and champions for sports, and particularly for Triathlon in the province of New Brunswick.

The Millars both come with decades of travel industry experience (specializing in sport travel) and triathlon and endurance sport backgrounds. Garth is a 6 time Ironman finisher and competed in 14 marathons and Helena is also an Ironman finisher and marathon racer. Over the last decade athletes can thank them for many amazing events such as Hampton Ladies Triathlon (notably the largest triathlon in Atlantic Canada), the Saint John Airport 10k, Hopewell Rocks 8k and the former Rev3 St Andrews. Garth is also a former Executive Director of TriNB (2009-2012) and President (2016-17).

Thank you to Garth and Helena for all you do for the sport of Triathlon in New Brunswick.

