



TriNB Plan

Sport:	Triathlon		
Coaching Team:	Kristine Cormier, Head Coach	Email:	Kristine.cormier@rogers.com
Coaching Team:	Ricky Stiles, Team Manager	Email:	ricky.stiles@gmail.com
Coaching Team:	Vacant Position, Assistant coach	Email:	
PSO Main Contact:	Troy Kearns, TriNB president	Email:	troyk@pmcounsel.ca

Core Team Size:	3 male, 6 female	Final Team Size:	3 male, 3 female
Primary Training Location	Base Gagetown Recreation Centre, Oromocto	Date of Final Selection:	Tentative July , 2021

How many athletes in your core training group are from each of the following areas?

Republic (Edmundston area):	1	Western Valley (Woodstock area):	1	Capital (Fredericton area)	3
Fundy (Saint John area)		South East (Moncton area)	4	Miramichi/Kent (Miramichi area)	
Chaleur/Peninsula (Bathurst area)		Restigouche (Campbellton area)		Outside NB	

Coaching Team

Kristine Cormier: Began coaching during spring of 2017 as a community coach with my local triathlon club "Southeast Storm" in the greater Moncton Area. I led open water (OW) swimming session with some teaching on OW specific drills and weekly brick sessions during the summer. Recently became more involved in the TriNB team the head coach of the youth/Jr program.

Ricky Stiles: Began community coaching back in 2017 where I assisted with the local triathlon club "Brick sessions". I continue to up skill myself by taking coach NB multi-sport courses. I have learned by others and via online courses the importance of safe and fun training and would find value in teaching that to our local youths.

All 2 coaches are currently working towards becoming a NCCP Certified Community Coaches

Training and Competition

How many hours per week on average will potential Canada Games athletes spend in the following areas?

	Pre-season	Competitive Season	Post-season
Training with Coach	8 hours/month (clinics) *Keep in mind we might need a few 2 days	Pre and post races; probably some clinics when there are gaps between races	Mid August-Mid October independently Cross training in another sport
Follow-ups	Check-ins via email or via "Final Surge" app with Coaching team	Check-ins via email or via "Final Surge" app with Coaching team	
Bike time trials with Fundy Sport		Will be checking with Garth about participation in time trials for speed development	
Training using Final Surge	8-10 hours/week includes swim, bike and run	8-10 hours/week includes swim, bike and run	5-8 hours/week with other sports
Weight training/Yoga	2/week	2/week	2/week
Competing		4 local & 1 outside Atlantic Canada	
Training/competing in other sports	Swim & run included in on own training		Swim and cross country season in school

Competition plan leading up to the 2021 Canada Games: 2020 and 2021

Event	Dates	Location	Purpose
Summer 2020	June – August, 2020	To be determined	Training races
Summer 2020 Canada Games Test event	July or August,	To be determined	National race (draft legal)
Summer 2021 3 races in NB	June - August	To be determined	Training races
2021 Canada Games Selection races	June-July 2021	To be determined	Selection of the CG team

Sport Science

Strength and Conditioning Performance Testing: The plan for 2020 – 2021 is to have the athletes base-tested early in the season (October 2019) by the UNB Sports Science Centre located in the Kinesiology Dept @ UNB. The results of the strength and conditioning initial assessment will be reviewed within two week post initial assessment with the athletes and coaching team. We will monitor their progress over the two years with quarterly testing at the UNB Sports Science Centre. Athletes will maintain the workouts at home via Final Surge Platform.

Mental performance: Athletes will be given an initial screening with the mental coach @ UNB and then periodic check-ins throughout training, the race season and post-season. Our goal for the mental performance is to aid in motivation, nervousness, confidence, distraction, burnout, communication, focus and positive thinking.

Sport nutrition: Athletes will receive an initial presentation in fall 2019 plus a food diary assessment. This will be followed by re-assessment just before competition starts in spring 2020

The team has worked with Natasha McLaughlin-Chaisson in the past and we would like to work with her again for the 2020-2021 seasons and have a focus on overall nutrition and hydration for triathletes, meal planning at home and on the road and option for evaluation of food diaries and correction of eating habits.

How many **times per week** do you want your athletes doing strength, yoga and conditioning program?

Training Block	Times per week				
	Zero	One	Two	Three	Three+
Pre-season			x		
Competitive Season			x		
Post-season			x		