

## **Triathlon in Schools Program**

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Triathlon NSW is the peak sporting organisation for the sport of Triathlon and multisport in NSW. Our qualified Junior Development Officer is proud to offer 'Triathlon in Schools' program, specifically designed for high school students (Year 7 up).

All sessions are delivered by a fully qualified Triathlon Australia accredited coach, with over 15 years' experience in working with junior athletes, from entry level athletes up to the regional academy of Sport quality.

Sessions can be delivered:

- During School hours (including lunch breaks)
- Prior to school commencing
- After school hours

Sessions will cover the three separate disciplines and what is often referred to as the fourth discipline – Transition.

The sessions are designed for students aged in Year 7 upwards. They are ideal for preparation for the NSW All Schools Triathlon Festival, which is scheduled for Thursday 28<sup>th</sup> February and Friday 1<sup>st</sup> March.

Due to the nature of triathlon, we encourage the delivery of sessions to students who have expressed an interest in taking part, and / or have demonstrated strength in any of the three disciplines previously.

### **Equipment required**

We can tailor our program to accommodate your equipment and schools individual requirements.

However due to the nature of the sport, the bare minimum required to conduct a program is access to a large grassed area and some concrete.

If students were able to bring their own personal bike, or if the school has access to some, this would enhance the sessions.

Lastly, having access to a swimming pool would be considered highly useful and enhance any program conducted.

With limited access to bikes, swimming facilities or grass, Triathlon NSW might be restricted in the quantity of sessions that we are able to conduct.

## Cost and booking

Below is a breakdown of the costs in this program:

- a) Minimum booking – 3 hours (includes travel time 1 hour of travel). Note, if a school asks for a two hour booking, we add a third hour on and classify that as travel.
- b) Travel is charged at a base level of \$55 per hour. For bookings over 3 hours, there are no travel costs incurred by a school.
- c) Sessions are delivered at \$9.57 (inclusive GST) per student per hour (and we do ask you have a minimum of 10 athletes per booking).
- d) Sessions can still be run for groups less than 10, however your school will be charged a flat rate of \$95.70 (inclusive GST).
- e) At the conclusion of the program, Triathlon NSW will issue an invoice direct to the relevant school teacher / administrative assistant.

## For example

- If your school books a 3 hour program, with less than the minimum 10 students, the school will be invoiced \$287.10 (\$95.70 x 3 hours)
- If your school books a 2 hours program, with less than the minimum 10 students, the school will be invoiced \$191.40 (\$95.70 x 2) and a further \$55 for travel - \$246.40