



Welcome To

USA Triathlon's NCAA Triathlon Summit

Friday, April 4, 2014

Tempe, Arizona

<https://www.youtube.com/watch?v=fjsB9oBvVVM>





The Collegiate Triathlon Coaches Association

Brad Hecker

Director, Women's Basketball, ACC





NCAA Triathlon

Phase 1

The Emerging Sport Proposal

(2009-2014)

Successfully Completed





NCAA Triathlon

Phase 2

Varsity Program Recruitment
&
Sport Format Development

(2014 – till)

Square One
Work in Progress





NCAA Triathlon

Points of Emphasis

- **Patience**
- **Establishing a Resource for the Institutions**
- **Committing to an Organized/Unified Initiative**
- ✓ **Collegiate Triathlon Coaches Association**





USA Triathlon and What Role it Might Play in the Development of NCAA Women's Triathlon

Jess Luscinski

NCAA and Collegiate Triathlon Coordinator, USA
Triathlon





Create Developmentally Focused Race Opportunities

1. Promotion of NCAA Triathlon opportunities at Youth and Junior Elite race competitions.
2. Conversations with USAT High Performance department to expand on Youth and Junior Elite competitions
3. Organize In-season NCAA race opportunities with/for the institutions.
4. Potential development of an International Draft Legal race opportunity in the offseason specifically for elite NCAA triathletes.





Customize USAT Educational Materials and Coaching Certification Courses to Needs of NCAA Coaches

- NCAA Webinars
 - First NCAA Webinar to be held April 17th. More details to follow.
- Customization of Coaching Certification Courses to specific needs of NCAA Triathlon





Promotion and Support Through...

- National promotion of NCAA opportunities and race formats
- Promoting the accomplishments of NCAA student athletes
- Create and prioritize NCAA funding through USAT annual budget to assist in
 - Coaches Committee
 - Equipment for institutions to off-set costs of establishing programs
 - Leveraging existing sponsorships
- Motivate the USAT membership to support NCAA Triathlon
 - Promotion, publicity, USAT Marketing and Communications Department
 - Funding and foundations





Outline of NCAA Season and NCAA Race Structure

Craig Hanken

USA Triathlon Draft Legal Event Specialist





Overview

- Event Types
- Athlete Equipment
- Facilities/Venues Specifications
- Season Structure





Event Types

- Fast, fun, exciting...
 - Small foot print
 - Spectator friendly
- 3 Types of Event Types
 - Multi-loop course
 - Open Water
 - Pool
 - Relay





Event Types

- Open Water

Varsity

- Draft-Legal event
- 750m Swim / 20k Bike / 5k Run
- 75 athlete limit

Novice

- Non Draft-Legal event
- 750m Swim / 20k Bike / 5k run
- 105 athlete limit





Event Types

- Pool (Option 1)

Mass start (in lanes)

- 500m Swim / 15k Bike / 3.5k Run
- 2-4 teams in competition
- 4-5 athletes per team depending on number of lanes
- 2 athletes per lane MAXIMUM
 - *If 1 athlete per lane –
dive off blocks*
 - *If 2 athletes per lane –
in water start with one hand on the wall*





Event Types

- Pool (Option 2)
Seeded Heats (in lanes)
 - 400m Swim / 10k Bike / 2.5k Run
 - Heats determined by estimated swim time
 - Equal number of athletes from each team in opening heats





Event Types

- Relay
 - Open Water or Pool Venue
 - 200m Swim / 5k Bike / 1.25k Run)
 - 2-16 Teams
 - Relay team consists of 4 athletes
 - Up to two teams per institution may race a relay
 - *Each member of the relay team completes a full swim/bike/run*

Note: Bike course distance can vary up to 1k +/- to accommodate individual courses.





Athlete Equipment

- Bike
 - Traditional road bike
 - Drop handle bars
 - No aerobars
- Helmet
 - Non-aero
 - Undamaged/unaltered
 - CPSC sticker intact





Athlete Equipment

- Tires
 - Diameter between 70cm max and 55cm min (including tire)
 - Both wheels of equal diameter
 - Have at least 16 spokes
 - Spokes can be round, flattened or oval, provide width does not exceed 2.4mm
 - Max rim dimension 25mm on each side

Wheels not in compliance with above are allowed if they are included in the current UCI Non-Standard Wheel list. No disc wheels allowed.





Athlete Equipment

- Uniform
 - Cover torso at all times
 - 1 piece or swimsuit
 - If front zipper exists, it must remain up
 - Appropriate uniform graphics currently under review





Facilities/Venues

- Swim Course
 - Open water: Sanitary body of water to accommodate a one or two loop swim course. Start line of 150+ feet (2 feet per athlete)
 - Pool: 25 or 50 yard or meter pool with lane ropes. Two athletes per lane maximum.





Facilities/Venues

- Bike Course
 - Paved road
 - Closed to vehicle and pedestrian traffic
 - Multi-loop course
 - No bike crossover
 - No crossover with run
 - Minimum length of loop = 5 kilometers





Facilities/Venues

- Run Course
 - Closed to vehicle and pedestrian traffic
 - Multi-loop course
 - No bike crossover
 - No crossover with run
 - Minimum length of loop
 - Draft-Legal (Varsity) = 2.5k
 - Non Draft-Legal (Novice) = able to accommodate a course of no more than two loops based on the total distance of the run leg.





Facilities/Venues

- Transition

- Flat, smooth transition of approximately 250 feet by 24 feet (prefer pavement)
- Less than 200 meters from swim exit
- Two parallel rows of racks. Athletes alternate sides.
- 2 feet minimum between athletes
- 18 feet minimum between racks and mount or dismount lines
- Athletes must have gear bin of 16 x 12 x 8 and placard with athlete name, number and school name.





Facilities/Venues

- Officiating
 - To be determined
- Volunteers
 - 75-100 volunteers including water safety personnel, lead motorcycles, EMS, etc





Facilities/Venues

- Standard Timeline

Day 1

- Event set up
- Venue preview
- Athlete briefing (afternoon)

Day 2

- 07:00A Athlete/Equipment Check-in
- 07:15A Loading Transition Area
- 08:00A Swim Warm Up
- 08:30A Competition
- 10:00A Awards





Collegiate National Championships for Women

- First full weekend in November
- Open water swim: Swim 750m /
Bike 20k / Run 5k
- Qualification:
 - Top 4 five-person teams from each of three regional qualifiers
(60 athletes)
 - Top 5 individuals from each qualifier who are not on a qualifying
team
(15 athletes)
 - Unclaimed team or individual
spots become wild cards filled by Coaches Association





Regional Qualifiers

- September through October
- Designate three (3) National Championship Qualification events
- Events will be situated in three regions – East, Central, West (one each per region)
- Teams must race in their respective region to qualify
- Teams may race in other regions, space permitting, but will not qualify from such
- Open Water Swim: (Swim 750m / Bike 20K / Run 5K)
- *All teams are eligible for their respective Regional Qualifier*





Event Production

- Programs
- Local USAT Race Directors
- USA Triathlon/NCAA





NCAA Legislation: What to Learn as Triathlon Emerges as an NCAA Sport

Justin Pollnow

Director of Athletics Compliance

Arizona State University Athletics Department





Compliance Office

- Emerging Sport → NCAA legislation
- NCAA Legislation → Rules Education
- Rules Education → Compliance Office





CARE

- Coaching personnel
- Amateurism
- Recruiting
- Eligibility





For Student Athlete Participation

- Financial aid
- Student-athlete benefits
- Playing and practice





Coaching Personnel

- Two countable coaches
- Three volunteer coaches
 - Swim, cycle, run





Amateurism

- Before college
- During college
- Three disciplines
 - Swim, cycle, run





Recruiting Prospects

- Phone calls
- Texts
- Emails
- Campus visits
- Contacts and evaluations





Eligibility

- Initial Eligibility:
 - NCAA Eligibility Center
 - Initial eligibility matrix
- Continuing Eligibility:
 - GPA
 - Degree Progress
- Transfers:
 - 2-year college
 - 4-year college





Financial Aid

- Athletic Scholarships
 - 3.5 (2014-15)
 - 4.5 (2015-16)
 - 5.5 (2016-17)
 - 6.5 (2017-18)
- Academic Scholarships
- Outside Scholarships





Student-Athlete Benefits

- Impermissible benefits
- Travel for competition
- Food
- Medical expenses
- Awards





Playing and Practice

- Practice hours
- Length of season
- Types of competition
- Summer activities





Sport Sponsorship

- Adding triathlon
- NCAA Sports Sponsorship Form
- Competition requirements





Work with your compliance office for more education.





Please take the next 5 minutes to enjoy the refreshments provided in the back of the room.





How the Collegiate Club Program will Interface with NCAA Women's Triathlon

Melissa Hylton

Sport Development Coordinator at USA Triathlon





- Current Collegiate Club Program
- Impact of NCAA Emerging Women's Program on:
 - - The athlete
 - - The coach
- Important to work with your school's Athletic Department
- Future considerations regarding Collegiate Nationals





Coaching Engagement-Ways to Approach Collegiate Athletic Departments to Establish NCAA Women's Triathlon Programs



Tim Edwards

USAT Level 2 Coach, Youth & Junior

USAC Level 2 Coach

ASCA Level 2 Coach

Head Coach of Cleveland State University Triathlon





Current Club Background

- Located in Cleveland, Ohio (Downtown)
- Club Sport since 2010.
- Attended National Championships each year of existence.
- Qualified for Draft Legal (Female) each of two years.
- Club sport status at the university.
- Generous funding for a club sport.
- Varsity Approach to coaching and administration.
- Small team, about a dozen athletes total.
- Nobody is a triathlete upon entering the program





Initial Contact with Athletic Director

- Started talking with the AD 1-1/2 years ago.
- Did not mention much about the club program.
 - Made a distinction between club and team.
- Stressed it was not just a bunch of kids wanting money for school.
- Stressed long term benefits.
- Started with a long lead time in mind.
- Educated them about the sport.
 - They thought it was IM racing.





Initial Contact with Athletic Director

- Talked about triathlon as a new program
 - Not a continuation of the club
- Discussed the benefits of being in a new sport
 - Growing base of athletes
 - Excellent socioeconomic demographic
- National prestige / recognition
- Gender equity
- Income generating sport
 - Unique for small sport
- Connects with community & donors





Initial Contact with Athletic Director

- Reduced startup costs due to:
 - Industry sponsor opportunities
 - Infrastructure already exists
- Excellent pool of athletes to draw from.
 - Already have athletes racing draft legal at a high level.
 - Won't steal athletes from existing sports
 - Track & Field
 - Cross Country
 - Swimming





Initial Contact with Athletic Director

- Focused on the sport as a whole and support at the national level for passage in the NCAA.
- Talked with many schools in less detail about support as well.





Post Passage Discussions

- We got the support from CSU and multiple other schools for passage into Varsity status.
- The next step is now to educate the schools on the benefits of starting a program.
- This step is not a quick nor easy proposition. It is a process.





Post Passage Discussions

- Need to convince the administration that they need to add for these reasons
- Gender Equity
 - Title IX Compliance
- Sport generates income
- Community involvement
- Attracts donors to the sports program
- Not a very expensive program to run
- Unique sport with minimal infrastructure
- Prestige of being a pioneer on the national stage.
- Draw for athletes across the nation and the world.





Other Discussions

- University of Dayton
 - Not adding a tri program for several years.
 - Starting Lacrosse in Fall 2014
- University of Denver
 - Not starting a program this year. Have compliance to Title IX.
- Notre Dame College
 - New AD just started in the Fall. Rapid expansion under last AD.
 - Ready to sit tight and see how things go with current sports.
- Case Western Reserve University
 - No funding at this point.
- University of Akron
 - May consider in the next couple of years.
 - Requires a lot of research to start discussions.





University of Akron Litmus Test

Evaluation Criteria for the Addition of a Varsity Sport

Student-athlete welfare

- What opportunities does the sport provide for the participation at the intercollegiate level on the basis of athletic ability of the student-athlete regardless of race, religion, ethnic background or national origin?
- What opportunities does the sport provide for personal development and maturation?
- What impact would the competition and practice schedules have regarding the student-athlete's opportunity for academic success?
- What measures are provided to ensure the health and safety of the participants?





University of Akron Litmus Test

Quality of competition at the conference and national level

- What are the anticipated future schedule opportunities within the Mid-American Conference, other athletics conferences or a national governing body in the geographical region of Ohio?
- What ability does the sport provide to attract fans to competitive events?
- What championships are currently available or planning in place to create an NCAA or a national governing body championship?





University of Akron Litmus Test

Financial considerations

- What is the timeline to phase-in a fully-funded varsity program?
- What is the availability and location of transportation requirements to and from practice and competition facilities?
- What are numbers and cost of NCAA approved or other appropriate scholarship levels?
- What is the applicable competition scheduling and potential team travel expenses?
- What are the costs of coaches' salaries?
- What are the costs of support services?
- What are the costs of equipment and supplies?
- What are the availability and/or need of locker and training facilities on campus?
- What is the recruiting geographical base and recruiting plan?
- What is the ability of the sport to attract alumni, donor, and student support?
- What is the ability of the sport to generate revenue?





University of Akron Litmus Test

Viability of new intercollegiate sports

- What is the sport's participation level in Ohio high schools and athletics clubs?
- What is the sport's participation level in the Mid-American Conference and within the Ohio geographical region?
- What is the sport's participation nationally in high schools and in NCAA Division I institutions?
- What is the sport's status within the university club sport program?
- What is the sport's status as a NCAA championship event, emerging NCAA sport or a national governing body championship?





University of Akron Litmus Test

Title IX

- What is the impact of a sport's addition on the Department's plan for gender equity and Title IX compliance?
- What is the impact of a sport's participation numbers on the Department's Title IX compliance?
- What is the ability to fund the sport consistent with the funding of current intercollegiate athletics teams?





General Lessons

- A program will not initiate itself overnight.
- Multiple meetings are needed to convince the staff.
- Develop a relationship with the administration.
- AD's and administration must see a value, they are not triathlon fans.
- You need to convince them of the value to adding triathlon.
- Keep the club team separate from the discussions.
 - Build a program from scratch.
 - If some club athletes make it, great but don't lead with that prospect.





Case Study: Approaching Collegiate Athletic Departments to Establish NCAA Women's Triathlon Programs



BREAK THROUGH
YOUTH & JUNIOR TRIATHLON

Ryan Riell

ryan@BTtriathlon.org

USAT Level 2 Coach, Youth & Junior

USAC Level 2 Coach

USAT High Performance Team Director

Training Bible Elite Coach





Initial Contact with Athletic Department

- Started talking with the Athletic Department at Arizona State in 2012
- Developed relationship and credibility





Developing Relationships

- Long-term planning and goals
- Kept ASU in the loop





January 2014

- Talked about triathlon as a new NCAA Sport and as a NEW program at ASU - NOT a continuation of the club
- Gender equity
- Income generating sport - unique for small sport
- Connects with community & donors





Athletic Director Concerns

- Startup Costs
- Operating Budget
- What existing sport would this model
- Club and High School Support
- Qualified Coaches





Athletic Department Liked...

- Gender Equity: Title IX Compliance
- Existing facilities = low start up costs
- USA Triathlon's dedication to Y/J development
- Sport generates income
- Community involvement





General Lessons

- Program will not initiate itself overnight
- Multiple meetings are needed
- Develop a relationship with the administration
- AD's and administration must see a value, they are not triathletes
- Convince them of the value to adding triathlon
- Keep the club team separate from the discussions
 - Build a program from scratch
 - If some club athletes make it, great but don't lead with that prospect





Coaching Education-Expectations, Priorities, Challenges, and First Steps of Being a Coach in an Established NCAA Women's Triathlon Program

Zane Castro

Head Coach Marymount University Triathlon





- *What do institutions expect from their coach?*
- *How do I spend most of my time and why?*
- *What are my priorities as the Marymount University Triathlon Coach?*
- *What are the biggest challenges when working for an athletic department?*





What do institutions expect from their coach?

- The technical background to safely coach student-athletes, in all three disciplines, to individual successes.
- The ability to recruit to the institution effectively
 - Every institution is different
- Specific to Triathlon, the ability and connections to build corporate partnerships for sport development and promotions of the collegiate model.
- The ability to generate funding.





How do I spend most of my time and why?

- Assuming 100%=40 hours a week
- 75% of my time is spent recruiting and promoting the program.
- 20% building implementing structure for athletes and program.
- 20% Managing staff.
- 50% Hands-on coaching
- 35-45% Administrative
- 10% Research and development
- Yes, the percentages are correct: 80-100 hours a week at key times of the season each year





What are my priorities as the Marymount University Triathlon Coach?

- Establishing a program of benefit to the student-athlete, University, and at large systems.
- Create, maintain, and evolve as stable an environment as is sustainably possible for the student-athlete.
- Recruit, recruit, and recruit...





What are the biggest challenges when working with an athletic department?

- It is a Bureaucracy, be willing to put in the time.
- The ethos, “where there is a will there is a way,” comes to mind frequently





First Things to Do Once in a Program

- 1. Get to know your admissions personnel, you will be working with them often to get student athletes into the program.
- 2. Learn the NCAA Rules, follow them,
- 3. Develop your program structure, philosophy to match the Department and University goals; set a long-term plan.
- 4. Prioritize academic!
- 5. Establish a complete profile of the athletes you will pursue and the primary places you will go to get them.
- 6. Use that recruiting process and assess its success frequently and change it if it isn't yielding the outcomes you desire.
- 7. Build a process to link up with your community to establish short and long-term support from the surrounding community.
- 8. Know your program strengths and use them to recruit and to show your potential. Add features and personnel as you can.
- 9. Do not listen to the nay Sayers.
- 10. Be creative with the process of development, but stick to proven methods of gain.





Questions??





THANK YOU!

On behalf on USA Triathlon we appreciate you taking the time to attend today, and look forward to working with you all in the future with NCAA Women's Triathlon

If you have any additional questions or comments, please contact Jess Luscinski at jess.luscinski@usatriathlon.org

