



2016 – 2024 HIGH PERFORMANCE PLAN

REBUILDING OUR PATH TO THE PODIUM

THE FOLLOWING PLAN WAS DEVELOPED BY TRIATHLON CANADA'S HIGH PERFORMANCE STAFF AND KEY STAKEHOLDERS TO REBUILD AND GROW OUR OLYMPIC AND PARALYMPIC PROGRAMS WITH A GOAL OF ACHIEVING MORE CONSISTENT PODIUM PERFORMANCES.

KEY FINDINGS



A thorough analysis of the global and Canadian context of Triathlon and Paratriathlon, as well as a critical review of historical data are the foundation of the High Performance Plan. The key findings from the analysis and review are as follows.



GLOBAL CONTEXT

- Speed, technical skill and efficiency are prioritized in athlete development
- Greater race accessibility outside of North and South America
- Paraspport performance is increasing exponentially in Europe and Asia
- Limited number of High Performance focused coaches in the world
- Triathlon is a late maturing sport
- Environmental factors will play a significant role at the next three Olympic/Paralympic Games



CANADIAN CONTEXT

- Legacy of long distance triathlon predominantly drives the coaching model (career and training philosophies)
- High injury rates amongst athletes
- High Performance stream athletes/clubs are the minority of national membership
- Inconsistent results and lack of conversion through the Podium Pathway
- High attrition rate in the U23 category
- Small paraspport athlete pool
- Funding is inconsistent and ~44% less than international competitors



KEYS TO SUCCESS

- Front pack swimming
- Efficient and skilled cycling
- Running speed off the bike
- Consistent and reliable racing
- Intranational and international competitiveness
- Stable, competitive and supervised daily training environment
- Successful paratriathlon classification

STRATEGIC INITIATIVES



Based on the Key Findings, Triathlon Canada's High Performance Plan is focused on the following strategic initiatives through to 2024.



OLYMPIC STRATEGIES

- Increase consistent and reliable performances through clear and transparent criteria that prioritizes demonstrated performance and proof of fitness/health
- Increase athlete/coach exposure to world class training through a centralized National Performance Centre and Academy
- Decrease the U23 gap through policy revisions, increasing racing opportunities and targeting talent recruitment/retention
- Capitalize on podium opportunities through investing in the Mixed Relay format



PARALYMPIC STRATEGIES

- Increase athlete pool through active recruitment from other sports
- Increase podium potential through technological and physiological innovation
- Maximize podium potential through capitalization of quality of field
- Increase strategic advantage through development of Canadian classifiers



SYSTEMIC STRATEGIES

- Improve coaching quality through providing mentorship opportunities, HP coaching positions and a revised coaching education program
- Increase competitive opportunities through a revised National Development/ Domestic Race Series, and re-prioritizing Canadian ITU races
- Increase knowledge and talent base through investment in relationships with other National Sport Organizations
- Decrease athlete injury rates through implementation of a critical compliance framework
- Optimize athlete development through guidance and collaboration with the Provincial High Performance Programs