

FREQUENTLY ASKED QUESTIONS



Program FAQ's

What is TRI2gether?

TRI2gether (T2G) is a school-based program giving students from year levels 7-10, the opportunity to get active through multisport by participating in swim, bike and run. The flexible program targets students that are less active and aims to create an accessible, fun and socially-inclusive environment.

T2G aims to support students develop their resilience, self-confidence, goal setting, personal achievement, perseverance. The T2G program looks to conclude participation in an event, focusing on "finish line, not finish time".

How does TRI2gether work?

- Delivered by accredited triathlon coaches appointed as 'T2G Ambassadors'.
- Designed as a 12-session program consisting of one swim session and one bike/run session per week.
- Can be held in pools & on spin bikes and in school grounds or at local leisure facilities.
- End goal of students completing a mini 'fun' triathlon as an individual or in a team (2 or 3 students).

Can we modify the program content, length, etc.?

The T2G program aims to be flexible to fit the needs of both your school and students. The ideal set up includes a 6 week program including 12 sessions (2 per week). Your T2G Ambassador will discuss your available facilities and how to best configure the program. As well as adapting the program to suit your available equipment and facilities, TRI2gether also provides flexibility to structure around any multisport variation of duathlon, aquathlon or triathlon event.

How much does the program cost?

There is no cost to schools for the TRI2gether program for services directly provided by Triathlon Victoria (coaching, starter pack for participants, etc.) in 2020/21 as the program is still supported by VicHealth grant funding. However, schools and/or participants will be required to pay operational costs such as facility hire for training and the triathlon event entry fee should they enter an event on the triathlon event calendar. NB: starter pack for each student includes a drawstring bag, sports towel, earphones and swim cap.

Beyond 2020/21 there is a cost required for the program services delivered directly by Triathlon Victoria and payment options can be chosen by school (school, participant or hybrid funded). We can provide more detail here at planning stage.

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How many students do I need in a program?

Program sizes will vary according to the facilities available. Generally, programs work best with around 20.

What program documentation is provided by Triathlon Victoria?

Schools receive a comprehensive training program and support resources including:

1. T2G session plans and activities of swim and spin bike/run session content.
2. Digital support resources such as Bike Safety Checks, What is Transition?, Event Day Checklist and Correct Bike Helmet Fitting, etc. to support a novice triathlete so they're confident and prepared come event day.

<https://www.triathlonvictoria.org.au/get-involved/triathlon-in-schools/resources>

What events are there for schools to enter? What if there is not an event near our school or one held at a suitable time?

T2G is designed to finish with a mini triathlon event in your local area or at your school. Your T2G Ambassador will assist you with selecting an event from the triathlon event calendar or alternatively help you 'build' your own T2G event that can then be held at your school or local leisure facility. Schools can partner with neighbouring schools to hold combined events.

Is there any program administration for schools?

Triathlon Victoria is working with the Centre for Sport & Social Impact at La Trobe University to collect participation data (on behalf of the program funding body, VicHealth). Accordingly, there are 2 surveys participants are asked to complete, which measure changes in, and attitudes towards, exercise and sport from participation in the T2G program:

1. A pre-program survey >

https://www.surveymonkey.com/r/TRI2gether_Participant_Registration_Term22019

2. A post-program survey >

<https://surveys.intuitivesolutions.com.au/s3/GPS-Post-Evaluation-Tri2gether>

Both surveys are ideally completed as part of program sessions, so students can seek assistance from T2G Ambassador and/or teachers as necessary.

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Event Day FAQ's

How long is a triathlon?

The T2G event is a mini 'fun' triathlon with swim/bike/run distances typically of a 200m swim, 8km bike, 2km run.

What if a student can't or doesn't want to do one of the legs on race day?

Participants may enter the event as an individual or part of a team (2 or 3 people). Teams are a great introduction to triathlon and the team members participate in a relay format.

How much does event entry cost?

Event entry for a mini 'fun' triathlon is generally around \$60.00; which schools/participants are required to pay (if the school doesn't organise its own race event).

How do we enter events on the triathlon event calendar?

Entry is direct with the event provider and generally entered by an individual or, alternatively, a school may collate entries in an Excel format and provide in bulk (this is generally only available where payment is made in a single transaction at the school level).

What to expect on event day?

The event provider website will have details of requirements for collection of event packs, transition opening times and event 'wave' start times. The most important part of the event day experience is that it is a celebration of achievement – 'finish lines, not finish times'.

Helpful links

<https://www.triathlonvictoria.org.au/wp-content/uploads/pdf/VSTC-Top-10-Event-Day-Tips.pdf>

<https://www.triathlonvictoria.org.au/wp-content/uploads/pdf/Event-Day-Checklist.pdf>

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