

DC TRI CLUB ELITE TEAM GUIDLINES

Introduction

Thank you for your interest in the DC Triathlon Club's Elite Team Program (ETP). The Club strives to provide opportunities for athletes of all abilities by offering a suite of training programs that encompass every aspect of progression through the sport of triathlon. The journey begins with the New Triathlete Program (NTP) and ends with the Elite Team.

Mission

The mission of the ETP is to give the fastest triathletes in the DC Metropolitan area the opportunity to train and race together as a team. By doing so, we provide these athletes with the support structure and resources necessary to reach the highest levels of competition.

Leading by example, these athletes foster competitive drive throughout the club and inspire others to follow in their footsteps.

Qualifications

- While the application process is open to all, this is an elite level Team and we expect athletes to consistently place at the top of their age group AND overall categories, hold a high USAT ranking (typically around an 80 or higher), and race competitively on all levels (local, national, and global)
- You do not have to be a member of DCTriClub to apply for the Team however, if selected, you must become an active member of DCTC in good standing for the duration of tenure (December 2018 - December 2019).
- You should be a USAT member in good standing.

Background

- The Team has existed as cohort of amateur elite-level triathletes (we have one pro triathlete among our ranks) that represent the larger DC Triathlon Club. Around 7 years ago, the Club desired to showcase the athletic prowess of its members on the elite circuit. This grew into a partnership with the Snapple National Triathlon Team for many years that bolstered the awareness of our athletes and our talent.
- After many great years partnering with the Snapple Team, the Club parted ways and took over management of the Team themselves in 2017. The 2018 season was a successful year of growth, podiums, and giving back to the multisport community, from which we look expand in 2019!

About the Team

- The Elite Team is a small group of elite-level triathletes that represents a wide range of ages and gender across the DC Triathlon Club; as well as, all of our sponsors. Applicants (and members) are expected to be placing at or near the top of their Age Group; as well as, at or near the top of the overall field. Members must re-apply for the Team every year, and being on the Team does not guarantee re-acceptance in subsequent year.
- With regard to distances, the Team is a mix of short and long course racers. Short course racers are expected to be qualified to race in the Open/Elite waves of a race if that option is available

(but can choose not to if they want). There is no Open/Elite criteria for long course, but being on the podium or close to a podium spot is expected (we know there are some VERY tough age groups). However, members do not have to stick with just one course style of racing and are encouraged to challenge themselves to go long or to go faster in short course!

Expectations during Membership

- While we do not have a specific set of races that team members are required to do, we have one event that we highly encourage everyone to race: the USAT-MidEast Regional Club Championship. This is an Olympic distance race in the MidEast region and the larger DC TriClub can receive money from USAT for winning their Division. As the Club's fastest members, we are there to help them win that money. We realize that long course athletes may not do well at the Olympic distance, so they are encouraged to come cheer on their teammates or do a relay if one is available. We encourage members to do this event but don't require it because USAT doesn't always get this race announced in a timely manner and some members might already have made conflicting race plans.
- As the DC Triathlon Club is our largest supporter, we expect the Team members to give back to the Club in appreciation of that support. The Club has a plethora of ways that members can give back, one of which is through volunteering as a co-leader in Club Programs (New Triathlete, Half IM, etc). These programs typically offer two Clinic Days in the spring that members are required to help out at (two Sundays typically in March for 4-5 hours each day). There are many other events (Club Training weekends, Club Races, Community Support) where we encourage Team members to volunteer and give back to the Club. Triathletes tend to take a lot from the community, so we like to see our Team members give back in some way.
- We are a sponsored elite team, so that means we have sponsor obligations. This tends to require social media support (hashtagging, promoting, etc) so a social media presence is needed. The sponsors give the Team members benefits so we, in turn, have to show them a return on their investment as best that we can. This typically entails 1-2 social media tags per month so it's not an overwhelming responsibility, but please be aware that there are sponsor obligations when on the Team.

Team Benefits

- The camaraderie of being with a bunch of like-minded, elite-level athletes with the goal to win Age Groups, divisions, and races! That being said, we are a team of varied distance racers who are not all doing the same goal races, so we are not a team that can always train together due to varied individual training needs. We do a lot more social events together but we also try to join up for group runs and group rides when we can. Still, we are always supporting each other, challenging each other, and training together whenever we can.
- From the Club, you will receive training and racing gear including: cycling kits, running kits, and a triathlon racing kit, along with other accessories.
- From sponsors, you may receive various items for free or steep discounts. Members have previously received a free wetsuit, speedsuit, transition bag, race belt, performance sunglasses, casual sunglasses, racing helmet, two pairs of running shoes, hats and visors, annual training log account, nutrition products discounts, hydration product discounts, and access to free massage, among others.

- Finally, every Spring we host a Team Training Camp where we go out of town for a long weekend for some team building; as well as, fun (but intense) training. We bring out a professional photographer for team photos, portraits, and of course a few silly candid. This is an opportunity to really connect with teammates, learn from each other to improve skills, and have the opportunity to push yourself to get stronger.

Athlete Responsibilities

- Train and race exclusively in DC Tri Club Elite Team gear.
- Provide team manager with race results, reports, and pictures.
- Promote the team and its sponsors on social media
- Training / racing blogs are encouraged but not required.
- Join scheduled team workouts and training camps.
- Volunteer for club events, clinics, and forums each year (club happy hours do not count).
- Prioritize local DC metro area races, club target races, and club championships.
- Contribute to the DC Triathlon Club forum in response to questions and posts from DC Triathlon Club members.
- Positively represent DC Tri Club and its sponsors at all times and abide by the Team's Code of Conduct.

Selection Process

- Submit a completed application by 11:59 p.m. on October 31st, 2018
- A selection committee will review all applications and select finalists based on the following metrics: race results, involvement in the sport/ties to community, and enthusiasm to be a part of a team.
- If any DCTC board member has submitted an application, they will not be permitted to participate in any part of the selection process.
- Team members will be notified of the committee's decision in early November and the Team will be announced at the DC Triathlon Club annual meeting/Kona viewing in December. Newly-selected team members must attend.
- If, at any time during the season, a member of the team is not fulfilling their obligations or is injured for an extended period of time, the athlete in question will be removed from the team and a replacement appointed.