



**NORTH COAST
ENDURANCE COACHING
ELITE TEAM**

Team Information Packet



Where Olympic Journeys Begin



Our Mission

To develop elite triathletes from the age of 16 to 25 to race at the highest level of draft legal competition available in the USA and Internationally.



Team Composition

Each year we will have 6 to 12 athletes comprise the team. Both men and women are on the team and joint practices will be common.

The team will hold year round training as the race season stretches from February thru November with an off season



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Application Requirements

Athletes must demonstrate prior achievement or competency in the single sports of swimming, cycling, or running or in the sport of triathlon to be considered for the team. An interview will be conducted and a resume must be submitted to be considered for the team. Prior race results should be included in the resume.



Good sportsmanship, fair competition, respect, and abiding by USAT, ITU, and USADA rules are a foundation for the team. Athletes are representing themselves, the team, the coaches, the sponsors, and the sport of triathlon every practice, competition, travel opportunity, and every day. A signed agreement is required of each athlete.

Athlete Code of Conduct



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Equipment Requirements



Athletes must have a working and safe road bike, goggles, indoor trainer, running shoes and cycling shoes. No aerobars, aero helmets, or triathlon bikes may be used for a draft legal competition. A team uniform must be purchased.

Opportunities for additional team clothing and sponsor gear will be available throughout the year.

Practices

Daily practice sessions will be sent to athletes electronically. Athletes are encouraged to practice with teammates. Team practices will be held multiple times each week at a variety of venues. Practice will be geared towards developing speed, stamina, and skills for the draft legal format. This is not a team focused on long course racing formats. Emphasis will be on developing teamwork, sportsmanship, mental toughness, excellent technique, and the skills for DL racing.



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There will be a limited but varied amount of draft legal races throughout the season based on the USAT calendar. Depending on the athlete's age and school status, they may be able to race in multiple series. Several single sport race opportunities will be included to provide race specific competition. Races in the Junior Elite Cup, Collegiate Club series, Collegiate Club DL National Championships, Elite Development Races, and Age Group Draft Legal Qualifier will be available to compete, practice, and progress. The goal of each athlete may vary but each is encouraged to earn their elite (pro) license in an EDR race.

Race Opportunities & Requirements



Residential Opportunities

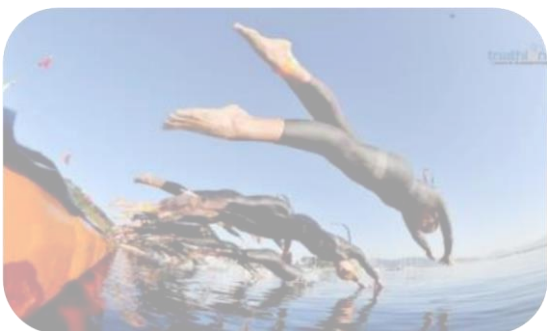
Athletes from outside of the Northeast Ohio area are encouraged to find local housing to train with the team. Team management will assist in helping the athletes find a group rental for the season that is close to the area that we train in.



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Sponsorship



Athletes committed to the program for a minimum of 3 months are eligible to receive sponsorship, if available. Some companies sponsor in the form of discounts on purchasing gear. Discounts are available immediately upon being accepted onto the team. Free equipment will be distributed in a fair manner based on need and performance.

Northeast Ohio has great training opportunities. The Spring is early with nice days starting in March and transitions to warm but not scorching Summers with mild humidity. The Fall extends well into November with mild temperatures due to the warmth of Lake Erie to the North. Winter can be challenging but snow sports and indoor venues allow the training to continue despite any snow that falls.

Weather Conditions



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Training Venues



Northeast Ohio is an excellent training area. Many of the practices will occur on the east side of the city in suburban and rural areas. This area is quite hilly and sits at 1200 feet of altitude. Lake Erie is available for open water swimming practices and many pools are utilized for swim practices. The riding is excellent with quiet roads, flat and hilly terrain, and features miles of suburban park routes as well as the nationally known Cuyahoga Valley National Park (one of the most visited parks in the nation).



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