

2023/2024 Kronos Triathlon Club Programs

Ages below are based upon the athlete's age December 31, 2024.

All times and locations are subject to change due to facility or coaching availability, etc.

****Program start, and end dates are subject to change due to facility and coaching availability)****

***** Kronos Triathlon Club programs are inclusive – we will do our part to ensure that no one is turned away because of a disability, whether it be physical, intellectual, sensory, developmental, or otherwise.*****

Volunteer Deposits and Requirements

Volunteer requirements vary, depending on the program. The following table summarizes the mandatory volunteer deposit and credits that must be earned for each athlete in the club.

Program	Deposit (per family)	Credits (per athlete)
Youth Program (10-13)	\$250	20
Development Program (14-17)		25
16+ Programs		30
Family Swim Program		10

- Youth and Development Programs
 - \$250 deposit per family
 - Casino (2024) + CKOS (Jun 2024) + 20 credits (see signup sheet linked below)
- 16+ Programs (JR., Elite, Sr.)
 - \$250 deposit per family
 - Casino (2024) + CKOS (Jun 2024) + 30 credits (see signup sheet linked below)
- Family Swim Program
 - \$250 deposit per family
 - Casino (2024) + CKOS (Jun 2024)) + 10 credits (see signup sheet linked below)

There are no volunteer requirements for Swim, Bike, Play or Spring/Summer Sessions.

Fundraising Requirements

To assist in keeping registration fees low, families will be required to participate in 3 whole club fundraising event during the year (Individual squads may have additional optional fundraising for race season). Families may choose to opt out of whole club fundraising with the purchase of a fundraising exemption for \$300.00. This can be added to your registration through the CCN Store.

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Swim Bike Play! (2-9 years):

Swim Bike Play! is a program for children aged 2 to 9 years of age who want to gain the skills to swim and bike confidently. In addition, run drills and physical literacy games are included to provide our athletes with the ability to move with competence and confidence in a wide variety of physical activities. This leads to healthy development of the whole child.

This program is perfect for the young child who is just starting out on in the pool or wanting to learn how to ride a bike. Great for young athletes who want to develop multi-sport skills that will help in future development as an athlete.

SWIM:

In our hands-on approach to swim coaching for young athletes our coaches will be in the pool with athletes to assist them in learning the skills they need to succeed in the pool. Parents/Guardians are required to be in the pool for ages 2-3 yrs. during the swim portion.

BIKE:

We use games and interactive activities on the athlete's personal bikes to help athletes learn to ride a bike. Those who already know how to ride can master cycling skills with challenges and drills in a controlled indoor environment. We utilize indoor gym space for these sessions.

PLAY:

Through physical literacy games and run drills, children will develop physical skills needed to live an active and healthy lifestyle. Physical literacy is best developed when done in a fun and interactive environment.

Prerequisites: There are no prerequisites for this program other than minimum age.

Program Cost: \$300

PROGRAM DATES:

2-3 yrs: 6 Sundays (November 5, 12, 19, December 3, 10, 17) NO PRACTICE NOV 26 (Kronos Splash n' Dash)

4-5 yrs: 6 Sundays (January 14, 21, 28, February 4, 11, 25) NO PRACTICE FEB 18 (Family Day Weekend)

6-7 yrs: 6 Sundays (March 3, 10, 17, 24, April 7, 14) NO PRACTICE MAR 31 (Easter)

8-9 yrs: 6 Sundays (April 21, 28, May 5, 12, June 2, 9) NO PRACTICE MAY 19 (May Long Weekend)

****Ages are based on age at start of program****

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim							3:00-3:30PM
Bike							2:15-2:45PM
Play!							1:30-2:15PM

Spring Program (10-13 years):

The Spring Program is for athletes 10-13 years (based on age on December 31, 2024) who want to train for a couple months prior to the Kinetico Calgary Kids of Steel Triathlon in June. This program focuses on the skills and technique required to race a triathlon confidently. A mixture of technical work and physical literacy activities is used to make the program both enjoyable and challenging.

This program is great for young athletes who are participating in other sports through the winter months who want to take a bigger role in training for triathlon in the spring/summer months.

Prerequisites: Ability to swim 50m un-aided. Must have a bike in good working condition. Mountain bikes are acceptable.

START DATE: May 2, 2024

END DATE: June 30, 2024

Program Cost: \$450

Schedule (May - June):

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim							5:00-6:00PM @ MNP
Bike		5:30-8:00PM Outdoor Run & Bike @ North Glenmore Park					
Run							3:45-4:45PM @ MNP
Other							

Summer Program (10-13 years):

The Summer Program is for athletes 10-13 years (based on age on December 31, 2024) who want to train for a couple months prior to the Kinetico Calgary Kids of Steel Triathlon in June. This program focuses on the skills and technique required to race a triathlon confidently. A mixture of technical work and physical literacy activities is used to make the program both enjoyable and challenging.

This program is great for young athletes who are participating in other sports through the winter months who want to take a bigger role in training for triathlons in the spring/summer months.

Prerequisites: Ability to swim 50m un-aided. Must have a bike in good working condition. Mountain bikes are acceptable.

START DATE: July 2, 2024

END DATE: August 18, 2024

Program Cost: \$300

Schedule (July - August):

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim				6:00-7:00PM @ MNP			
Bike		5:30-8:00PM Outdoor Run & Bike @ NGP					
Run							
Other							

10/11 Youth Squad (10-11 years):

The Youth Squad is for athletes 10-11 years (based on age on December 31, 2024). This group focuses on the development of triathlon through technique-based sessions and age-appropriate training. The Kronos Triathlon Club places a large emphasis on developing physical literacy, creating a smooth pathway of progression from entry-level athletes wishing simply to participate to those looking to train and race competitively.

Prerequisites: Ability to swim 50m un-aided. Must have a bike, either personal or through the Future Champions Program (applications available upon request).

START DATE: October 15, 2023

END DATE: August 18, 2024

Full Season Cost: \$1700

Fall/Winter Schedule (October - April):

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim				7:00-8:00PM @ Mount Royal University Pool			5:00-6:00PM @ MNP
Bike		5:00-6:30PM Indoor Run & Bike @ MNP					
Run							3:45-4:45PM @ MNP
Other							

Spring/Summer Schedule (May – August):

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim				5:00-6:00PM @ MNP			5:00-6:00PM @ MNP (May/June only)
Bike		5:30-8:00PM Outdoor Run & Bike @ NGP					
Run							3:45-4:45PM @ MNP (May/June only)
Other							

12/13 Youth Squad (12-13 years):

The Youth Squad is for athletes 12-13 years (based on age on December 31, 2024). This group focuses on the development of triathlon through technique-based sessions and age-appropriate training. The Kronos Triathlon Club places a large emphasis on developing physical literacy, creating a smooth pathway of progression from entry-level athletes wishing simply to participate to those looking to train and race competitively.

Prerequisites: Ability to swim 100m un-aided. Must have a ROAD bike, either personal or through the Future Champions Program (applications available upon request).

START DATE: October 15, 2023

END DATE: August 18, 2024

Full Season Cost: \$1800

Fall/Winter Schedule (October - April):

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim		7:00-8:00PM @ Mount Royal University		6:30-7:00PM @ MNP			5:00-6:00PM @ MNP
Bike				5:00-6:15PM Indoor			
Run				Bike/Run @ MNP			3:45-4:45PM @ MNP
Other							

Spring/Summer Schedule (May – August):

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim					6:30- 8:00AM @ MNP (7- 8AM July/August)		5:00-6:00PM @ MNP (May/June Only)
Bike		5:30-8:00PM Outdoor Run & Bike @ NGP					
Run							3:45-4:45PM @ MNP (May/June only)
Other							

Development Squad (14-17 yrs.)

The Development Squad is for 14–15-year-old athletes with triathlon experience, as well as 16–17-year-old athletes who are new to triathlon (and meet program prerequisites). This program is meant to be a transitional group bridging the gap between our Youth and Junior Competitive Squads.

Prerequisites: Ability to swim 400m un-aided. Must have a road bike, either personal or through the Future Champions Program (applications available upon request).

START DATE: October 15, 2023

END DATE: August 18, 2024

Full Season Cost: \$2200

Fall/Winter Schedule (October – April):

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim		7:00-8:00PM @ Mount Royal University			6:30- 8:00AM @ MNP		4:30-6:00PM @ MNP
Bike	5:00-6:15PM @ MNP						
Run			5:00-6:15PM @ MNP				
Other	6:30-7:30PM @ MNP, Strength & Conditioning						

Spring/Summer Schedule (May – August):

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim		7:00-8:00AM @ MNP			6:30-8:00AM @ MNP Open Water Swim @ Location TBD 9:00- 10:00AM (July/August)		4:30-6:00PM @ MNP (May/June only)
Bike				5:30-7:00PM @ NGP			
Run		5:30-6:45PM @ NGP					
Other							

Junior Competitive Squad (16-19 yrs.)

This program is for athletes aged 16-19 who are focusing on draft-legal short course racing. This program requires approval by the Kronos Club Performance Coach and Head Coach prior to registration. All athletes in the Junior Competitive Squad are committed to following their program set out by the Kronos Performance Coach. Participants in this program must have previous triathlon experience, OR meet the swim and/or run standards outlined below:

Prerequisites: 1) Ability to swim 750m un-aided. 2) Must have a road bike. 3) Must have triathlon experience OR meet ONE of the following performance criteria:

Males:

200m Swim – Under 3:00

1500m Run – Under 5:30

Females:

200m Swim – Under 3:15

1500m Run – Under 6:00

****Athletes 16+ who do not have triathlon experience may start the season in the Development Squad and move up to the Junior Squad as soon as coaches feel appropriate to do so.***

START DATE: October 15, 2023

END DATE: August 18, 2024

Full Season Cost: \$2550

Fall/Winter Schedule (October - April):

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim		7:00-8:00AM @ MNP		7:00-8:00AM @ MNP (OPTIONAL)	6:30- 8:00AM @ MNP		4:30-6:00PM @ MNP
Bike			4:45-6:00PM @ MNP				
Run		5:00-6:15PM @ MNP					
Other	6:30-7:30PM @ MNP, Strength			6:30-7:30PM Strength TBD			

Spring/Summer Schedule (May – August):

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Swim		7:00-8:00AM @ MNP		7:00-8:00AM @ MNP	6:30-8:00AM @ MNP Open Water Swim @ Location TBD 9:00- 10:00AM (July/August)		4:30- 6:00PM @ MNP (May/June only)
Bike			5:30-7:00PM @ TBD (Advanced Group)*	5:30-7:00PM @ NGP (Intermediate Group)*			
Run		5:30-6:45PM @ NGP					
Other							

*Athletes will be assigned to a bike group at the start of the outdoor season. This will be based on riding ability and safety.

Elite Squad, High Performance Triathlon Centre (16+ yrs.)

This program is specifically designed for athletes 16 years and older whose focus is performance-based. This may include working towards their International Competition Card, focusing on World Triathlon and CAMTRI draft-legal racing nationally and internationally. Elite draft-legal racing and tactics are an integral part of this program. Athletes in this program receive more personal, in-depth training prescribed through a Kronos Head Coach. This program is competitive in nature and requires increased levels of training commitment and performance standards. All training is to be over-seen by HPTC coaches.

This program requires approval by the Kronos Club Head Coaches prior to registration, and successful application and entry into the High-Performance Triathlon Centre Program.

Prerequisites: Athletes are required to apply to this program prior to entry, which includes the following Performance Standards.

Performance Standards:

Males must complete a 200m swim time trial/event in under 2:30 AND a 1500m run time trial/event in under 4:40 OR B) complete ONE of the following, either a 200m swim time trial/event under 2:16 OR 1500m run time trial/event under 4:15.

Females must complete a 200m swim time trial/event in under 2:37 AND 1500m run time trial/event in under 5:36 OR B) complete ONE of the following, either a 200m swim time trial/event in under 2:23 OR B) complete a 1500m run time trial/event in under 5:06.

START DATE: October 15, 2023

END DATE: August 18, 2024

Full Season Cost: \$2800

Fall/Winter Schedule (October - April):

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim		7:00-8:00AM @ MNP		7:00-8:00AM @ MNP	6:30-8:00AM @ MNP		4:30-6:00PM @ MNP
Bike			4:45-6:00PM @ MNP				
Run	5:00-6:15PM @ MNP						
Other	6:30-7:30PM @ MNP, Strength			6:30-7:30PM TBD, Strength			

Spring/Summer Schedule (May – August):

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Swim		7:00-8:00AM @ MNP		7:00-8:00AM @ MNP	6:30-8:00AM @ MNP Open Water Swim @ Location TBD 9:00-10:00AM (July/August)		4:30-6:00PM @ MNP (May/June only)
Bike			5:30-7:00PM @ TBD (Advanced Group)				
Run		5:30-6:45PM @ NGP					
Other							