Elements to Starting a High School Club

**Objective** – inspire and support the development of high school triathlon clubs.

**Team Size** – varies based on several factors, a typical club is between 5 and 15 students, but there are clubs with 40+ students.

**Purpose** – introduce students to triathlon in a way that is fun, promotes fitness, self-esteem, teamwork, goal setting, self-discipline, and friendly competition between high schools.

**Starting the Club** – if you are looking to start a club directly through a high school you will need to connect with either the Athletic Director, Principal, Director of Student Activities, or appropriate person to indicate your willingness to start a triathlon club and gauge the school’s interest & support. All schools are different in how they approach clubs. The second option is starting a region-based club. This can be a few students from different high schools in the surrounding area. The person interested in starting the club would be responsible for club’s organization and management.

**Target Group** – newcomers and experienced triathletes.

**Student Driven Process** – setting the tri program up as a school club puts the responsibility on students to build, fundraise, and run the program.

**Faculty Advisor(s)/Student Leaders** – ideally each club will have one to two faculty members and a local USAT certified coach serving as advisors. It is common for students to be founding members of the club/part of the leadership group.

**SafeSport** – all club leaders must complete SafeSport training.

**Coaching** – each club will be encouraged to partner with a local USAT Certified Coach and incorporate coaching fees into their budget/fundraising planning. USAT coaches will be encouraged to donate time towards getting a new school club up and running. Here is a directory USAT certified coaches.

**Time to Tri** – targeted at drawing newcomers into the sport, USAT’s Time to Tri initiative provides a spectrum of resources that high school clubs could use to introduce students of every fitness level to the multisport lifestyle.

**Distance & Format** – USAT recommends that all high school students do sprint distance, non-draft racing.
Workouts/Facilities – clubs will set their own schedules. Talk to the school about access to facilities & space for training like weight room, treadmills, stationary bikes, outdoor track. Consider where you will hold swim practices. If not available on campus, connect with local facilities (i.e. YMCA and/or local fitness clubs).

USAT Club/Member Registration – all clubs must register with USAT. Review USAT’s club benefits. Basic steps: administrator log-in to the USAT website, then navigate to Clubs, “Create a Club,” select “High School” under Club Type. Club registration is $50 annually. All students must have USAT memberships. Youth annual memberships are $15.

Season – schedule of races throughout the school year. Structuring things in this way would provide athletes in every HS sport with a fun cross-training opportunity that offers them the flexibility of working out and racing with the Tri club before, after, or in between their Varsity or JV seasons.

Race Events – USAT recommends that clubs reach ask race directors with races listed on the USAT sanctioned events calendar to see if they are open to adding a high school wave to their race. Below is an example for a club in southern California:

- La Quinta - March 3, 2019 - Desert Triathlon
- Murrieta - April 14, 2019 - Supreme Soldier Triathlon Challenge
- Perris - April 27, 2019 - Off Road MTB Tri
- San Dimas - May 5, 2019 - Renegade Off Road Triathlon
- San Diego, September 29, 2019 - Mission Bay Triathlon
- La Quinta - October 26, 2019 - HITS Palm Springs
- San Dimas - November 24, 2019 - Turkey Triathlon
- Hemet - December 9, 2019 - Tinsel Triathlon

State & National High School Championships – students from any USAT sanctioned high school club can participate in State and National Championships. The National Championships is on April 5, 2019 in Tempe, AZ.

Marketing – create club profiles on social media (Twitter, Facebook, Instagram, etc.) Create a webpage on the school’s website, or create your own. Connect with existing tri clubs in your region. Note: you can purchase USAT additional club benefits for $100, that includes a website on Sports Engine, review the club benefits.

Eligibility – students eligible to compete on a high school club are those who as of June 1st after 8th grade graduation until September after senior year graduation.
Constitution/Officer Elections – each club should consider writing bylaws and/or appointing members for leadership roles within the club. Please review the HS program overview as an expanded version of this document.

Club Insurance – USAT recommends that high school clubs secure insurance. USAT club insurance is offered via Integro Group Inc. Speak with the school to figure out if the club should purchase the additional insurance.

Budget – each club will set its own budget. Start-up costs will likely include: equipment/uniform purchases, coaching fees (if any), race fees, club insurance ($100), and USA Triathlon Club Membership annual dues ($50).

Fundraising Start-Up Costs – USAT offers a grant program to help high school clubs with startup/expansion costs, the Pillar Grant offers up to $5,000.

Sponsors – clubs will approach triathlon related local businesses and ask for support (i.e. bike shops).

Additional Information: Visit the USAT High School Program page and/or email Jessica Welk, USAT’s High School, Collegiate Club, and Women’s NCAA Coordinator.