



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.