

MULTI-SPORT TRAINING TEAM MANAGEMENT

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① RECRUITING

Assembling the “right” people and support:

② PREPARATION

Instilling excitement and camaraderie, making certain that everybody is physically / mentally prepared for the events.

③ REGISTRATION

Different types of registration: Online and mail-in forms

Compiling the information: Division, Name, Sex, Age, Address, Telephone, e-mail, T-shirt sizes

④ TEAM MEETINGS

Getting it all together: This is the opportunity to cover the above three points with everybody, to make certain that everybody is in this together. In the team meetings, use the guidelines below to make sure that all basis are covered.

⑤ PAYMENT

Collecting from teammates: Credit card, check or cash?? Make certain that you receive payment from all team members ahead of time, so when it comes to race day, you can focus on the event.

⑥ TRAINING

Every sport has it’s own regimen. Create one that works well for you. In addition to the library and local bookstores, there are gyms and personal trainers who can help you with this process.

⑦ GEAR LISTS

Ten Essentials for each participant: Each race has specific criteria for which types of equipment that can be used. This is your starting point to make sure you aren’t using illegal gear. Then, make sure that individuals have what they need to succeed and survive (ex- tube repair kit on their bikes)

⑧ LOGISTICS

There are two main points to consider with any event. Drop off and pick up. This includes both racers and their gear. Read race guides for tips and coordinate with the entire team to make sure it all flows smoothly. Hand out a list of everybody’s cell phone number in case of emergency.

TRANSPORTATION

Make certain that everybody knows how they and their gear are getting to and from where they need to be.

SCHEDULES

Coordinating and committing to the schedule.

⑨ PRE-RACE MEETING

Each team must have a pre-race meeting to distribute materials, t-shirts, talk strategy, communication, and ‘carbo-load’!

⑩ THE FINISH LINE

It’s great to have everybody together to cheer the last person in. Make sure that everybody knows where to meet.

★ CELEBRATION

To cap off the experience, choose a location to gather and share your memories of the day.