

HOW TO SCHEDULE A RACE SEASON

Determining the Race Season Duration: Most programs have the greatest success of having training activities in the Spring culminating with a summer race calendar. Others participate and train year-round. For new clubs, it may be best to start small with a summer event in mind that caps off a spring training season. As the club grows, you can work with parents and athletes to determine if a longer season with more events is optimal.

Consult with your club members: Discuss the potential race dates and locations with the club members. Take their availability, preferences, and commitments into account. This will help ensure maximum participation and enthusiasm among the club members.

Identify available race dates: Refer to the [USA Triathlon's Race Calendar](#) to see the available triathlon races in your area during the season. The race calendar provides a comprehensive listing of sanctioned races across the country. Look for sprint and super sprint races as they are more suitable for high school athletes.

Publish a race schedule: Once you have gathered all the necessary information and input, create a race schedule that includes the dates, locations, and distances of each race. Ensure that the races are scheduled to align with your club's focus.

Consider travel logistics: Not every competition will require travel. Try to find races within your area, where members can easily access with their own, or parents' vehicle. If your club is willing and able to travel, look for races beyond your immediate vicinity that take place during the spring. Consider the distance, travel time, and accommodation options. Factor in the availability of transportation and any associated costs.

Furthermore, fundraising can play a significant role in supporting these travel logistics. Once you have identified the desired events and evaluated their costs and logistical requirements, you can initiate fundraising efforts to cover the expenses. Fundraising activities can include seeking sponsorships, organizing events, or reaching out to community members and businesses for support. Additionally, considering one fun location or a key race destination can add excitement and motivation for your club members. **Tip: See “How to Fundraise for HS Club” and “Sample Budget” for assistance with budget planning.**

Consider training and recovery periods: Avoid scheduling races too closely together, especially if they involve long distances. Allow sufficient time for athletes to prepare and recuperate between events. Ensure that you provide adequate time between races for training and recovery.

Registration discount: once you have identified key events, work with your state-assigned talent scout. Talent Scout on the approach for consideration for a lower registration fee.

Coordinate with race organizers: Reach out to the race organizers for the events you plan to include in your schedule. Inquire about registration deadlines, entry fees, and any specific requirements for high school clubs. Ensure that your club meets all necessary criteria and deadlines for participation.

Communicate the schedule: Once you have finalized the race schedule, share it with your club members and their parents/guardians. Provide all relevant details, such as race dates, locations, distances, registration deadlines, and any other pertinent information. Use email, social media platforms, or your club's website to effectively disseminate the information.

Training and Preparation: Collaborate with your coach to create a customized training plan. Additionally, USAT offers a valuable 365 book with a variety of workouts to consider, covering swim, bike, run, strength training, and recovery. Utilize these resources to design a comprehensive training program tailored to your goals and maximize your preparation for the event.

Monitor progress and make adjustments: Continuously monitor your athletes' progress throughout the entire race season. Observe their performance, address any concerns or injuries promptly, and adjust the training plan as needed. Stay in touch with your club members to maintain their motivation and support their goals throughout the races.