



NCAA Triathlon Overview

Startup Costs

Pool Time if Leasing

If needing to 'lease' time at your pool, that is a first tier cost that would hit the budget. The one fact that we do know is that most triathletes are used to early morning workouts which should accommodate a time slot that most pool operators would be interested in filling.

Indoor Workout Room

For the bike and run, access to roads would be the top priority. For the run, having access to trails, parks, and your track for speed work would be your top tier needs. Indoor runs can happen on treadmills and on your indoor track if you have one. Because inclement weather can impact some outdoor rides and runs, you will want to have some carve out for an indoor place to train as a back-up. One school overhauled a storage area in the basement of their sports complex to build this out. Another had a covered area located just off the track where they just had bike trainers set up and in about two minutes, positioned their road frames on the trainers. If a full time location is secured, most of teams will hook up laptops to a trainer if doing anything technical like Zwift or Rouvy, which are software programs that many teams are now using to create real time virtual racing options with other teams.

Scholarship Allocation

We have 6.5 equivalency scholarships at the DI level. Most programs not offer more than 1 ½ in year one and move to 2 ½ in year two. Only ASU exhausted all 6.5 in the first four years. The reason for this slow transition to 6.5 scholarships is due in large part to how gifted educationally these student athletes are in the classroom. All program athletes averaged a 3.5 GPA over the past two academic seasons. Most of our athletes are receiving upwards 65% aid through the various options.

Hiring of a Full Time Head Coach

Most institutions will hire a full time coach at salaries commensurate with tennis, golf, and other similarly sized sports. The hiring of an assistant coach normally comes after the first season. About 40% of the programs will have a volunteer coach who helps manage the smaller details around swim, bike and run. Most head coaches will bring in one per discipline and have them assist with various workouts.

Bike Purchases

Bikes are going to run about \$1000 each fully built which includes wheels. We have a vendor in Denver who has already assisted several teams with great looking and performing frames. If recruiting an existing triathlete, no need for a frame as they will have something they are already using that they can bring with them. For most DI programs, 80% of the team will be triathletes with 20% coming from single sports. For DII and DIII programs, the split is closer to 50%/50%. The triathlete will be primed and competitive from the first workout. Good coaches will flatten the learning curve for a single sport athlete in about a year and a half.

Bike Transport Costs to Events

To transport bikes, some will use a van that they take the back seat out of so bikes can be loaded while others have purchased a trailer for this purpose. There are new racks that are being used now that attach to vans and other things which are amazingly light and as functional. They are called Sea Suckers. These are very affordable top vehicle mounted racks that fit on for vans and are removable in seconds. They are used by most of the cycling world tour teams currently. A set with three bike holders runs \$800. Vans can hold four sets of these racks.

Annual Operating Costs (Equipment, Travel, etc.)

Budget Will Outline All Costs in Year One

We can send a budget for each division if desired. It breaks down operational and administrative costs. Additionally, I have been told that if an AD has systems for travel, operations and salary within department programs, women's triathlon will be in the same range with W Golf, W Tennis, W Beach VB, etc., on annual expenditures.

Grant Support

Note USA Triathlon has \$10,000-\$20,000 of grant support we can provide as base seed money.

Product Support

USA Triathlon will provide value in kind for you in several product categories – from helmets, to shades, trainers, and other items up to certain quantity limits. Once these limits are met, additional discounts will be extended to you by those same vendors. These discounts will save you another \$15,000 in product purchase costs.

Value in Kind From the Triathlon Industry

Some of our programs have received product in kind that saved costs in key areas such as bikes and wheels. Many also secured thousands of dollars in donations from the triathlon community to help offset costs.

Insurance Coverage For All Biking Done by Athletes/Coaches

You won't find this cost on an expense line because USAT offers it at no cost to all NCAA programs.

Roster Sizes

Most first year rosters are between 12 and 15 student athletes depending on most on goals set by administration. Several of our programs for example have 14 active triathletes on their roster. Could they get more? Absolutely. Most will carry between 12-16 most seasons. If the need was to be at 21 athletes (three squads of seven which means a Varsity, Junior Varsity and C-level roster) that could easily be built in the sport as a viable roster size option.

Additional Documents Supplied at Your Request:

- **Current overview of triathlon programs** – aggregated through AD/SWA surveys
- **Recruitment assistance offered by USAT** – 15 programs we have built out
- **Education offerings** – we offer free education to coaches for Level I and Juniors (15-19); we also create a NCAA coach workshop that we offer 1x a year
- **Mentorship program** – experienced coaches assisting new coaches for an academic season
- **Program locations doc** – we have a map which shows the density of programs around the U.S.
- **Various presentation decks** – state of the sport targeted but do vary slightly depending on focus –NCAA Convention; USOPC conferences; NCAA conference meetings
- **Videos** – cover a host of focuses from a day in a life for a DII program in CO to an evergreen video on why we added NCAA triathlon to testimonials videos from coaches
- **Grant overview** – this speaks to the process of applying for a grant