

2017 Tri Louisville Scholarship Athlete Sprint Distance Coaching Application Process

What?

Free Premium 90-Day Sprint Distance Coaching Plan provided by BarryS Coaching Team of Coaches (a \$275/month value for each athlete)

How many Scholarship Slots are available?

Many Scholarship Slots are available for Qualifying Athletes

Who is a Qualifying Athlete?

1. Beginner Athletes who have never completed a Triathlon of any distance.
2. Athletes who have not completed a Sprint or Olympic Distance Race in the past 4 years.
3. Athletes who have completed a 70.3 or Ironman Distance race need not apply.

Skill Requirements?

1. Athletes should be able to swim a continuous 100 yards/meters in a pool.
2. Athletes should own and be able to safely ride a bike 7.5 miles.
3. Athletes should be able to run – run/walk at least 1.5 miles.

Equipment Requirements?

1. Athlete should own swim goggles, swim suit and have access to a pool.
2. Athlete should own a bike, shoes, helmet, cycling gloves & eye protection.
3. Athlete should own running shoes, shorts, shirt.
4. Nice but not necessary – Athlete may want to purchase a wetsuit.

What is required of the Athlete?

1. Athlete will be expected to purchase, train and race in a BarryS Coaching Race kit. Kit will be offered for sale at BarryS Coaching Cost.
2. Athlete will be expected to follow the Coach Provided Training Plan as closely as possible.
3. Athlete will be expected to attend the monthly (3) 60 – 90-minute update Training Team Meetings
 - a. First Meeting – General Introductory Meeting/Training Plan Interpretation – April 2016
 - b. Second Meeting – Swim Skills Development (possibly a small fee will be charged) – May 2016
 - c. Third Meeting – Transition set-up practice & race day strategy – June 2016
4. Athlete will be expected to, on their own, learn to change a flat tire on their bike.

What is the Coached Athlete Scholarship Application Process?

When registering for Tri Louisville complete and submit a short essay (150 words or less) telling our panel of judges why you should be considered for a Coached Athlete Slot. Scholarship athletes will be notified, asked to complete an Athlete Questionnaire and submit a signed Waiver of Liability.

What will the Scholarship Athletes Receive?

Each Scholarship Athlete will be assigned a USAT Certified BarryS Coaching Affiliated Coach who will use the information provided on the Athlete Questionnaire and initial phone consultation to set-up a Personalized Basic Training Peaks Account for the Athlete. All training workouts will be individualized and delivered through the Athlete's TP Account. Skill development, workout progressions, training & race nutrition guidance will be provided in one of the 3 monthly Scholarship Athlete Group Meetings. Each Athlete will be allowed one monthly one-hour phone conversation with their personal Coach.