



## ARE YOU LOOKING FOR A WAY TO ENGAGE GIRLS IN SPORT?

TRISTopme is a program designed to get school-aged girls more active. Delivered over 6-weeks, TRISTopme consists of two sessions (swim and bike/run), preparing the girls to complete their first mini-triathlon. Delivered by PE teachers, the program features easy to follow session plans that guide you through each week, and resources for students to learn more about swim, bike, run.

TRISTopMe offers girls:

- Something different to traditional sport options
- A sporting challenge without direct competition against others
- An opportunity to share the experience with friends and peers

Survey results from our 2017 program tell us that:

**92%**

agree that the program is **within their** fitness and **ability** levels

**92%**

**had fun** during TRISTopme

**80%**

said they **felt motivated** because they enjoyed the program and felt well prepared for the event.

### Meet Adam Dearness

.....PE teacher at Waverley Christian College



"We would definitely participate again. It's been great to have a group of girls train together and many of whom would not normally get involved in a program like this."

### Want to know more?

If you would like to learn more about the program, please contact:

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\* See FAQ overleaf for more information



## **Program FAQs**

### **What is TRIsstopme?**

TRIsstopme is a school-based, teacher-delivered program that gives secondary school girls aged 13 to 17 years more choices to get active by participating in swim, bike, run and triathlon. The 6-week program targets those girls that are less active and aims to create an accessible, fun and socially-inclusive environment in the spirit of *'finish line, not finish time'*. The 12-session program consists of one swim session and one bike/run session per week held in the relative safety of pools, on spin bikes and in school grounds or at local leisure facilities with the end goal of students completing a mini 'fun' triathlon as an individual or in a team (2 or 3 girls).

### **What if our school doesn't have a pool or sufficient spin bikes?**

Triathlon Victoria (TV) staff will discuss your available facilities and how to best configure the program. As well as adapting the program to suit your available equipment and facilities, TRIsstopme also provides teachers with the flexibility to structure the program around any multisport variation of duathlon, aquathlon or triathlon event.

### **What events are there for schools to enter?**

TRIsstopme finishes with a mini triathlon event in your local area or at your school. The team at TV will assist you with selecting an event from the triathlon event calendar or alternatively help you 'build' your own TRIsstopme event that can then be held at schools or local leisure facilities. Schools can partner with neighbouring schools to hold combined 'local' inter-school events.

### **How much will the TRIsstopme program cost the school to run?**

There is no cost to schools for the TRIsstopme program, however, schools/participants are required to pay the event entry fee (if the school doesn't organise its own race event) which is typically \$60.00 per entrant. Whilst the program is well resourced with technical documents and administrative support, TV are unable to assist with the logistical costs of running the program e.g. pool and transport hire.

### **How many students do I need to run a TRIsstopme program?**

Programs vary according to different schools and the facilities they have available, but generally programs work best with or around 20 participants. Girls taking part in TRIsstopme may race solo or as part of a team (2 or 3 people). Teams are a great introduction to triathlon and the team members participate in a relay format.

### **What program documentation is provided by Triathlon Victoria and required of schools?**

Schools receive a comprehensive training program and support resource that includes:

1. 12 session plans (6-weeks) of swim and spin bike/run content.
2. A suite of supporting documents to act as weekly 'touch points' (e.g. Bike Safety Check, Correct Bike Helmet Fitting, Event Day Checklist etc.). These support the beginner triathlete so they feel prepared and confident on race day.

**Note:** Principal Teacher permission is required to run the TRIsstopme program as anonymous participation data is collected by La Trobe University. This involves completion of pre-and-post-program surveys by all girls, data from which is used to analyse changing attitudes to physical activity amongst participants.