



UBC THUNDERBIRDS TRIATHLON SPORT CLUB



Interested?



Contact the UBC Thunderbirds
Triathlon Sport Club Executive
triathlon.sc@ubc.ca



[RECREATION.CA/SPORT-CLUBS](https://recreation.ca/sport-clubs)



facebook.com/ThunderbirdsTriathlonSC/



THE UNIVERSITY OF BRITISH COLUMBIA

UBC THUNDERBIRDS SPORT CLUBS

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UBC TSC: Your Community on Campus

UBC Thunderbirds Sport Clubs are opportunities for highly competitive students to officially represent the university in sports at the non-varsity level, to build community, and to gain leadership and sport management skills. If you trained in one of the available sports in high school, or are looking to diversify your athletic skillset find out more about how to join at sportclubs.ubc.ca.



TRAVEL FOR COMPETITION

Teams travel locally, across Canada and internationally to compete against other universities and clubs.



STUDENT LED TEAMS

Each Sport Club is managed by a team of student executives that take care of all the administrative tasks, finances, marketing, travel and safety logistics, and everything in between.



TRAIN AND COMPETE WITH FRIENDS

Most Sport Clubs athletes train and compete on a weekly basis with their teammates during the year. UBC TSC also hosts socials and events to mingle with 300+ student athletes.



THE SPORT CLUBS EXPERIENCE

“UBC TSC Triathlon offers an opportunity for like-minded students to connect through a shared athletic goal and competitive drive. By joining the Triathlon Sport Club, you are not only able to study at a world-class institution, but access top-shelf training facilities to achieve these athletic goals and develop leadership skills that will last a lifetime. It doesn't matter where you start, it's about the journey you take. And you are guaranteed to have an unforgettable journey with our team.”

- Ali Al-Ethway

UBC Thunderbirds Triathlon Sport Club

ACADEMICS

UBC Thunderbirds Sport Clubs (UBC TSC) is open to any Undergraduate, Graduate, or Exchange Students across all faculties and disciplines. Participants must enroll in at least 9 credits per semester (three courses) with minimum good academic standing, both semester and cumulative.

Practices/Competitions and Academics

Thunderbirds Sport Clubs athletes are students first, and athletes second. Athletes are expected to balance their sport and their academics in a responsible and organized manner. Since competition schedules may require the team to be away for competitions on weekends, athletes should look ahead to coordinate competitions alongside their academic commitments. It is ultimately up to the individual athlete to choose how to manage their time. It is important that the student works with their professors to make up for any missed assignments or exams in advance.

COMPETITION AND TRAINING

After the team has been selected, through September to October, the team works on developing and perfecting the fundamental skills for each triathlon event. Once November hits, the team changes the gears into full competition preparation, through February. Our competition officially begins in March running until late April. Athletes may also compete individually during the summer months.

Practices are typically 60 minutes in duration, and are held 4 times a week. Due to the multiple disciplines of the sport, practices are held at various locations as such: swim practices are held at UBC Aquatic Center, cycling practices are held locally in Vancouver, and run practices are held on campus or at the Kerrisdale Track

Yearly Calendar

Practices:
September - February

Competitions:
March- April

Time Commitment

Team Activities:
2 to 6 hours per week

Individual Activities:
2 to 6 hours per week

Try-outs and Requirements

Athletes interested in tryouts are expected to have a background in at least one of the three disciplines, biking, swimming or running. Prospective athletes should be competent in both swimming laps and road cycling. However, no competitive experience in the sport of triathlon is required. In September, prospective athletes will be required to attend an open tryout for each of the disciplines (swimming, cycling, and running). At these tryouts, athletes will also be able to gain a better sense of the team. Qualification will be based on overall performance, skill and effort. The team will be comprised of 15-20 members.

OUTSIDE OF THE SPORT

Fundraisers

The team holds several fundraisers throughout the year to help reduce the costs of team fees, including donut sales, and event ushering at the Doug Mitchell Thunderbirds Stadium.

Philanthropic Work

As part of the Thunderbirds Sport Clubs community, Triathlon Sport Club partners with other TSC teams each year from raising money for Lace up for Kids, to helping impoverished families near the holidays partnering with United Gospel Mission's Christmas Hampers campaign. Additionally, the team works in conjunction with UBC TSC at the annual Spin-a-Thon. This event is partnered with Right to Play, to raise awareness and funds for Aboriginal Youth in their pursuit for sports.