



Secondary Schools Programme

The TriNZ Secondary Schools Programme (SSP) aims to support positive Triathlon-related experiences for secondary school students that focus on inclusion, co-operation, and fun.

This resource has been designed to provide both structure and flexibility to easily incorporate activities into classroom and outdoor learning to best suit your school context.

The TriNZ Secondary Schools Programme could be utilised to achieve the standards of the following subjects:

- Physical Education
- Core Skills
- Digital Technologies (eSport)



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There are a variety of experiences on offer for young people to have a go at Triathlon-related activities at school, connect with TriNZ or their local Triathlon club, and be involved in local community events.

Every school has a unique sporting, social, and technological context. This programme allows a school to curate their journey throughout the school year to best suit the needs of staff and students.

The following pages outline the options available, the time of year each occurs, and case study examples of the programme in action to fulfil various achievement objectives.



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Triathlon-related experiences, providers and timeframes (* = fees associated)

SCHOOL GROUNDS

- Triathlon NCEA Credits
- Core Skills NCEA Credits
- Digital Technology NCEA Credits
- Duathlon
- Tag Team Relay
- Coaching accreditation*
- Technical Official training

Year-round

TRIATHLON NZ/ LOCAL TRIATHLON CLUB

- Club Coaching & Services
- Club Youth Programme*

TriNZ Affiliated Clubs to contact for more information:

- <https://triathlon.kiwi/getinvolved/find-a-club/>

Club-specific

COMMUNITY EVENTS

- Regional Secondary Schools Triathlon*
- National Secondary Schools Triathlon*
- Try a Tri/Try a Du*
- Event Technical Official
- Event Volunteer

Term 1 + 4



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Curate your school-specific Triathlon journey throughout the school year

SCHOOL ACTIVITY (SELECT FROM BELOW OPTIONS):

Triathlon NCEA Credits

Core Skills NCEA Credits

Digital Tech NCEA Credits

Duathlon

Tag Team Relay

Coaching Accreditation*

Technical Official training

TRINZ/CLUB ACTIVITY (SELECT FROM BELOW OPTIONS):

Club Coaching

Club Youth Programme

Other (Club specific e.g eSport, teacher training, in-school coaching session etc)

COMMUNITY ACTIVITY (SELECT FROM BELOW OPTIONS):

Regional Secondary Schools Triathlon*

Technical Official/Event Volunteer



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Example: Triathlon for credits, and pathway for inspired students in Canterbury

SCHOOL ACTIVITY (SELECT FROM BELOW OPTIONS):

TRIATHLON NCEA CREDITS

Triathlon NCEA Credits

Core Skills NCEA Credits

Digital Tech NCEA Credits

Duathlon

Tag Team Relay

Coaching Accreditation*

Technical Official training

TRINZ/CLUB ACTIVITY (SELECT FROM BELOW OPTIONS):

CTC YOUTH PROGRAMME TERM 1 + 4

TriNZ eSport Excursion

CTC Duathlon Coaching on Wednesdays Sept-Oct*

CTC Youth Programme Term 1 + 4*

COMMUNITY ACTIVITY (SELECT FROM BELOW OPTIONS):

REGIONAL SECONDARY SCHOOLS TRIATHLON

Regional Secondary Schools Triathlon*

Try a Tri/Du*

Technical Official/Event Volunteer



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Example: Triathlon for inter-code sport experience/off-season fitness in Canterbury

SCHOOL ACTIVITY (SELECT FROM BELOW OPTIONS):

INTER-CODE DUATHLON (E.G. RUGBY/NETBALL/FOOTBALL/HOCKEY)

Triathlon NCEA Credits

Core Skills NCEA Credits

Digital Tech NCEA Credits

Duathlon

Tag Team Relay

Coaching Accreditation*

Technical Official training

TRINZ/CLUB ACTIVITY (SELECT FROM BELOW OPTIONS):

CLUB DUATHLON COACHING ON WEDNESDAYS

TriNZ eSport Excursion

CTC Duathlon Coaching on Wednesdays Sept-Oct*

CTC Youth Programme Term 1 + 4*

COMMUNITY ACTIVITY (SELECT FROM BELOW OPTIONS):

DUATHLON EVENT OR TRY A DU EVENT

Regional Secondary Schools Triathlon*

Try a Tri/Du*

Technical Official/Event Volunteer



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Example: Triathlon for encouraging more young women to be active in Canterbury

SCHOOL ACTIVITY (SELECT FROM BELOW OPTIONS):

TAG TEAM RELAY

Triathlon NCEA Credits

Core Skills NCEA Credits

Digital Tech NCEA Credits

Duathlon

Tag Team Relay

Coaching Accreditation*

Technical Official training

TRINZ/CLUB ACTIVITY (SELECT FROM BELOW OPTIONS):

TRINZ ESPORT EXCURSION

TriNZ eSport Excursion

CTC Duathlon Coaching on Wednesdays Sept-Oct*

CTC Youth Programme Term 1 + 4*

COMMUNITY ACTIVITY (SELECT FROM BELOW OPTIONS):

TRY A TRI/TRY A DU EVENT

Regional Secondary Schools Triathlon*

Try a Tri/Du*

Technical Official/Event Volunteer



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Example: Triathlon for Digital Technology and Core Skills NCEA Credits in Canterbury

SCHOOL ACTIVITY (SELECT FROM BELOW OPTIONS):

DIGITAL TECHNOLOGY NCEA CREDITS

Triathlon NCEA Credits

Core Skills NCEA Credits

Digital Tech NCEA Credits

Inter-code Duathlon

Inter-code Tag Team Relay

Coaching Accreditation*

Technical Official training

TRINZ/CLUB ACTIVITY (SELECT FROM BELOW OPTIONS):

TRINZ ESPORT EXCURSION

TriNZ eSport Excursion

CTC Duathlon Coaching on Wednesdays Sept-Oct*

CTC Youth Programme Term 1 + 4*

COMMUNITY ACTIVITY (SELECT FROM BELOW OPTIONS):

EVENT VOLUNTEER

Regional Secondary Schools Triathlon*

Try a Tri*

Technical Official/Event Volunteer



Triathlon In Your Region

For those wanting to participate in a public event, or be involved in Triathlon on a regular basis, here are details and resources to support the journey of students across New Zealand:

TRIATHLON/DUATHLON PUBLIC EVENTS

- See the TriNZ Events Calendar for all events in your region:
 - <https://triathlon.kiwi/events/events-calendar/>
- See the Rangatahi page on the TriNZ website for school events in your region:
 - <https://triathlon.kiwi/rangatahi/>

CLUB JUNIOR PROGRAMMES

- Get in touch with your local club: <https://triathlon.kiwi/getinvolved/find-a-club/>

TRINZ YOUTH RESOURCES

- <https://triathlon.kiwi/youth-triathlon/>