



The dates for the 2012 T3Multisports High Performance Team Tryouts will be:  
**Saturdays November 19, 2011, December 10, 2011 and January 7, 2012 at 11 am.**

The tryouts will be held on at Sendero Springs Pool in Round Rock. Tryouts are open to all athletes with a 2012 USAT race age between 13 and 18. USAT race age is determined by what the athlete's age will be on December 31st, 2011. Please visit [www.T3Multisports.com](http://www.T3Multisports.com) for information or email: [info@T3Multisports.com](mailto:info@T3Multisports.com) to reserve and confirm your tryout date.

Tryouts will consist of two USA Triathlon benchmark tests. The **first test** will be a 200 yard swim starting from the blocks. The swim test will be conducted in the Sendero Springs pool in Sendero Springs community in Round Rock. Athlete's 50 yard split will be recorded as well as their 200 time. When the athlete finishes, they will be given 60 seconds to rest, then they will be started on an 800 yard swim starting in the water, pushing off from the wall. 100 yard splits will again be taken during this event. After the swim, athletes will be given 60 minutes to refuel and transition to the second test, the bike to run test.

In the **second test**, athletes will ride their own bike. This test will occur at the Pavilion at Sendero Springs in Round Rock. The bikes will be mounted into a CompuTrainer to create a standard measure of resistance. The athletes will ride at a set resistance (wattage) for 30 minutes. Athletes will be required to hold a minimum of 80 rpm's during this stage. After 30 minutes has elapsed the athlete will have 15 seconds to transition to their run gear and begin a 2-mile run on a measured road course. One mile splits will be recorded during this event.

The **final step** will be a short interview process between the coaching staff and the athlete.

**Athletes need to bring the following equipment:**

- Swim gear (no wetsuits or speed suits will be allowed)
- Two towels
- Water bottle and energy food
- Bike and bike shoes (bike should have rear skewer that will fit on a bike trainer)
- Run shoes
- Triathlon uniform or clothing fit for both running and biking

Athletes will be asked to sign a release of liability before testing. Athletes under the age of 18 must bring a parent or guardian. Results and invitations for the team will be announced within seven days of the final tryout. The team name is "T3MULTISPORTS ELITE Triathlon Team" will be used to describe the T3Multisports Youth Elite and Junior development team. The 2012 T3MULTISPORTS ELITE's will consist

of two internal teams, **Gold-Travel** and **Silver**. The testing process will be done to determine the 2012 Gold Team. All athletes not chosen for the 2012 T3MULTISPORTS ELITE Gold Team will be invited to join the Silver Team. The Silver Team will be a development team focusing on building skills and techniques in triathlon. In addition, we have a Youth Program and will continue to emphasize on age appropriate training methods to develop young athletes with a focus on correct techniques and intensities in swimming, cycling and running. The Youth Team will be open to all youth athletes 9-15 years of age focusing on non draft racing.

**Performing the Elite Test does not guarantee selection for the High Performance Team.**

**Minimal Times for possible selection:**

**Elite Format:**

Swim 200/800 total time limit 16:00:

Women time standards: 200 yards  $\leq$  2:50; meters  $\leq$  3:08; 800 yards  $\leq$  11:00; meters  $\leq$  12:00

Men time standards: 200  $\leq$  2:35; meters  $\leq$  2:57; 800 yards  $\leq$  10:25; meters  $\leq$  11:20

**Developmental Format:**

Swim 100/400 total time limit 10:00.

Women time standards: 100 yards  $\leq$  1:50; meters  $\leq$  2:05; 400 yards  $\leq$  5:40; meters  $\leq$  6:00

Men time standards: 100 yards  $\leq$  1:45; meters  $\leq$  2:00; 400 yards  $\leq$  5:35; meters  $\leq$  5:50

Recovery 60-minute recovery

**Off the Bike-Run**

**Elite Format:**

1. 30-minute bike on your bike our CompuTrainer trainer at constant resistance (men @ 230 watts; women @ 160 watts)

2. Transition to run must be < 15 seconds

3. 3K or 2-mile run:

Women: 3K in 13:25 or less; 2 mile in 13:45 or less

Men: 3K in 12:15 or less; 2 mile in 12:45 or less

1. 30-minute bike on your bike our CompuTrainers at constant resistance (modified based on bodyweight wattage)

2. Transition to run must be < 15 seconds

3. 3K run on outdoor track or measured 1000 m course (3) laps

Athletes will be required to hold a cadence between 85 and 100 rpms during the bike.

**Developmental Format:**

Min requirements: bike - hold watts for 30 minutes;

Women run standards-3K in 13:45 or less

Men run standards-3K in 11:45 or less

The 2012 T3MULTISPORTS ELITE GOLD annual program fee is \$1800.00 or payable in monthly installments of 160.00. Non local athlete's rate is reduced. Team members will receive the following:

### **Gold Team (HPT)**

- USAT Annual membership
- Team kit (wetsuit, race suit, shirt and water bottle) **Fee associated with wetsuit and race suit**
- Transition bag for races
- 11 months of coaching from T3Multisports
- Weekly Team practices (team meets 5 days a week with Criteriums on Thursdays MAR-OCT)
- Major discounts on Blue Competitive Cycles, Xterra Wetsuits, Rudy Project; Jack and Adams Bicycles
- Team minicamp in Round Rock
- Fundraising program for travel (Travel is required)
- Plus more to be announced later

### **Silver Team** (\$120.00 per month fee)

- Team Shirt and water bottle
- Transition bag for races
- 9 months of coaching from T3Multisports
- Weekly Team practice (team meets 4 days a week)
- Major discounts on Blue Competitive Cycles, Xterra Wetsuits, Rudy Project; Jack and Adams Bicycles
- Team minicamp in Round Rock
- Plus more to be announced later

### **Bronze Youth Team** (\$90.00 per month fee)

- KIWAMI race uniform (included with 6 month commitment)
- Team water bottle
- Team coaching plan from T3Multisports
- Weekly team practices (team meets 3 days a week)
- Race clinic and seminars
- Pre and post race gatherings
- Multi-child discount
- Plus more to be announced later

Training for the T3MULTISPORTS ELITE's teams will begin in January 2012. Consideration will be given to school calendars and seasonal weather. For more information, to sign up for tryouts or to sign up for the Silver or Youth teams, please contact [info@T3Multisports.com](mailto:info@T3Multisports.com)