



TRIATHLON TRAINING CAPTAIN DESCRIPTION

TNT is grateful for your decision to volunteer as a training captain. We recognize that this is not a paid position - you do this as a service to the community. We hope that you recognize the commitment you are making and the responsibility that comes with it. We only ask that you give your volunteer effort 100 % - no more and no less. If you have ever thought about coaching for TNT, this is a great opportunity to assist the coaches and learn what it's all about. If you decide to fundraise, you will receive an \$800 fundraising credit for the South Maui Triathlon and a \$300 credit for the Life Time Fitness Triathlon, the same credit that mentors receive.

TNT Training Captain Mission Statement

As training captains of Team In Training, our mission is to provide the best support, advice, and encouragement for our athletes in the most positive manner possible. Our goal is to provide an enjoyable atmosphere to assure that team members reach their training goals and have a memorable experience. We will constantly make every effort to keep the goals of The Leukemia & Lymphoma Society and our honored patients the major motivation for our team.

Training Captain Qualifications

A training captain must be:

1. Committed to the mission of LLS.
2. Friendly, energetic and comfortable establishing relationships with others.
3. Knowledgeable in the area of triathlon.
4. Committed to assisting the coaches, leading/assisting with 1-2 TNT training(s) per week and attending 75% of trainings.

Triathlon Training Captain Responsibilities & Expectations

1. **Attend the coach/staff/training captain meeting on Tuesday, November 17 at 6 p.m.** at the LLS office. Training Captains will also be required to attend 1-2 information meetings and the kick off party on Saturday, Feb. 6.
2. Implement the mission of LLS as often as possible. You are in the position of representing The Leukemia & Lymphoma Society. At any event that is involved with Team In Training and/or The Leukemia & Lymphoma Society (including fundraising events) you are expected to work with our mission. This includes, but is not limited to; focusing on the mission and the cause, encourage healthy lifestyles, and acting/behaving appropriately.
3. You must attend 75% of all team trainings and lead or assist with 1-2 training(s) per week. Once the coaches have schedules created, you will be asked to provide which of the training dates you can commit to attending. **You are REQUIRED to attend the FIRST TRAINING.**
4. During official COACHED trainings, the coaches will rely on you to lead the participants. This may mean helping with water stops, leading a team training at a certain pace or mileage, leading a training in the coaches absence, training with a person at a slower pace than you or staying with someone if they need help, demonstrating technique or drills during a swim practice, leading warm- ups, cool downs or stretching exercises & setting up route markers before team rides/runs. We are here to support the participants. If you are unable to complete your desired training during this time, you will have to make time later in your schedule. Also, please socialize with everyone—not just fellow alumni, mentors or captains.
5. Training captains will help bring the participants together as a team during the trainings. This may include teaching games while training, helping the team learn names, connecting individuals to the team, and planning social time after trainings. Socializing/meeting new people is the main reason participants sign up for TNT!

6. If someone leaves you a message or email, we expect that you follow up within 24 hours.
7. If you are going to miss a training – give the staff and coach as much notice as possible. Also, let the staff and coach know if you will be out of town – especially if you won't have access to email/voicemail.
8. **Under no circumstances, are you to give a participant medication** – even if the participant is your “friend.” This **includes Advil, Tylenol and/or Baby Aspirin**. If participants need to medicate, they must supply their own. There is absolutely **NO exception** to this item.
9. **DO NOT** express unhappiness about the program, staff, coach or other support staff to (or around) the participants. They deserve to have the best experience possible and pointing out grievances that they may not have noticed on their own inhibits this.
10. Commit to each participants success! Your job as a training captain is to foster that “Go Team” spirit.



MINNESOTA CHAPTER
TRAINING CAPTAIN APPLICATION
Summer 2010

Please fax application to the Society at 763-852-3001, Attn: Courtney M, no later than **Wednesday, November 4**. You can also email them to Courtney.Muth@lls.org. Training Captains will be notified by Friday, November 13.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Cell Phone: _____ Day: _____
Email: _____ Fax: _____

1) I plan on participating in the following upcoming Summer season event:

***Fundraising minimums are tentative and subject to change.

____ South Maui Triathlon	Olympic	June 13, 2010	\$5,300
____ The Life Time Fitness Triathlon	sprint/Olympic	July 10, 2010	\$2,300

***** Triathlon Training Captains CAN NOT train for multiple sports!**

Please choose one:

- ____ If I am not selected as a training captain, I still wish to participate in the event.
- ____ If I am not selected as a training captain, I do not wish to participate in the event.

As a training captain you have several options: (please choose one)

- ____ I wish to receive the \$800 fundraising credit for South Maui Tri or \$300 for Life Time and participate in the program.
- ____ I wish to support the team as a training captain, but pay for my own arrangements to the destination. TNT will pay for tri suit and race entry only. Estimated travel costs will be about 25% of the fundraising goal.

***** Training Captains deciding to switch to non-fundraising captains must do so by the recommitment deadline.**

***** If you chose not to fundraise, this event will not count toward your Triple Crown.**

2) I have participated in the following events and raised:

<u>Event</u>	<u>Raised</u>
_____	_____
_____	_____
_____	_____
_____	_____

3) I want to be a training captain because: _____

4) A successful training captain is: _____

5) I attended group trainings: ___ 100% ___ 75% ___ 50% ___ 25% ___ Less than 25%

6) If you attended group trainings less than 75%, why? _____

Listed below are questions regarding the required elements of being a training captain. Please answer these questions as truthfully as possible.

7) Are you able to attend the coach/staff/training captain meeting on Tuesday, Nov. 17 at 6 p.m. at the LLS Office? _____

****There will be a mentor workshop on Tuesday, December 8 at 6 p.m. –Southdale Library. This is not mandatory for training captains, but you are welcome to attend.**

8) Will you be able to attend 2-3 information meetings in January and the Kickoff Party in Feb? _____

9) Will you be able to attend a required minimum of 75% of group trainings in your area? _____

Tri a minimum of 9 per month

10) Will you be able to attend the team clinics (4-5 per season)? _____

11) Do you have daily access to your email? _____

12) Do you feel you have any current responsibilities in your life that would prevent you from giving the full amount of time required to be a training captain (i.e. travel for work or pleasure, other obligations/activities, etc.)?

13) Is there anything else you would like to tell us?

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