## DID YOU ENJOY EXPERIMENTING WITH TRIATHLON?

## FIND THE NEAREST

 yOUTH CLUB:https://www.triathlonquebec.org/entraineurs/clubs/
(if applicable):

LEVELS 7
PROGRESS ASSESSMENT

NAME:
GRADE: $\qquad$

TEACHER: $\qquad$
DATE: $\qquad$
TRIATHLON
IT QUEBEC

LEVEL 7

| $\sum_{i}^{\infty}$ | 5.7.1 | - Identify visual markings to adequately and calmy find your bearings in open water with or without directional buoys (in harsher conditions: current, waves, seaweed, etc.). | $\square$ |
| :---: | :---: | :---: | :---: |
|  | 5.7.2 | - Craw $500-750 \mathrm{~m}$ in open-water, on a course that incudes a water entrance, various buo turns and a water exit. | $\square$ |
|  | 5.7.3 | - Understand swimming performance metrics - Stroke - Time • Respecting interals. | $\square$ |
|  | 5.7.4 | - Perform dolphin dives when entering and exiting the water (in a compeition, only do so when dolphining is allowed). | $\square$ |
|  | 5.7.5 | - Craw 750 m without stopping. | $\square$ |
|  | 5.7.6 | - Craw 200 m in 3 minutes 20 seconds or less. | $\square$ |
|  | 5.7 .7 | - Craw 50 m in 40 seconds or less. | $\square$ |


|  | C.7.1 | - Learn to A Accelerate • Reaccelerate - Sprint. | $\square$ |
| :---: | :---: | :---: | :---: |
|  | 6.7.2 | - Pick something up (the size of water bottle) off the ground while eycing. | $\square$ |
|  | c.7.3 | - Cycle on a course that includes sharp $180^{\circ}$ to $360^{\circ}$ corners (tiling the bigcle, minimal handlebar rotaion). | $\square$ |
|  | C7.7.4 | - Manage your supplies (hydration, nutrition) on your own, without under/overdoing it. | $\square$ |
|  | c.7.5 | - Repair/Replace a bigcle tube on your own. | $\square$ |
|  | c.7.6 | - Put your chain back while egcling. | $\square$ |
|  | c.7.7 | - Safely ycle down a steep hill while keeping your speed in check. | $\square$ |
|  | C7.7. | - Take pull (paceline) in a small group on a course that includes corners. | $\square$ |
|  | c.7.9 | - Corner sharp turns with minimal loss of speed • Right Left. | $\square$ |
|  | c.7.10 | - Cycle 90 minutes on a complex set course (uphill, downhill, corners...). | $\square$ |
|  | c.7.11 | - Cycle at a steady and rapid pace for 20 km . | $\square$ |


|  | R.7. 1 | - Manage your supplies (hydration, nutrition) on your own, without under/overdoing it. | $\square$ |
| :---: | :---: | :---: | :---: |
|  | R.7. 2 | - Peform ABC Skips whil doing unilatera skips. | $\square$ |
|  | R.7. 3 | - Manage your intensity to maintain a constant or progressively ascending pace for the whole inteval/run, following given instructions (on appropriate competition distance). | $\square$ |
|  | R.7.4 | - Run/Walkfor 45 minutes on a course that includes severa hills. | $\square$ |
|  | R.7.5 | - Run 1500 m in 6 minutes 15 seconds (boys)/6 minutes 30 seconds (girls) or less. | $\square$ |
|  | R.7.6 | - Run 5 km ata steady and fast pace. | $\square$ |


|  | т.7.1 | - Toe clips/Clipless: Put on shoes while egcing in a group. | $\square$ |
| :---: | :---: | :---: | :---: |
|  | т.7.2 | - Toe clips/Clipless: Remove shoes while cycling in a group. | $\square$ |
|  | т.7.3 | - Participate in a "Regional Final" or "Québec C up" event. | $\square$ |

MY PARTICIPATIONS

| DATE | EVENT |
| :--- | :--- |
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Next for the 1-2-tri SCO! program:

Next for the 1-2-tri GO! program:
RESPONSIBLE TRIATHLETE LEVEL
PRE-RACE LEVELS:
GOLD SILVER BRONZE

## Comments:

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