

FEDERACIÓN MEXICANA DE TRIATLÓN

INVITATION

To all triathletes, coaches, B.S. in Sports Education or any similar degree with interest to participate in the Level 1 “Sports Initiation” Coach Course from University of Triathlon.

Structure, dates, venue:

Objective: Have the student develop the essential qualifications on the teaching-learning process using sports coach methodology in order to build a training session with a technical progression in all the triathlon disciplines: transitions, swimming, cycling and running.

It is divided in two phases, which will take place simultaneously

PHASE	CONTENTS	Venue	DURATION	DATES	
				Begins	Ends
Online self-paced	The student complies with weekly online activities from anywhere in the world. Resources provided: text books assignments, test, forum, videos, graphics, 3D and tutoring. Self-paced in weekly assignments	University of Triathlon Online Platform	24 weeks Online .	May 25/2020	Nov 11/2020
<i>The tasks from the first phase should be delivered on time and through the platform. Late assignments or sent by email shall not be graded or accepted.</i>					
Virtual Classroom	Due to the current situation and uncertainty, this year all the face to face lessons will be online in a virtual classroom. You must attend at least 14 hours.	Online lessons	9x2hour sessions	Jun 10, Jul 01, Jul 08, Jul 22, Aug 05, Aug 12, Sept 09, Sep 23, Oct 10	7:00pm -9:00pm UTC-5 Daylight Central Time (Mexico City)
<i>The student must have and 85% attendance to class.</i>					

Course Content Level 1 Online Self-Paced weekly assignments

- History of Triathlon
- Ethics in Sports
- Sports Teaching and Learning
- Biological Bases
- Sports Nutrition
- Prevention of Sports Injuries
- Swimming, Cycling and Running Technique
- Theory and Methodology of Triathlon Training

Course Content Level 1 Virtual Classroom

- Introduction to the Virtual Classroom, useful apps, strategies for learning/teaching in the virtual environment
- Training zones
- Specific sets/ sport/training zone
- Organizing a training week
- Facilitating technique in the face to face environment

Requirements for Certification:

- First Phase (*University of Triathlon Online Platform*): Comply with at least 90% of all assignments in order to obtain certification)
- Second Phase (*virtual Face to Face*): Comply with 85% of planned activities and obtain 70% passing grade for certification.

Completion of both phases is the sole responsibility of the student registered in the course. Only students who have fully complied will be certified as Level 1 Coaches by FMTRI-CAMTRI, when any of the requisites for completion are missing, University of Triathlon can deny certification.

REGISTRATION IS OPEN FROM PUBLICATION UNTIL May 22, 2020.

Registration:

- Minimum age 18 yrs old.
- Register via PATCO following the registration process.

Registration Process:

1. The NATIONAL FEDERATION applies for registration of its coaches to PATCO Level1, send the registration form for each coach. Registration forms and applications should be filled at <https://forms.gle/xvxfPHtda6FGuBD7> and copy of payment to: cberistain@triathlon.com.mx, cc. universidad@triathlon.com.mx,
2. In 48 hrs, PATCO shall respond/ confirm each application sent by the NF.
3. University of Triathlon shall send each coach an email with confirmation, username and password.

**The Coach information should be complete and correct, the coach's email shall be captured from the registration form. (attached).*

***It is the responsibility of the coach to verify login, username and password and notify immediately if there is any problem.*

FEES AND SCHOLARSHIPS

THE COST FOR THIS LEVEL IS \$7,800 MX pesos

PATCO COVERS THE FEE OF ONE TUITION FOR NF WHO REGISTER TWO OR MORE COACHES. This applies for each country registered by University of Triathlon.

OBSERVATIONS.

Any aspect not considered in this invitation shall be reviewed by the Federación Mexicana de Triatlón(FMTRI) and Panamerican Triathlon Confederation (PATCO).

Yours sincerely

Liber García

Presidente
Confederación Americana de Triathlon

Edgar Rodríguez Torres

Director de Capacitación