

TRANSYTM **TRIATHLON**

FORMING FALL 2018

TRANSYLVANIA UNIVERSITY QUICK FACTS

ACADEMICS

-40 Majors and 38 Different Minors

Top 3 Majors are: Business Administration, Biology, Exercise Science

-4-4-1 academic calendar. 4 courses in Fall and Spring semesters plus 1 course during the May term

-Graduation in 4 years guaranteed

-98% of Transy Professors hold PhD or highest degree in their field

No courses or labs are taught by TA

-Average class has 14 students for a 14:1 student-teacher ratio

The largest class on campus has 35 students

-Transy students have 100% acceptance rate to law school and 90% to medical school

-Nearly all students choose to Study Abroad during their time at Transy.

2017 COLLEGE RANKINGS

- Top 1% in USA Today's BEST COLLEGES FOR THE MONEY
- "Best Bang for the Buck" among Southern colleges according to Washington Monthly
- Top 100 in USA News BEST NATIONAL LIBERAL ARTS COLLEGES
- "Best Southeastern College" according to The Princeton Review
- Top 100 in Forbes GRATEFUL GRAD COLLEGES

HOW TO APPLY

-All info on the application process can be found at: www.transy.edu/admission/apply

-Both the Common App and a Transy-specific application are required

-Test optional: if your test results do not accurately reflect your ability or potential, choosing the "test optional" route with your application may be the route to go

-**SCHOLARSHIPS**: awarded based on GPA, test scores, rigor of HS academics, involvement, leadership, and service

-98% of students qualify for aid at Transy

-IMPORTANT DEADLINES:

November 15: Early Action #2

-To be considered for Premier Scholarships (above 50% aid), you must apply by this deadline

February 1: Regular Decision Deadline

-Still considered for all other Transy merit-based scholarships

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ABOUT TRIATHLON

HISTORY

Triathlon is a sport that is truly “made in America”. The first triathlon was held in San Diego in 1974 by members of the San Diego Track Club. The Hawaii Ironman held its first race in 1978. Over the next decade, the sport grew in worldwide popularity and the International Triathlon Union was founded in 1989 and produced the first triathlon world championship in Avignon, France. Triathlon made its debut at the 2000 Sydney Olympics and the Triathlon Mixed Relay will be included in the 2020 Tokyo Games. US has won two Olympic triathlon medals, Susan Williams won bronze in 2004 and Gwen Jorgensen won gold in 2016 and have finished 4th three other times.

FORMATS AND DISTANCES

There are two different formats of triathlon: “draft-legal” races that allow drafting on the bicycle (riding closely behind another rider to decrease aerodynamic drag) and “non-drafting” races that require a minimum distance between bicycle riders. **NCAA Triathlon is DRAFT-LEGAL.** Triathlon races can be of any distance for each of the three legs, but there are several standardized distances that are most commonly competed:

	Swim	Bike	Run
Sprint	750m	20km	5km
Olympic	1500m	40km	10km
70.3/half-iron	1.2mi	56mi	13.1mi
Ironman	2.4mi	112mi	26.2mi

NCAA triathlon is Sprint distance

TRI SWIMMING

Some races are swam in a pool, but most triathlons, including all NCAA and professional races, are contested in open water, such as lakes, rivers, and oceans. This leads to more density in the water and requires a mastery of several skills besides those needed in pool swimming, such as sighting, drafting, and cornering.

TRI CYCLING

Draft-legal cycling demands an explosive and tactical bike ride, much like one would see in an open cycling race like the Tour de France. Having the cycling fitness and skills to handle the explosive efforts during the big leg is critical to overall performance.

TRI RUNNING

It is critical in draft-legal triathlon to be able to run well off of the bike. The ability to draft on the bike can nullify a person’s particular strength on the bicycle, thus making it difficult to break away and causing packs to form. Being the best runner in your pack of riders is a tremendous advantage.

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ABOUT NCAA TRIATHLON

NCAA Triathlon is an NCAA Emerging Sport for Women. The first competitive year for triathlon was 2014 and it is a Fall sport (Aug 1 – mid-Nov). NCAA triathlons are scored in the same manner as cross-country. Teams can send up to 7 women to a race. An individual is given the number of points corresponding to their finishing place (e.g. 1st place = 1 point). The team's score is the sum of their lowest 3 individual scores. Lowest team score wins. The 4th, 5th, 6th and 7th athlete on each team do not score, but they can “block” a place, forcing all of the athletes behind them to finish a spot lower (and one point higher!).

Qualifying for the NCAA Championship race is done at Regional Qualifying races. In 2017, the three Regional Qualifiers were held in Naperville IL, Berkeley CA, and Sarasota FL. The Top 3 teams at each Regional Qualifier and the Top 5 individual finishers (not on a Top 3 team) receive automatic bids to the NCAA Championship race. The 2017 National Championship is in Tempe, AZ on November 5th.

Currently, there are only 18 NCAA teams supporting triathlon since it became an NCAA Emerging Sport in 2014, and is growing rapidly.

Division I: Arizona State University, East Tennessee State University

Division II: Belmont Abbey College, Black Hills State University, Colorado Mesa University, Daemen College, Drury University, St. Thomas Aquinas College, Southern Wesleyan University, University of West Alabama

Division III: Centenary College of Louisiana, Concordia University of Wisconsin, Marymount University, Millikin University, Milwaukee School of Engineering, North Central College, Transylvania University, Trine University

HELPFUL LINKS

USA Triathlon's NCAA Portal:

<https://www.teamusa.org/usa-triathlon/about/multisport/ncaa-triathlon>

2016 Rio Olympic Triathlon full video (won by American Gwen Jorgensen)

[https://www.triathlon.org/multimedia/video/womens triathlon rio 2016 replay](https://www.triathlon.org/multimedia/video/womens%20triathlon%20rio%202016%20replay)

World Triathlon Series full videos

<http://www.triathlonlive.tv>

Super League Triathlon

https://www.youtube.com/channel/UC9GTUpGeWTxRdtAK6Jg_Jsw

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HEAD COACH KEVIN RYAN



EXPERIENCE

Kevin Ryan joined Transylvania University as the institution's first women's triathlon head coach in program history in October 2017. As head coach of the inaugural Transylvania women's triathlon team, Ryan brings an impressive combination of coaching acumen, a decorated resume as a professional triathlete, and a unique passion for the sport.

Kevin has a long history as an accomplished endurance athlete, first as a long-distance freestyler with the University of Kentucky (2006-2010) where he studied chemical engineering, then as a professional triathlete (2012-present). He found his niche initially at the shorter distances and is now focused on qualifying for the 70.3 World Championships.

As a coach, Kevin has a passion for athlete development, first as the head assistant and strength coach for Kentucky Aquatics swim team in Lexington, where he has worked with Junior National qualifiers and state champions and serves as KY Swimming's Open Water Zone Head Coach. Kevin started the age-group triathlon team, the Lexington Hippos, which has produced a National Senior Games champion and bronze medalist, an ITU Age-Group Draft-Legal World Championships qualifier, and ITU Long Distance Worlds qualifier, and a perfect 19-for-19 Ironman finishing rate.

VISION

By funding a women's NCAA team in its collegiate infancy, Transylvania has the opportunity to create a national powerhouse in the near-term. Combined with their nationally ranked academics, driven athletic department and the incredible training grounds of central Kentucky, we will create opportunities and experiences for student-athletes to grow and thrive both in sport and in the real world.

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Why



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When it comes to collegiate sports, it can be difficult to choose which NCAA level (I, II, III, NAIA, or NJCAA) is the best fit for you. Here are a few of the perks of competing at the Division III level.

- You can get a quality education in the degree that YOU want to earn, not in the degree that fits best with your athletic schedule.
- You can play at a competitive level without having your entire college life spent revolving around your sport.
- You have time to work or get an internship to prepare you for life after college.
- You are able to study abroad or participate in other activities, such as intramural sports, community service projects, and Greek life.

What about money?

Some things to be aware of regarding scholarships to colleges:

- DIII schools only offer ACADEMIC money, which is based solely off of your performance in the classroom. This gives the student athlete complete control of the amount of aid she receives each year and is independent of athletic participation and performance. So long as she maintains her grades above a certain level, a student-athlete will continue to receive that money and is an incentive to perform in the classroom.
- Athletic scholarships are based on athletic performance. If you happen to get injured, decide to quit, or simply do not make a big enough contribution to your team, your scholarship can be reduced or rescinded.
- Full-ride scholarships are extremely rare. Most teams break up their allotment of scholarships to allow them to give partial scholarships to more players. As mentioned above, this amount can be reduced at the end of each year to bring in highly prized recruits.

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