



**Inside-Out Sports Triathlon Team  
Powered by Next Level Physio  
2025 Team Application**

**Team Purpose:**

We are a North Carolina-based triathlon team dedicated to growing the local triathlon community by supporting athletes of all levels and promoting participation in local races. Our team fosters a culture of growth, sportsmanship, and community engagement, striving to help each member achieve their personal best while uplifting the sport.

**About the Application Process:**

Team members will be selected by a leadership board based on several criteria, including race results, triathlon experience, age group, goals within the sport, and overall character. The commitment to the team is for one year, from January 2025 to November 2025. Applications must be typed and submitted electronically to **IOS Tri Team** at [elitetriangletriathlonteam@gmail.com](mailto:elitetriangletriathlonteam@gmail.com).

Initial team applications are due by **Sunday, November 17th, 2024, at 11:59 PM**. Selections will be announced by **Monday, December 2nd, 2024**. While we will follow specific selection guidelines, the leadership board reserves the right to make exceptions. If you fall slightly short of a performance guideline but believe you are an excellent fit, we encourage you to apply. However, please note that meeting the guidelines does not guarantee acceptance, as the selection process takes multiple factors into account.

**Selection Guidelines:**

1. Athletes must reside in North Carolina and be able to commit to events in the Raleigh area (see Team Contract for details).
2. Athletes must be at least 20 years old by January 2025. Athletes under 20 may be considered on a case-by-case basis.
3. Athletes must demonstrate professionalism and goodwill toward race staff, volunteers, media, fellow athletes, and spectators.
4. Athletes must meet the commitments outlined in the Team Contract (please review).
5. Selection will be based on race performance from January 2022 onward.



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**Name:**

**Birthdate:**

**Street Address:**

**City/State/Zip:**

**Phone #:**

**Application Date:**

**Email Address:**

1. Why do you want to join a triathlon team, and what do you hope to gain from being part of the IOS Triathlon Team?
2. Summarize your triathlon experience, including any relevant single-sport involvement.
3. What are your triathlon goals for the upcoming season? List the specific races you're targeting.
4. List up to 10 of your top multisport finishes, notable single-sport times, and/or other triathlon recognitions. Include race name, date, finishing time, overall gender placement, and a screenshot of your USAT score (must be after January 2022).
5. What value or contributions would you bring to the IOS Triathlon Team?
6. Describe a race where something went wrong. How did you handle it, and what did you learn?
7. Can you meet the requirements of the Team Contract? If not, please explain.



8. What has been your most rewarding experience in the sport of triathlon?
9. How did you hear about the IOS Triathlon Team? Have you been part of any other triathlon or single-sport teams?
10. How do you plan to support and help grow the local triathlon community as a member of the IOS Triathlon Team?