



## Inside-Out Sports Triathlon Team Powered by Next Level Physio 2024 Team Application

### About the Application Process

Team members will be selected by the leadership board. Race results, triathlon experience, age division, triathlon goals, and character assessment will be some of the criteria considered in the selection process. Team commitment is for one year (January 2024 to November 2024). Application responses should be typed and submitted electronically via email to **IOS Tri Team <elitetrianglertriathlonteam@gmail.com>**.

Applications for initial team selections are due by **Sunday, December 31, 2023, at 11:59pm**. Initial team selections from these applications will be made and announced by **Sunday, January 7, 2024**. The board will be following selection guidelines (described below) but reserves the right to make exceptions to these guidelines as it sees fit. This means that if you miss a performance guideline but come close and feel you are otherwise a very good match, we encourage you to apply for consideration. Likewise, meeting these guidelines does not guarantee acceptance into the team, as there are many factors involved in the selection process.

### Selection Guidelines:

1. The athlete must reside in the State of North Carolina. The athlete must be able to make multiple commitments in the Raleigh area (*see Team Contract for details*).
2. The athlete must be a minimum age of 20 by January 2024. Athletes under the age of 20 by January 2024 will be considered on a case-by-case basis.
3. The athlete demonstrates impeccable professionalism and goodwill to race staff, volunteers, media, other athletes, and spectators.
4. The athlete can meet the requirements of the Team Contract (*please review*).
5. Athletes will be selected based upon race performance since January 2021.



**Inside-Out Sports Triathlon Team  
Powered by Next Level Physio  
2024 TEAM Application**

**Name:**

**Birthdate:**

**Street Address:**

**City/State/Zip:**

**Phone #:**

**Application Date:**

**Email Address:**

1. In a few words, why do you want to be on a triathlon team and what do you hope to gain by joining the IOS Triathlon Team?
2. Summarize your triathlon background, including any single sport involvement you feel is pertinent.
3. Describe your triathlon-related goals for the upcoming season. Please list specific races that you are targeting.
4. List awards and up to your top 10 multisport finishes, notable single sport times, and/or other triathlon recognitions. When listing results, please list your overall gender placement, finishing time, name of race, and date of the race. Must be after January 2021. Include a screenshot of USAT score.
5. Describe what value or contributions you would bring to the IOS Triathlon Team.



6. Describe a situation where something went wrong in a race. How did you react? What did you learn from the experience?
  
7. Are you able to meet the requirements in the Team Contract? If not, please explain.
  
8. Describe your most rewarding experience through the sport of triathlon.
  
9. How did you hear about the IOS Triathlon Team? Have you been on any other triathlon or single sport teams?