



**Inside-Out Sports Triathlon Team
Powered by Next Level Physio
2026 Team Contract**

Please note that team contract commitments may be subject to change due to sponsorship or other factors; however, the key provisions are anticipated to remain unchanged.

Expectations & Requirements

1. Team Kit Purchase

- Each team member is required to purchase a team cycling jersey (\$55) and race kit (\$207). Prices are based on last season and may change.
- Reimbursement for the jersey cost is guaranteed if all commitments are met. Kit reimbursement may be possible based on available funds.
- Cycling bibs are optional.
- Returning members who already have a team kit are not required to purchase a new one unless they choose to.

2. Commitment Duration

- The commitment runs from the first team meeting in January 2026 through November 2026.

3. Professionalism

- Represent the team and sponsors professionally at all races, training sessions, and public forums.
- Follow all USAT rules and show respect toward race staff, volunteers, media, athletes, and spectators.

4. Consultation Requirement

- Schedule and attend a free, one-time 30-minute consultation at Next Level Physio.
- Athletes are encouraged (but not required) to allow photography/filming for promotional use.



5. Review Submission

- Following your consultation, submit a Google review for Next Level Physio.

6. Workshop Participation

- Attendance at Next Level Physio performance-related workshops is encouraged but not required.

7. Social Media Requirements

- Post at least once on your personal or team social media account featuring Next Level Physio.
- Make at least 5 social media posts per year promoting sponsors, the team, or your performance.
 - At least 2 must highlight sponsors.
 - At least 1 must feature Next Level Physio (can overlap with the required post above).

8. Team Apparel

- Team apparel must be worn during **all multisport events and races** unless pre-approved by the Board.
- Apparel should also be worn pre-race, during, and post-race at the venue, including podium appearances.
- Uniforms may not be altered without prior Board approval.
- Members are encouraged to wear team gear during training.
- Failure to wear the team kit will result in forfeiture of race reimbursement for that event (unless approved in advance).

9. Race Requirements

- Complete at least 3 triathlon races in North Carolina in 2026.
- At least one must be from the following list:
 - Beaverdam Triathlon
 - White Lake Triathlon
 - Triangle Triathlon
 - Buckhorn Triathlon



- **Free Race Entries:** FS Series will provide up to 2 free race entries (including Beaverdam and Buckhorn). For each free entry received, you are required to volunteer at the same number of races.

10. Volunteer Requirements

- In addition to the free race entry volunteer requirement, all team members must volunteer at **one FS Series event** (packet pickup or race day).
- Events needing volunteers will be designated by FS Series, and members may select their preferred event.
- Missing a volunteer commitment without 24-hour notice forfeits eligibility for free races and reimbursements.

11. Committee Participation

- Each team member must serve on at least one committee:
 - Social Media
 - Volunteer
 - Website
 - Social

12. Race Results Reporting

- Provide race results to the Social Media Coordinator if you do not post them yourself.
- Photos before, during, and after the race are strongly encouraged.

13. Mandatory First Meeting

- Attendance at the first in-person team meeting is required:
 - **Thursday, January 15, 2026, at 7 PM**
 - Location: Inside-Out Sports, Cary, NC

14. Sponsorship Support

- Team members are encouraged to assist in procuring sponsors.
- A 15% kickback will be awarded to members who secure cash sponsors, payable at season's end if all team requirements are met.



15. Race Calendar

- All team members must enter their race schedule into the team's race calendar spreadsheet.

Benefits

1. Team Apparel

- A team kit, cycling jersey, and podium T-shirt in exchange for the deposit.
- Discounts may be available on additional items.

2. Inside-Out Sports Discounts

- 10% off: Bikes, framesets, components, power meters, wheels, trainers, Garmin devices
- 20% off: Running and cycling shoes
- 30% off: Wetsuits, nutrition, apparel, swimwear, bags, accessories
- 40% off: Bike labor

3. Race Entry Discounts

- Free entry to 2 FS Series races
- 20% discount on most FS Series events (including Tobacco Road Marathon and Reach the Beach Ride)

4. Reimbursement for Race Expenses

- Eligible for race entry fee reimbursement (as funds allow):
 - Up to 100% for NC races and Championship events (USAT Nationals/Worlds, Ironman, 70.3 Champs)
 - Up to 75% for races outside NC
- Receipts required. DNFs are not reimbursable.
- Reimbursement will be processed once at season's end (December 2026).

5. Group Training & Volunteering



- Opportunities for group sessions and team volunteer events.

Acknowledgment

By signing below, I acknowledge that:

- I have read and understand the 2026 team contract and agree to all requirements.
- Commitments are subject to change due to sponsorship or other factors.
- I release liability for the IOS Triathlon Team, its sponsors, and affiliates.
- My race photos/materials may be used for advertising by sponsors.
- Failure to meet requirements makes me ineligible for reimbursement and kit deposit return.
- Wearing the full team uniform at races is mandatory to receive benefits.

Name (Print): _____

Signature: _____

Date: _____