



TRIATHLON

Australian Capital Territory

JUNIOR EMERGING TALENT SQUAD, JUNIOR DEVELOPMENT SQUAD & PERFORMANCE SQUAD POLICY DOCUMENT 2011/2012

Introduction

The ACT Junior Emerging Talent Squad (JETS), Junior Development Squad (JDS) and Performance Squad (PS) are specialist talent development squads endorsed and conducted in conjunction with Triathlon ACT.

The JETS, JDS and PS provide athletes with a pathway and the opportunity to develop individual skills and participate in weekly group training sessions, attend training camps, travel and compete as a squad.

OBJECTIVES

- Offer positive training experiences by promoting skill development, motivation and athlete education.
- Provide experiences that increase levels of Coach education by including athletes, home coaches and other invited ACT coaches in JETS/JDS/PS events.
- Foster a team environment between athletes and all coaches concerned.
- Provide all athletes with the skills and knowledge to reach a high personal level in triathlon competition.
- Increase the number of athletes competing in the ITU Junior Sprint Series.
- Assist athletes to improve so that they may be able to move up to the ACT Performance level and beyond.
- Qualify athletes for consideration in selection as ACT Performance/U23 athletes.
- Test and monitor triathletes to assist the home coach in maximising the performance of the athlete for competition.

TERMS USED IN THIS DOCUMENT

ACTAS – ACT Academy of Sport

AIS – Australian Institute of Sport

Assistant Coach – Coach of the TACT JETS and/or JDS appointed by Head Coach

Head Coach – Coach of the TACT PS and/or JDS appointed by TACT

Home Coach – An athlete’s personal coach

ITU – International Triathlon Union

ITU AJTS – ITU Australian Junior Triathlon Series

JDP – Junior Development Program

JDS – TACT Junior Development Squad

JETS – TACT Junior Emerging Talent Squad

PS – TACT Performance Squad

TA – Triathlon Australia

TACT – Triathlon ACT Inc

TT – Time Trial

JUNIOR DEVELOPMENT PATHWAY

TACT TRYstars program

Series of coaching and participation in events throughout the year. Entry level coaching and competition for children 7-13 years. See www.triathlonact.com.au for details.

TACT Junior Emerging Talent Squad (JETS)

Athletes who wish to progress from TRYstars to the next level of development through all 3 disciplines. Athletes must be between 12-15 years of age. Athletes need to complete selection criteria and apply for a position with this squad.

TACT Junior Development Squad (JDS)

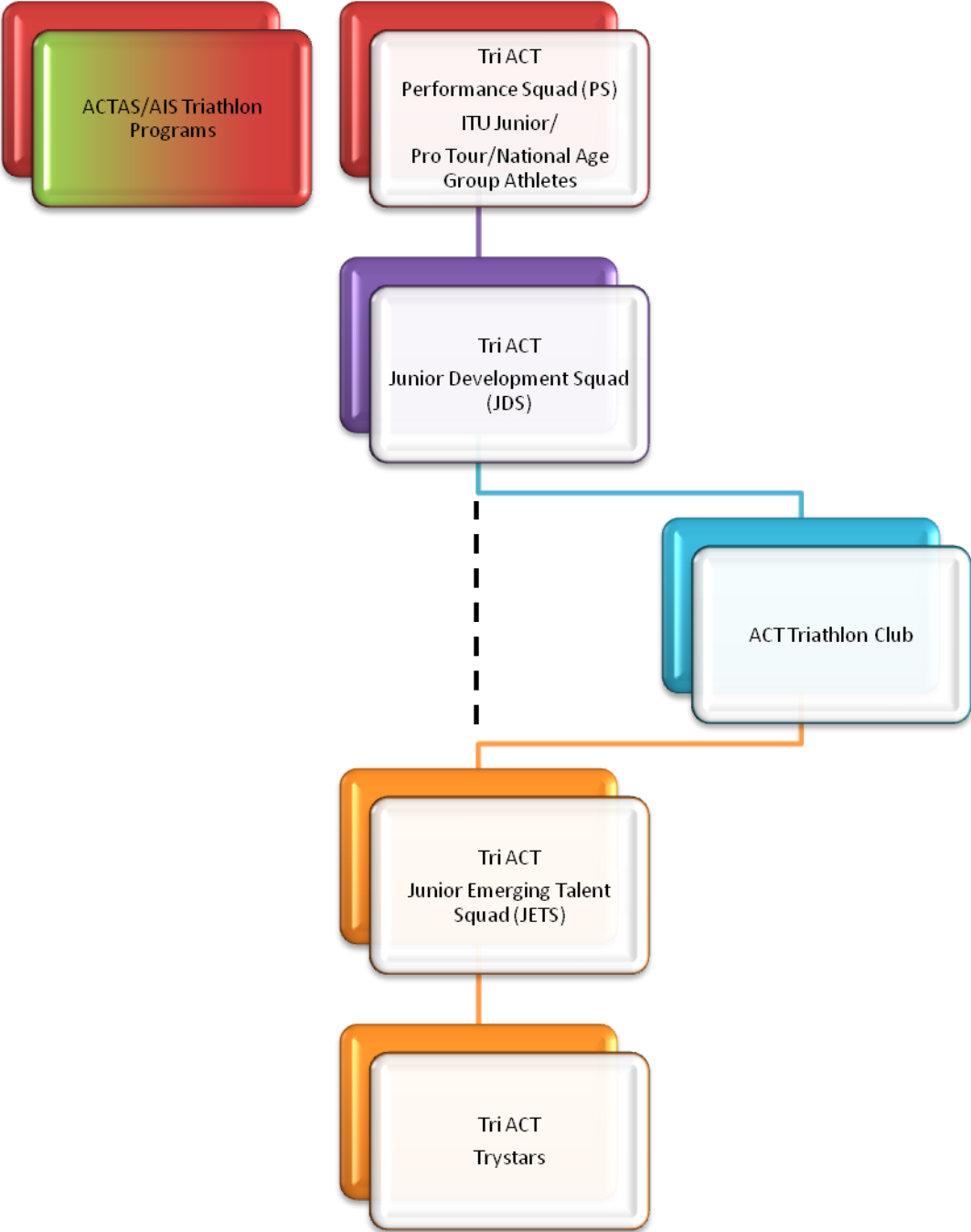
Athletes 14-19 years who are serious to pursue triathlon as a sport and wish to represent the ACT at National level events. Athletes need to complete selection criteria and apply for position with this squad.

TACT Performance Squad (PS)

Athletes 15-23 years with proven record of achievement in TACT JDS and, on recommendation, can nominate for consideration at the ITU Junior level. Athletes considered at JP level are eligible, on application and approval by TACT PS Head Coach, to attend National ITU Junior training camps and events. Athletes wishing to compete at NSW Pro Tour and National Age Group events also considered.

ACTAS/AIS Triathlon Programs

Elite athletes with proven results and real potential to meet demands of top level competition. Includes accomplished U23 & ITU Junior level athletes.



2011/2012

SELECTION POLICY

1. *THE SQUAD/S*

The following criteria have been designed as a structured guide in the selection, monitoring and enhancement of all program members.

1.1 The TACT JETS, JDS and PS will include athletes aged between 12-23 (see 2.2, 2.2.1 & 2.2.2). The JETS/JDS are not performance squads – athlete performance and many other factors are taken into account. The intention is to give all juniors the opportunity to develop their potential. Juniors should note this when applying, to ensure that they do not feel restricted in their application, as they may not consider themselves currently competitive.

1.2 Special consideration may be given to athletes who have recently demonstrated high performance at National / International status events or at a single triathlon discipline sport.

1.3 The TACT JETS, JDS and PS will be capped at a combined total of 40 athletes. Special dispensation can be given to include extra squad members who make the qualifying times at the Head Coaches' discretion.

1.4 Athletes trialing for the squad must be committed to the sport with a goal to wanting to develop and improve across all three disciplines. Athletes need to ensure they are applying for inclusion in the program for the right reasons and must participate in program activities. Failure to participate in training sessions, camps and other organised activities may result in removal from the squad/s.

1.5 TACT JETS athletes to be aged 12-15 years of age (as of 31st December 2012)

1.6 TACT JDS athletes to be aged 14-19 years of age (as of 31st December 2012).

1.7 TACT PS athletes to be aged 15-23 years of age (as of 31 December 2012).

1.8 The squad/s breakdown may have uneven numbers of male and female.

1.9 There will be one official selection time trial each year (April) where athletes have the opportunity to trial for the following season's squads. A second time trial will be held (September/October) for those athletes **ONLY** who attended the first time trial but did not make the times. These athletes have 5 months to improve on times to be eligible for a late inclusion into the squads or be included in the higher squad if all other criteria are met.

2. CRITERIA

2.1. TACT JETS applicants must be:

- (a) aged between 12 and 15 as at 31 December 2012; and
- (b) financial members of TACT and maintain their status as a financial member of TACT; and
- (c) meet the time trial criteria specified below (see 2.2)

2.1.1 TACT JDS applicants must be:

- (a) aged between 14 and 19 as at 31 December 2012; and
- (b) financial members of TACT and maintain their status as a financial member of TACT; and
- (c) meet the time trial criteria specified below (see 2.2.1).

2.1.2 TACT PS applicants should be:

- (a) aged between 15 and 23 as at 31 December 2012; and
- (b) financial members of TACT and maintain their status as a financial member of TACT; and
- (c) meet the time trial criteria specified below (see 2.2.2).

2.2 Applicants should meet the following time trial criteria to be considered for inclusion into the TACT JETS:

Swim 300m – (50m pool)

Male – Less than or equal to 4.30 minutes

Female – Less than or equal to 5.00 minutes

Run 1000m

Male - Less than or equal to 4.00 minutes

Female - Less than or equal to 4.30 minutes

Bike 10km

Tharwa (Tharwa/Cotter turnoff > Tharwa > Tharwa/Cotter turnoff)

Male – Less than or equal to 22.00 minutes

Female – Less than or equal to 24.30 minutes

(Special consideration maybe given to athletes who make two times and are within 10% of the 3rd if they have a short history in the sport).

2.2.1 Applicants should meet the following time trial criteria to be considered for inclusion into the TACT JDS:

Swim 600m – (50m pool)

Male – Less than or equal to 9.10 minutes

Female – Less than or equal to 10.10 minutes

OR

Swim 1000m – (50m pool)

Male - Less than or equal to 15.50 minutes

Female - Less than or equal to 17.20 minutes

Run 3000m

Male - Less than or equal to 11.30 minutes

Female - Less than or equal to 13.00 minutes

OR

Run 5000M

Male - Less than or equal to 20.00 minutes

Female - Less than or equal to 22.10 minutes

Bike 10km

Tharwa (Tharwa/Cotter turnoff > Tharwa > Tharwa/Cotter turnoff)

Male – Less than or equal to 18.30 minutes

Female – Less than or equal to 20.30 minutes

Note: All athletes turning 16 years of age in 2012 must complete a 1k swim and 5k run. Athletes may nominate to be included in a higher squad if they make 2 qualifying times of any of the 3 disciplines and must be within 10% of the qualifying time of the 3rd discipline where the time has not been met.

(Arrangements can be made to accommodate athletes with a short history in the sport who don't quite make the times for one discipline).

2.2.2 Applicants should meet the following time trial criteria to be considered for inclusion into the TACT PS:

(note: swim and run times are 80% of the world's best time as per the National Performance Standards provided by TA)

Swim 1000m – (50m pool)

Male – Less than or equal to 14.10 minutes

Female – Less than or equal to 15.00 minutes

Run 5000m

Male – Less than or equal to 17.30 minutes

Female – Less than or equal to 20.00 minutes

Bike 10km

Tharwa (Tharwa/Cotter turnoff > Tharwa > Tharwa/Cotter turnoff)

Male – Less than or equal to 16.20 minutes

Female – Less than or equal to 18.20 minutes

2.3 Regular TACT JETS, JDS and PS time trials will be run at the Head Coach's discretion throughout the season to track athlete progress.

2.4 Athletes wishing to achieve ITU National Performance Standard times will be provided with opportunities to do so within TAs designated periods. These time trials are usually scheduled prior to national ITU events.

2.5 TACT JETS, JDS and PS athletes are encouraged to have a Home Coach. The JETS/JDS/PS coaches will work with home coaches where applicable to assist athletes to achieve their goals.

3. ITU AJTS AND NTID NATIONAL DEVELOPMENT CAMP (NDC) ELIGIBILITY

3.1 Athletes wishing to compete at ITU level must make the time trial times as stated in Triathlon Australia policy. National Performance Standards can be found on the Triathlon Australia or TACT websites.

3.2 Criteria to compete in the ITU AJTS

- (a) aged between 16-19 years as at 31 December 2012; and
- (b) be financial members of TACT and be registered as an ITU Jnr as well as maintain their status as a financial member of TACT; and
- (c) meet the time trial criteria specified in the ITU AJTS and other eligibility guidelines outlined in the AJTS document.
- (d) athletes must have met the minimum Performance Standards in the past 12 months.
 - Females 1km Swim – 14min 45sec
 - Females 5km Run – 20min
 - Males 1km Swim – 13min 45sec
 - Males 5km Run – 18min

3.3 Athletes who are members of the TACT JDP who qualify to compete at the ITU Junior level event will be required to wear the ACT ITU compliant suit which is currently under development.

3.4 Athletes will represent their state/association and comply with the athletes' code of conduct as outlined on the TACT website.

3.5 The state/territory NPS supervisor appointed by TA is required to supervise/oversee (and where applicable delegate supervision of) all time trials. The TACT JDP head coach is the NPS supervisor.

3.6 The 2011 NTID National Development Camp (NDC) is targeted at the best ITU Junior Triathletes from around Australia. The aim of the NDC is to complement and enhance the existing State Junior Development Camps being conducted by SIS/SAS & STTA Junior Development Programs. The NDC will expose the athletes to coaching/training & advanced skill sessions with TA High Performance Coaches and series of lectures/seminars on sports performance and development pathways.

3.7 Selection Criteria to represent the ACT at the NCD

- Athletes must be eligible to compete in the 2011/12 AJTS
- Age 16-19 as at 31/12/2012 (i.e. born in the years 1993, 1994, 1995 or 1996)
- Athletes must be a financial "ITU Junior" member of Triathlon Australia/STTA.
- Athletes must be in good standing with their respective STTA.
- Athletes should be a member of their respective SIS/SAS, STTA Junior Development or NTID Program.
- Athletes must be working with an accredited Triathlon Australia coach.
- Athletes must have placed in the Top 16 (Males) or Top 12 (Females) in one of the 2011 Australian ITU Junior Triathlon Series Races OR,

- Athletes must have met the minimum Performance Standards in the past 12 months.
 - Females 1km Swim – 14min 30sec
 - Females 5km Run – 19min
 - Males 1km Swim – 13min 30sec
 - Males 5km Run – 17min
- Athletes that have not met the above performance criteria may apply (via their respective STTA) for special consideration by the NTDM.
- Final selection of athletes is at the absolute discretion of the National Performance Director.

3.8 Nominations will be called for by the State/Territory Head Coach prior to the required timeframe set by TA each year.

3.9 Successful athletes will be notified through TA and the State/Territory Head Coach.

4. APPLICATIONS FOR JDP

4.1 Applications must be lodged by e-mail to admin@triathlonact.com.au or by post to
 Triathlon ACT Office
 King Street
 Deakin
 Locked Bag 3004
 WEST DEAKIN ACT 2600
 later than: • **5.00pm Monday 16 May, 2011**

4.2 Applications must be presented on the TACT JETS/JDS/PS application form accompanied by fully completed and signed Code of Conduct forms.

4.2.1 Time Trial times must be submitted with applications. Time trial times must be endorsed by State/Territory time trial supervisor.

4.3 All applications will be retained by TACT.

4.4 In consultation with other program coaches, the Head Coach may invite athletes to submit a late application if suitable athletes are identified after the above date and squad numbers do not exceed 40 in total.

5. SELECTION

5.1 The applications will be considered by a panel consisting of JETS/JDS/PS Coach/es and one (1) TACT appointed selector.

5.2 There will be no automatic selection. Successful applicants will also need to forward their annual levy to confirm their place as per item 8.13 of this policy.

5.3 The TACT JETS/JDS/PS will be announced by **Wednesday 1 June, 2011**. All applicants will be advised of the selected squad by email and the squad will be placed on the TACT website. (www.triathlonact.com.au).

6. JDP HEAD COACH

6.1 The JDP Head Coach is required to have a minimum of a NCAS Level 2 Triathlon Coaching Accreditation.

6.2 The JDP Head Coach must provide evidence of personal liability insurance meeting current TA guidelines.

6.3 The JDP Head Coach will work in the interest of TACT.

6.4 TACT will not select any Coach who has been convicted of abuse, of any type, whether it is mental, physical or sexual.

6.5 The JDP Head Coach will foster relationships with all athletes' home coaches where applicable.

6.6 The JDP Head Coach will be appointed by TACT.

6.7 The JDP Head Coach must have attended a child protection course.

6.8 The JDP Head Coach must hold a current First Aid certificate.

7. JDP MANAGER

7.1 The JDP Manager shall endeavor to be present at the nominated races and camps (where possible) and to support and assist the JDP as required.

7.2 The JDP Manager will liaise with the TACT Executive Officer in relation to submitting stories, promoting and raising the profile of the squads.

7.3 The JDP Manager shall attend TACT committee meetings or submit written matter to report on squad activities when requested to do so.

7.4 The JDP Manager will give all athletes a written copy of the TACT Squad/Team code of conduct.

7.5 TACT will not select any Manager who has been convicted of abuse, of any type, whether it is mental, physical or sexual.

7.6 The JDP Manager shall have attended a child protection course.

7.7 The JDP Manager will be appointed by TACT. More than one JETS/JDS/PS Manager may be appointed to distribute the duties in a sustainable manner.

7.8 The JDP Manager will work in the interest of TACT.

7.9 Applications must be lodged by e-mail to admin@triathlonact.com.au or by post to Triathlon ACT Office

King Street

Deakin

Locked Bag 3004

WEST DEAKIN ACT 2600

later than: • **5.00pm Monday 23 May, 2011**

8. ASSISTANT COACHES

8.1 Assistant coaches may be appointed to the TACT JDP

8.2 The TACT JDP Assistant Coaches shall have a minimum of a NCAS Level 1 Triathlon Coaching Accreditation or equivalent qualification in their discipline.

8.3 The assistant coaches must provide evidence of personal liability insurance meeting current TA guidelines.

8.4 The TACT JDP Assistant Coaches will work in the interest of TACT.

8.5 TACT will not select any Assistant Coach who has been convicted of abuse, of any type, whether it is mental, physical or sexual.

8.6 The JDP Head Coach will appoint Assistant Coaches and provide recommendations for final approval to the board of TACT.

8.7 Applications must include an outline of the following requirements:

- Experience in successful coaching of junior triathletes
- Demonstrated ability to act as role model for athletes
- Understanding and knowledge of junior triathlon developments, rules and trends
- Appreciation for and understanding of the impact sport science and sport medicine has in enhancing and sustaining athlete performance, training and well being
- Effective communication skills and an ability to develop close working relationships with junior athletes
- Proven planning, organisational and management skills
- Willingness to travel to junior triathlon events.

8.8 Applications must be lodged by e-mail to admin@triathlonact.com.au or by post to Triathlon ACT Office

King Street

Deakin

Locked Bag 3004

WEST DEAKIN ACT 2600

later than: • **5.00pm Monday 23 May, 2011**

9. MEDICAL

9.1 Athletes / Parents will be required to sign a medical clause upon admission into the TACT JDP.

9.2 Athletes with ongoing injury concerns may be required to undertake a musculoskeletal screening by a physiotherapist.

10. GENERAL

10.1 The TACT JDP Code of Conduct document (see Appendix A) must be signed by athlete, Home Coach and Parent/Guardian upon application to the 2011/2012 JDP .

10.2 Each individual JDP member must attempt to be at all TACT JDP organised training events. If the JDP athlete cannot attend a training session, the athlete must inform the coach via e-mail prior to the organised event.

10.2.1 Athletes who do not consistently attend JDP training sessions may risk being dropped from the JDP as outlined in clause 1.4 above.

10.3 Successful JDP 2011-12 athletes will be required to maintain an acceptable level of triathlon fitness over the triathlon off season (June - October) and a high level during the season (Nov -April). Athletes must meet fitness level standards. Failure to do so may jeopardize squad position.

10.4 If there is a clash between a nominated TACT competitive event and another event, then the athlete should discuss their preference to attend another event with the relevant JDP coach/s.

10.5 JDP athletes may be asked to assist in the coordination of special events to be decided by the JDP Manager.

10.6 JDP athletes shall abide by the code of conduct at all times; failing to do so may see termination of the offending athlete's position.

10.7 All athlete Home Coaches involved in JDP initiatives should be current Triathlon Australia accredited coaches and provide evidence of suitable professional insurance.

10.8 Proposed (non event) camps for 2011/2012 TACT JETS/JDS/PS
January (4 days)-Thredbo

Other day clinics & overnight camps may be arranged, at the JDP head coach's discretion.

10.9 Each individual TACT JDP athlete should be at all TACT JDP stipulated races and event camps. If the TACT JDP athlete cannot attend a race or camp, the athlete must inform the JDP head coach/manager via e-mail prior to the organized event.

10.10 All JDP members are expected to stay within team camp pre competition events (Event Camps) when offered by the Junior Development Program. Athletes are advised that late arrivals and early departures from team camps are not advised and should be avoided where possible.

10.11 JDP members will be advised by the JDP manager of camp travel, transfers and costs.

10.12 All JDP members must have access to a reliable email address that is suitable for use with attachments and check their Inbox at a regular interval (3-4 days). At all times

during the year JDP athletes must respond to emails by the determined time set by the JDP manager.

10.13 An annual levy of \$100.00 is required from all athletes entering into the TACT JDP. The levy will be utilised to fund administrative costs of the program. Payment of \$100.00 is payable to Triathlon ACT by all athletes gaining selection into the JDP New JDP athletes will receive the relevant squad polo shirt.

10.14 Athletes will be liable for all costs of purchasing uniforms (see 11.1), attending camps and TACT JDP stipulated races.

Policy enquiries to be directed to:

Triathlon ACT

PH: 6260 4430

E: admin@triathlonact.com.au

11. UNIFORMS

11.1 All new athletes will be given the relevant squad polo shirt. Existing athletes may purchase an additional shirt if required.

11.2 Athletes will be encouraged to purchase JETS/JDS/PS cycle gear. This will be competitively priced, can be subsidised through fundraising and will help to enhance the team aspect of the squads.

11.3 Athletes who are eligible to represent the ACT in the ITU AJTS will be required to purchase an ACT ITU Junior compliant trisuit.