



ENDORSEMENT PROCEDURE

for the 2009/10 TriNSW ProTour

1. Must meet required Time Trial time to enter.
2. Must be competent on a bike at high speeds in a group.
3. Must be capable of looking after his/her own set up and equipment.
4. Professional license gives exemption.

How to enter!

Endorsement Form:

- Current qualified and accredited TA Level 1 Triathlon Coach (or higher) to sign a declaration of athlete's competency.
- The coach involved needs to take responsibility for their athlete's competency and ability.
- **Warning** If the coach gives false information about Time Trials or cycling competency then that coach and athlete may be disqualified from further endorsement for the athlete or any other athlete in the control of that coach.
- If before, during or after any ProTour Race, the TriNSW ProTour Coordinator or his representative considers the competency of the athlete is sufficiently sub-standard that it poses a risk to the remaining competitors, then that athlete shall be immediately withdrawn from the race and/or the Series.

TIME TRIAL REQUIREMENTS

Males - Minimum Times

Swim – 1 km – 13:30 minutes

Cycle – Coaches recommendation based on personal evidence

Run - 5 km - 17 minutes

Females - Minimum Times

Swim – 1 km – 14:30 minutes

Cycle - Coaches recommendation based on personal evidence

Run - 5 km - 20:30 minutes



2009/10 – DRAFT LEGAL ENDORSEMENT APPLICATION

The following endorsement application is to be completed by **ALL** triathletes intending to compete in Triathlon Australia/STTA sanctioned ITU Junior or “Open” draft legal races who do not hold a professional draft legal race licence.

Demonstrated Endorsement: all athletes are required to complete the application form and have their bike handling skills/knowledge approved by a **qualified and currently TA accredited NCAS Level 1 (or higher) Triathlon Coach** before submission to TriNSW ProTour Coordinator for final approval.

The athlete **must demonstrate practical knowledge and understanding** on the following checklist:

- The concept of overlapping wheels, understand and appreciate that a slight direction change or gust of wind could easily cause athletes to touch wheels and fall.
- Underlapping wheels through corners and the potential dangers.
- Hand position in a bunch, sitting on a wheel whilst having hands on Aerobars reduces reaction time and is not advised.
- Cornering lines, judging whether athlete can pedal around the whole corner or whether it is necessary to lift inside pedal up, cease pedalling and judging when pedal cycles can recommence.
- Reading the bunches reaction to the terrain, understanding when “concertina” and “whiplash” effects occur in the bunch.
- Paceline strategies, ability to peel off and retreat on correct side according to conditions.
- “Swapping Turns” or “Rolling Through”, understand the role of pace and retreat lines and anticipating reactions needed by athlete.

As a guide athletes should:

- Be predictable with all actions. Maintain a steady straight line and avoid braking or changing direction suddenly. Remember that there are riders following closely from behind.
- Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, sticks or stones, parked cars, etc.
- Not overlap wheels. A slight direction change or gust of wind could easily cause athletes to touch wheels and fall.
- When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill, which can cause a sudden deceleration. This can often catch a rider who is following too closely, resulting in a fall from a wheel touch.
- Not panic if you brush shoulders, hands or bars with another rider. Try to stay relaxed in your upper body to absorb any bumps. This is a part of racing in close bunches and is quite safe provided riders do not panic, brake or change direction.

Applying Athlete Details

Name:

Address:

Contact Phone Number:

Contact Email Address:

Date of Birth:

Age as of 31 December 2010:

Triathlon Australia Licence Number:

DEMONSTRATED ENDORSEMENT

My endorsing coach is: _____

I am fully aware of the practical knowledge and awareness required to ride in a pack and have met the necessary time trial requirements to compete at state draft legal level.

Athlete Signature: _____ Date: _____

Endorsing Triathlon Coach Details

Name:

Address:

Contact Phone Number:

Contact Email Address:

Triathlon Coaching Accreditation:

Level:

Expiry:

NCAS Registration Number:

I have personally witnessed the above triathlete demonstrate the above skill competencies and I am fully satisfied they meet the requirements to compete at state draft legal level. I confirm the athlete has met the TriNSW ProTour Time Trial requirements. By signing this document, I understand my coaching responsibilities as stated in the coach's code of ethics particularly section 5, 7 & 11.

Coach Signature: _____ Date: _____

TriNSW ProTour Coordinator Details

Name:

John Hickey

Contact Phone:

0427 423 251

Contact Email:

trihickey@inet.net.au

I have checked the licence and accreditation of the athlete and endorsing coach, and I am satisfied the above triathlete has met the TriNSW criteria for being an endorsed athlete to race at state draft legal level.

TriNSW ProTour Coordinator Signature: _____ Date: _____