



JUNIOR DEVELOPMENT SQUAD & PERFORMANCE SQUAD POLICY DOCUMENT 2009/2010

Introduction

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

The 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 and 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 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 performances of ACT athletes at the National Schools Triathlon Championships and to 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

Head Coach Coach of the TACT JDS or PS appointed by TACT

Home Coach An athlete's personal coach

ITU International Triathlon Union

JDS TACT Junior Development Squad

PS TACT Performance Squad

TACT Triathlon ACT Inc

TT Time Trial

JDP Junior Development Program

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.

Triathlon Club Training

Sessions conducted within the existing triathlon club structure in the ACT. Novice and slightly more advanced coaching for participants 12-19 years. Contact TACT for participating clubs.

TACT Junior Development Squad

Specialist squad with focus on athletes 13-19 years representing ACT at National level events. Athletes need to complete selection criteria and apply for position with this squad.

TACT Performance Squad

Athletes 15-23 years with proven record of achievement in TACT JDS, 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.

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.

2009/2010 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 JDS and PS will comprise of athletes aged between 13-23 (see 2.2 & 2.2.1). The JDS is not yet a performance squad – 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 National / International status at a single triathlon discipline sport.

1.3 The TACT JDS will consist of between 15 and 20 members but will not exceed 20 members.

1.3.1 The TACT JP will consist of up to 15 members but will not exceed 15 members.

1.4 TACT JDS athletes to be aged 13-19 years of age (as of 31st December 2009).

1.4.1 TACT PS athletes to be aged 15-23 years of age (as of 31 December 2009).

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

2. *CRITERIA*

2.1. TACT JDS applicants should be:

- (a) aged between 13 and 19 as at 31 December 2009; 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 PS applicants should be:

- (a) aged between 15 and 23 as at 31 December 2009; 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).

2.2 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 9.30 minutes

Female – Less than or equal to 10.30 minutes

OR

Swim 1000m – (50m pool)

Male - Less than or equal to 16.30 minutes

Female - Less than or equal to 18.00 minutes

Run 3000m

Male - Less than or equal to 12 minutes

Female - Less than or equal to 13.30 minutes

OR

Run 5000M

Male - Less than or equal to 20.20 minutes

Female - Less than or equal to 22.30 minutes

Bike 10km

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

Male – Less than or equal to 19.00 minutes

Female – Less than or equal to 21.00 minutes

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

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

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 18.00 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 16.50 minutes

Female – Less than or equal to 18.50 minutes

2.3 TACT JDS/PS time trials will be run at the Coach's discretion.

2.4 Athletes who narrowly miss meeting single TT criteria may be granted retesting of that single TT at JDS/PS Head Coach's discretion.

2.5 Further to athletes achieving the time trial criteria, all race performances will be considered in selection of the JDS, with an emphasis placed on the following events:

Athletes aged 13-14 years (As of 31st December 2009)

Australian Schools Triathlon Championships 2009

Triathlon ACT Series – short distances

** age/distance restrictions apply*

Athletes Aged 15-19 years of age (As of 31st December 2009)

Australian Schools Triathlon Championships 2009

Triathlon ACT Series – long distances

** age/distance restrictions apply*

NB: Major selection consideration will be given on performances displayed at events listed above in bold.

2.6 TACT JDS athletes can have a Home Coach. The JDS/PS coaches will work with home coaches where applicable to assist athletes to achieve their goals.

3. APPLICATIONS

3.1 Applications must be lodged by e-mail to admin@triathlonact.com.au or by post to Triathlon ACT, Locked Bag 3004, West Deakin 2600 no later than:

• **5.00pm Tuesday 30 June, 2009**

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

3.3 All applications will be retained by TACT.

3.4 Coaches can invite athletes to submit a late application if suitable athletes are identified after the above date.

4. SELECTION

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

4.2 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.

4.3 The TACT JDS/PS will be announced by **Friday 3rd July, 2009**. 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).

4. JDS/PS HEAD COACH/S

4.1 It is desirable that the JDS/PS Head Coach/es shall have a minimum of a NCAS Level 2 Triathlon Coaching Accreditation or relevant tertiary qualification.

4.2 The JDS/PS Head Coach/s must provide evidence of personal liability insurance meeting current TA guidelines.

4.3 The JDS/PS Head Coach/s will work in the interest of TACT.

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

4.5 The JDS/PS Head Coach/s will foster relationships with all athletes' home coaches where applicable.

4.6 The JDS/PS Head Coach/s will be appointed by TACT.

4.7 The JDS/PS Head Coach/s must have attended a child protection course.

4.8 The JDS/PS Head Coach/s must hold a current First Aid certificate.

5. JDS/PS MANAGER

5.1 The JDS/PS Manager shall endeavor to be present at the nominated races and camps (where possible) and to support and assist the JDS/PS as required.

5.2 The JDS/PS Manager will liaise with the TACT Executive Officer in relation to submitting stories, promoting and raising the profile of the JDS.

5.3 The JDS/PS Manager shall attend TACT committee meetings or submit written matter to report on JDS activities when requested to do so.

5.4 The JDS/PS Manager will give all athletes a written copy of the TACT Squad/Team code of conduct.

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

5.6 The JDS/PS Manager shall have attended a child protection course.

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

5.8 The JDS/PS Manager will work in the interest of TACT.

5.9 All applicants are to apply via email or post with applications received by the selection panel by **Tuesday 30 June, 2009**.

6. ASSISTANT COACHES

6.1 Up to three (3) coaches may be appointed to the TACT JDS/PS.

6.2 The TACT JDS/PS Assistant Coaches shall have a minimum of a NCAS Level 1 Triathlon Coaching Accreditation.

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

6.4 The TACT JDS/PS Assistant Coaches will work in the interest of TACT.

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

6.6 The JDS Head Coach will appoint Assistant Coaches. Final approval will be given after the board of TACT views the application.

6.7 All applicants are to apply via email or post with applications received by the selection panel by **Tuesday 30 June, 2009**.

6.8 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.

6.9 Applications must be emailed to admin@triathlonact.com.au or posted to Triathlon ACT, Locked Bag 3004, West Deakin 2600.

7. Medical

7.1 Athletes / Parents will be required to sign a medical clause upon admission into the TACT JDS/PS.

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

8.GENERAL

8.1 The TACT JDS/PS Code of Conduct document (see Appendix A) must be signed by athlete, Home Coach and Parent/Guardian upon application to the 2009-10 JDS/PS.

8.2 Each individual JDS/PS member must be at all TACT JDS/PS organised training events. If the JDS/PS athlete cannot attend a training session, the athlete must inform the coach in writing or e-mail prior to the organised event.

8.3 JDS/PS athletes are 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 criteria assigned by Head Coach. Failure to do so may jeopardise squad position.

8.4 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 JDS/PS coach.

8.5 JDS/PS athletes may be asked to assist in the coordination of special events to be decided by the JDS/PS Manager.

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

8.7 All athlete Home Coaches involved in JDS/PS initiatives should be current Triathlon Australia accredited coaches and provide evidence of suitable professional insurance.

8.8 Proposed (non event) camps for 2009/2010 TACT JDS

July (2 days)- ACT

October (3 days)- Venue (TBC)

January (5 days)-Thredbo or Jindabyne

Proposed (non event) camps for 2009/2010 TACT PS

July- (3 days)- South Coast (TBC)

October (3 days)- Berridale (TBC)

January (5 days)-Thredbo or Jindabyne

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

8.9 A JDS/PS racing calendar will be given to athletes, when the 2009/2010 National Calendar is released by TA. Each individual TACT JDS/PS athlete should be at all TACT JDS/PS stipulated races and event camps. If the TACT JDS/PS athlete cannot attend a race, the athlete must inform the JDS/PS coach/manager in writing or e-mail prior to the organized event.

8.10 All JDS/PS 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.

8.11 JDS/PS members will be advised by the JDS/PS manager of camp travel, transfers and costs.

8.12 All JDS/PS 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 JDS/PS athletes must respond to emails by the determined time set by the JDS/PS manager.

8.13 An annual levy of \$100.00 is required from all athletes entering into the TACT JDS/PS. 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 JDS/PS.

8.14 Athletes will be liable for all costs of purchasing uniforms (see 9.1), attending camps and TACT JDS/PS stipulated races.

Policy enquiries to be directed to:

Triathlon ACT

PH: 6260 4430

E: admin@triathlonact.com.au

9. UNIFORMS

9.1 Athletes will be issued with a JDS or PS squad polo shirt. Previous athletes who make the 09/10 squad will not be issued with new polo shirts unless requested. They will, however, receive a discount on other uniform items ordered. The athlete will fund the cost of an additional polo shirt if required.

9.2 Athletes will be encouraged to purchase 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.