



Representative Team Selection Policy: Juniors

Background:

The NTIS Triathlon Academy program is managed as a partnership between three organisations: The NTIS, Triathlon NT and Triathlon Australia. Triathlon NT is responsible for program design and management. Triathlon Australia's representative confirms that the program is consistent with the National pathway model and offers support from a NSO perspective. The NTIS provides development support to the program coaches as and when required by the program manager/head coach. The performance of the program and development progress of the coaches and athletes is reviewed by the Joint Management Committee every 6 months

The NTIS Triathlon Academy program manager has over-arching control over athlete and coach development, and selection into NT representative teams is at the absolute discretion of the program manager. Athletes may be selected to attend a variety of interstate racing opportunities based on their interest and on data collected or observations made around their abilities. The areas of development that are considered when selecting young athletes are:

1. Physical Competence Development
2. Running Technique and Speed Development
3. Technical Excellence in Sport Skills
4. Confidence and Resilience Development

State Level Competitions:

The three levels of competition within the direct control of Triathlon Northern Territory are:

- Club Competition
- Development Camp Competition
- NT Junior Triathlon Championships

Opportunities exist within the Development camps and within a variety of daily training environments to record benchmarks in the disciplines of triathlon. Other opportunities to achieve benchmarks in swimming, cycling and running exist through participation at club level and NT Championships in swimming, and through participation at the NT Track & Field championships. Results recorded in other forums may be accepted for consideration at the absolute discretion of the program manager.

National Level Competitions:

There is a mathematical formula that can be used to determine if a competition is appropriate for an athlete. Below is a competition readiness table with the swim, cycle and run times that would indicate if a youth category athlete is of an appropriate standard to progress into National Junior Triathlon events. Achieving these times is not at the expense of movement quality. Observed competencies in the personal qualities of confidence and resilience are also taken into account when selecting athletes for National Level Competition.

Table 1: Benchmark Qualifying Times for TA Youth Category ITU events to provide a Development Level opportunity:

Discipline	Gender	Event	Time
Swim	Men	200m	2:30.1min
	Women	200m	2:39.3min
Cycle*	Men	500m	39.0s
	Men	2000m	2:38.0min
	Women	500m	42.0s
	Women	2000m	2:52.0min
Run	Men	800m	2:20.8min
	Women	800m	2:37.7min

Table 2: Benchmark Qualifying Times for TA Youth Category ITU events with potential to progress to the TA National Development Camp:

Discipline	Gender	Event	Time
Swim	Men	200m	2:20.5min
	Women	200m	2:29.1min
Cycle*	Men	500m	37.5s
	Men	2000m	2:30.0min
	Women	500m	41.0s
	Women	2000m	2:47.0min
Run	Men	800m	2:11.8min
	Women	800m	2:27.7min

Cycle * - Hand held standing start.

The program manager selects competitions that are appropriate to the developmental level of each child/athlete. If a parent or child cannot comply with this system of development, including seeking competition opportunities that Triathlon NT thinks are inappropriate for the athlete, then the athlete will not be supported as an officially endorsed participant at that event.

For further information on selection processes, the philosophy behind the NTIS Triathlon Academy Program or training opportunities within the program, please contact the program manager:

Tim Ellison: ntjuniordevelopment@gmail.com.