



# National Coaching Framework

Triathlon in Australia has a proud history of excellence from community participation to elite performance. Excellence in any sport requires excellence in coaching. Quality coaches have a huge impact on our triathlon communities, they spend time with triathletes, young and old, and have a positive influence on the life and values of those they come into contact with. The role of the coach is fundamental to the success of all triathletes at every level.

Coaching is a rich and rewarding experience helping others develop and achieve their personal triathlon challenges.

There are a variety of reasons people get involved in coaching, from parents wanting to help out with their child’s triathlon club, or an experienced athlete looking to give something back to the sport they enjoy.

Triathlon Australia offer a range of accreditations and professional development opportunities to suit any aspiring coach.



COACHING LEVEL	TARGET TRIATHLETE POPULATION	PREREQUISITIES*	LEARNING STRATEGY
TRY STARS COACH	Coaches working specifically with TRYstars children’s participation program	Must be a minimum of 16 years of age. Hold relevant Child Protection registration	On line course work Face to face course including practical coaching assessments
TRI ACTIVE COACH	Coaches working specifically with TriActive adult’s participation program	Must be a minimum of 18 years of age.	On line course work Face to face course including practical coaching assessments
FOUNDATION COACH	Coaches working with novice triathletes under the direction of a higher accredited triathlon coach.	Must be a minimum of 16 years of age. Hold relevant Child Protection registration	On line course work Face to face course including practical coaching assessments
DEVELOPMENT COACH	Coaches working with a group or squad of triathletes/paratriathletes who are preparing to <b>participate</b> in triathlon races.	Experienced Accredited Foundation Coach Must be a minimum of 18 years of age. Hold relevant Child Protection registration	On line course work Face to face course including practical coaching assessments
PERFORMANCE COACH	Coaches working with performance focused triathletes/paratriathletes who are preparing to <b>compete</b> triathlon races.	Experienced Accredited Development Coach Hold relevant Child Protection registration	On line course work Face to face course including practical coaching experience
HIGH PERFORMANCE COACH	Coaches working with elite triathletes/ paratriathletes who are specifically targeting success in <b>elite level</b> international competitions.	Targeted Accredited Performance Coach Targeted coaches are invited to participate in a bespoke coach development opportunities.	Targeted coach development Mentoring through National High Performance Program

\* All coaches must to hold a current Triathlon Australia coach membership