



2012 Australian Youth Triathlon Championships Draft Legal Endorsement Application

AYTC Endorsement Procedures for All Athletes

The following endorsement application is to be completed by **ALL** triathletes who **DO NOT** hold a current ITU Junior Licence OR are aged 13, 14 or 15 years of age in 2012 and are intending to compete in **2012 Australian Youth Triathlon Championships**.

The endorsement procedure has two criteria: **Automatic** or **Demonstrated**.

- **AYTC Automatic Endorsement:** any athlete who holds a current ITU Junior Licence/membership or have previously competed in cycling (road or criterium) events will be automatically endorsed for the AYTC.
 - **NB** – Athletes that have competed in road or criterium cycling races and do not hold a current ITU Junior Licence must still complete the below endorsement form.
 - **NB** – Athletes that hold an ITU Junior Licence are **NOT** required to complete the below form.

- **AYTC Demonstrated Endorsement:** any athlete who has NOT previously raced in an Australian ITU Junior (DRAFT LEGAL) Triathlon or cycling event and/or is aged 13, 14 or 15 years of age in 2012 are required to have their bike handling skills/knowledge endorsed as “competent” to race in the AYTC by either;
 - a currently accredited NCAS level 2 triathlon coach
 - a currently accredited NCAS level 1 cycling coach
 - an approved bike skills assessor in your respective state triathlon association
 - SIS/SAS or AIS Cycling or Triathlon coaches
 - Triathlon Australia National Talent Coaches

**The athlete must demonstrate practical knowledge and understanding of
the skills on the attached checklist.**

Bike Skill Requirements Guide

As a guide for aspiring DRAFT LEGAL athletes and their coaches, athletes must be able to demonstrate competency and an understanding of the following bike skills as a minimum skill requirements to compete in the Australian Youth Triathlon Championships.

- 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.
- Not overlap wheels. 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 “Brake Hoods” 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.
- 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.
- 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 December 31, 2012: _____

Triathlon Australia Licence Number: _____

Athletes Home Coach: _____ Coach’s Contact Phone: _____

AUTOMATIC ENDORSEMENT

List which draft legal triathlon or cycling races you have raced including dates and times/placings:

DEMONSTRATED ENDORSEMENT

My Assessor is: _____

I am fully aware of the practical knowledge and awareness required to ride in a pack and have the necessary skills to compete at national draft legal level.

Athlete Signature: _____ Date: _____

Athlete Parent’s Signature (if Athlete is under the age of 18) _____ Date: _____

Assessor’s Details

Name: _____

Address: _____

Contact Phone Number: _____

Contact Email Address: _____

Coaching Accreditation: Level: _____

Expiry: _____

NCAS Registration Number: _____

- I have personally witnessed the above triathlete demonstrate the skill competencies and I am fully satisfied they meet the requirements to compete at a national draft legal level.
- I confirm I hold one of the following accreditations or positions:
 - a currently accredited NCAS level 2 triathlon coach
 - a currently accredited NCAS level 1 cycling coach
 - an approved bike skills assessor in your respective state triathlon association
 - SIS/SAS or AIS Cycling or Triathlon coaches
 - Triathlon Australia National Talent Coaches
- I have completed and attached the competency checklist.
- By signing this document, I understand my coaching responsibilities as stated in the Triathlon Australia’s coach’s code of ethics in particular section 5, 7 and 11.

Assessor’s Signature: _____ Date: _____

Once this form has been completed by a Triathlon Australia approved assessor it should be sent to your relevant National Talent Coach for final Triathlon Australia approval.

Keiran Barry,
National Talent Coach – NSW/ACT
Triathlon Australia Ltd
Email: keiran.barry@triathlon.org.au

Jan Rehula,
National Talent Coach – VIC/TAS
Triathlon Australia Ltd
Email: jan.rehula@triathlon.org.au

Chris Lang,
National Talent Coach – WA/SA
Triathlon Australia Ltd
Email: chris.lang@triathlon.org.au

Craig Walton,
National Talent Coach – QLD /NT
Triathlon Australia Ltd
Email: craig.walton@triathlon.org.au

TA OFFICE USE

I am satisfied the above triathlete has met the criteria for being an endorsed athlete and has the necessary skills to race in the Australian Youth Triathlon Championships

Please circle one of the following:

AUTOMATIC ENDORSEMENT (Raced previous DRAFT LEGAL Triathlons or Cycling events)

DEMONSTRATED ENDORSEMENT

National Talent Coach : _____ Date: _____

Name: _____

For further information please contact:

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Bike	Competent	Not Yet Competent	Further Evidence Required
BASIC BIKE HANDLING			
CLIPPING SHOES IN AND OUT			
MOUNT			
DISMOUNT			
BALANCE			
PEDALLING			
CADENCE RANCE			
SLOW RIDING			
RIDE A STRAIGHT LINE			
LOOK BEHIND WHILST RIDE A STRAIGHT LINE			
LOOK OVER SHOULDER			
LOOK UNDER SEAT			
LOOK UNDER RIGHT ELBOW			
GETTING OUT OF SADDLE AND SITTING BACK			
1 HANDED RIDING			
NO HANDED RIDING DRILL FOR BALANCE			
RIDING IN DROPS			
DRINKING WHILE RIDING WITH 1 HAND			
SLALOMS			
DODGING AN OBSTACLE			
JUMPING OBSTACLE			
RIDING OVER ROUGH SURFACES			
TURN 180 DEGREES IN 2.5 METRES			
CORNERING			
GEARS			
CHANGE GEARS			
GEAR SELECTION			
BRAKING			
FAST BRAKING			
FEATHERING BRAKES			
PRECISION BRAKING			
BRAKING ON LOOSE SURFACES			
CLIMBING & DESCENDING			
SEATED CLIMBING			
OUT OF SADDLE CLIMBING			
DESCENDING			
CORNERING WHILST DESCENDING			
RIDING WITH OTHER RIDERS			
PAIRS RIDING			
SITTING A WHEEL			
CORNERING IN A GROUP			
PACELINE RIDING			
TAKING TURN IN A PACELINE			
SCANNING			
POINT OUT HAZARDS			
ROLL THRU SMOOTHLY			