



TRIATHLON NSW/TRIATHLON ACT PROGRAM PATHWAY GUIDELINE AND PARENT/ ATHLETE INFO

SEASON 2021-2022

Objectives of the TNSW / TACT Development Pathway:

Season 2021 / 2022 will see the continued evolution of the TNSW Development Pathway (**‘the Pathway’**) including an alignment with Triathlon ACT. However, the philosophy will remain the same. To create environments which athletes can develop the necessary tactical, technical, physiological and psychological skill competencies to aid progression through to the National Athlete Pathway.

An athlete who is in a program aligned with the pathway should not expect their program to replace the requirement to have an accredited home coach and a Daily Training Environment (DTE). However, participation in the pathway should enhance their DTE and support TA Accredited Home Coaches.

The **Pathway** is fully aligned with, and under the continued guidance and direction of Triathlon Australia’s National High Performance Program.

Rest of State Talent Academy (ROSTA) and Regional Academies of Sport (RASi)

The ‘Rest of State Talent Academy’ (‘ROSTA’) program will continue, aligned with the current Regional Academies of Sport Programs (RASi), conducted around NSW.

The ROSTA is the recently formed program designed to service those who do not have access to a Regional Academy of Sport (“RASi”) due to their geographic location. Those who do not have access to a Regional Academy of Sport program are invited to apply for the ROSTA.

Youth athletes are required to stay within their region if their region has a Regional Academy of Sport Program. This is more cost effective, is closer to home and importantly allows the ROSTA to function as is required, to allow a program to exist for athletes who don’t have access to a RASi.

The NSW Regional Academy of Sport inc. (RASi) Programs form an important component to the success of the NSW Development Pathway, particularly in the Youth age group. The RASi program is considered a parallel program to the ROSTA and all opportunities will be equal for all athletes in this age group. Local, state and national racing opportunities are extended to athletes from both the ROSTA and RASi programs, and all RAS athletes will be invited to attend ROSTA camps/clinics where no clash of obligations exist.

Regional Academies of Sports allow developing athletes to regularly access quality coaching and racing opportunities; which has been identified as playing a vital role in an athlete’s long term development. Athletes in RASi programs also gain opportunities to train with other athletes of similar skill and fitness levels and receive further sport theoretical educational opportunities in holistic athletic performance.

The ROSTA program will take the form of one day clinics and race camps for those who do not have access to a RASi (similar to that of the old Talent ID program).

Participating in both RASi and ROSTA Program Concurrently.

It is no longer permitted for an athlete to be a member of both the ROSTA and RASi program concurrently. Athletes who are eligible to take part in their RASi program must apply and join their local RASi. The ROSTA will be available for athletes who do not have access to a RASi program, due to their geographical residence lying outside of a catchment zone.

This decision has occurred for the following reasons.

1. Duplication of cost is not in the interest of either parents or athletes.
2. They are both designed to enhance an athletes DTE and support local home coaches.
3. Enhances the opportunity for our pathway to provide opportunities for other athletes. Both TNSW and RASi programs have capped numbers and it's in the interest of the development of the sport to have as many eligible athletes in all programs as possible.
4. Opportunities afforded to ROSTA athletes are extended to those in the RASi, making membership of both programs unnecessary.

RAS Programs

The following RASi's offer a triathlon program. To gain an idea of where their 'catchment areas' sit, and your appropriate RASi to apply for, please review each RASi as appropriate.

Western Sydney Academy of Sport - CLICK here for more information on the WSAS.	South West Sydney Academy of Sport - CLICK here for more information.
Hunter Academy of Sport - CLICK here for more information	Illawarra Academy of Sport - Click here for more info.
Northern Inland Academy of Sport – Click here for more information	Western Regions Academy of Sport – Click here for more info.
Central Coast Academy of Sport - CLICK here for more info.	Northern Inland Academy of Sport – Click here for more information

Triathlon ACT Talent Academy (TACTTA)

Triathlon ACT will launch a local ACT based program, replicating the ROSTA and RASi network already around NSW. Called the 'Triathlon ACT Talent Academy', TACTTA athletes should not expect this program to replace the requirement to have an accredited home coach and a Daily Training Environment (DTE). However, participation in the pathway should enhance their DTE and support TA Accredited Home Coaches.

TNSW/TACT Emerging Talent Squad and TNSW / TACT U23 Development Squad



These programs are Training Camp and race camp based, timed around the Australian Youth, Junior & U23 Development Triathlon Series, Oceania World Triathlon Calendar and State & National draft legal racing opportunities. The Program has a specific focus on providing support to young athletes and their home programs to develop skills in the draft legal format of the sport of Triathlon.

Athletes in these programs will benefit from further engagement to develop coaches and their home programs with inclusion, reward and recognition.

These two programs are designed for athletes to utilise opportunities to develop their skills and knowledge not only within the sport of triathlon, but in life generally. They will make new friends, be exposed to challenges and failure and supported to achieve, progress, learn and develop. The program will provide different outcomes to different athletes, and the athlete will be able to contribute to the success of the program and as such will be able to gain more value from it.

Triathlon NSW and Triathlon ACT supports the pathway as a method to identify athletes from Affiliated Clubs and individually coached programs to the level where, based on talent and performance, they may be eventually categorised professional athletes with NSWIS, ACTAS or AIS support.

Pathway Explained

 		TNSW/TACT DEVELOPMENT PATHWAY				
PROGRAM	AGE*	SPORT SPECIALISATION	CAMPS / CLINICS	RACING	COACHING	COMPETITION FOCUS
REGIONAL ACADEMY OF SPORT PROGRAMS / REST OF STATE TALENT ACADEMY RASI / ROSTA / TACTTA	13 - 17	NO 'DO TRIATHLON, DON'T BE A TRIATHLETE'	SKILLS CLINICS/ RACE CAMPS	REGIONAL AND STATE	CLUB TRAINING GROUPS AND SPORTS SPECIFIC	SKILL DEVELOPMENT FUN / FRIENDS FALL IN LOVE WITH SPORT
TNSW / TACT EMERGING TALENT SQUAD	16 - 19	YES (WITH RELEVANT COMPLIMENTARY SPORTING EXPOSURE)	TRAINING AND RACING CAMPS	STATE AND NATIONAL	DTE	SKILL DEVELOPMENT/ TECHNICAL EXECUTION/ TACTICAL EXPOSURE
TNSW / TACT U23 DEVELOPMENT SQUAD	18 - 23	YES	TRAINING AND RACING CAMPS	NATIONAL AND INTERNATIONAL	DTE AND DPE	MULTI FACETED EXPOSURE UNDER STRESS/ FATIGUE OR PERFORMANCE

*AS AT 31 DECEMBER IN THE YEAR OF QUALIFYING WORLD CHAMPIONSHIP. DTE - DAILY TRAINING ENVIRONMENT DPE - DAILY PERFORMANCE ENVIRONMENT
ROSTA - REST OF STATE TALENT ACADEMY, RASI - REGIONAL ACADEMY OF SPORTS, TACTTA - TRIATHLON ACT TALENT ACADEMY

ROSTA, TACTTA, RASi, ETS and U23 Development Squad requirements, expectations and objectives

Camp Attendance

For those athletes selected, there is an expectation that your acceptance into the program includes your commitment to attend the relevant camps. Non-attendance will be accepted on reasonable grounds such as School/University commitments (e.g HSC study), Injury or recovery from injury that prevents you from participating in the camp activities and meeting camp objectives. Family holidays are not considered a valid reason for non-attendance to a camp and your acceptance to attend subsequent race camps may be void as a result.

Race Attendance

Race camp attendance is not compulsory given the obvious expense incurred by families in attending multiple regional or interstate events. It is an expectation that you intend to compete in at least 1 of the Australian Youth, Junior or U23 Development Series events and this would only be compromised by unforeseen injury or illness.

An annual race plan as part of an Individual Athlete Development Plan (IADP) will be requested for submission by ETS and U23 Development Squad athletes in consultation with your home coach which should include these relevant races.

Race and Camp Start / Finish Point

Each camp will include information confirming the 'Camp Start Point' and 'Camp Finish Point'. This is the place where Triathlon NSW/ Triathlon ACT will be assuming the duty of care for the athlete, chaperoned by staff.

It is the responsibility of the parents (or athletes if 18 years old or older) to ensure an athlete is dropped at the Camp Start Point and collected at the conclusion of the Camp Finish Point.

Communication

Key program information will be communicated via email directly to the athletes registered email address with parents copied into all emails for information purposes (for athletes Under 18)

Home coaches who are registered practicing coaches will also be copied into communications for information purposes & may be contacted directly for athlete information (Skill competencies, race plans, IADP etc) or individual Coach development opportunities.

Some communications may be posted on social media, however email will be our primary source of communication. It is expected athletes will check their emails regularly (every couple of days) and respond to emails accordingly copying in their parents and Home Coach.

Athletes in the ROSTA, RASi, ETS and U23 programs should follow TNSW on the following media platforms:

Facebook - <https://www.facebook.com/TriathlonNSW/>

Twitter - <https://twitter.com/triathlonnsw>

Instagram - <https://www.instagram.com/triathlonnsw/>

ACT athletes in the TACTTA should follow TACT on the following media platforms:

Facebook - Triathlon ACT | Facebook

Twitter - @Triathlon_ACT

Instagram - h <https://www.instagram.com/triathlonact>

It is the responsibility of the athlete to respond to emails on all matters relating to camps, clinics, races & related logistics within a reasonable timeframe.

For all athletes under 18, email communication between the athlete and Triathlon NSW / Triathlon ACT staff will include a parent or guardian by including the parent / guardian on the email.

We strongly encourage parents and home coaches to talk to athletes about logistics and questions you may have & enable your child (athlete) to communicate directly with the relevant employee via their own email address copying in parents and home coaches.

Athletes are responsible for their development within the sport & are expected to own the communication between stakeholders. This is key objective of the program.

Residential stay group communications may utilise social media group messaging Applications controlled by TNSW / TACT that include attending athletes and their parents (e.g. *Microsoft Teams*).

Athlete Pre Screenings

The welfare and wellbeing of the athletes is of the utmost importance and all athletes will be required to complete a Pre-screen which mitigates the risk for the athlete and Triathlon NSW / Triathlon ACT.

This information is provided to Triathlon NSW / Triathlon ACT via Operoo (online platform) and must be signed by both the Athlete and a Parent / Guardian (if U18) and returned to TNSW / TACT and will be treated in accordance with the Triathlon NSW / TACT Privacy Policy within the specified time frame.

To learn more about the security measures of Operoo [CLICK HERE](#).

An additional requirement will be a Pre-Participation Questionnaire (PPE). The International Triathlon Union (ITU) rule 2.4c requires all ITU Junior athletes to complete a medical **PPE** prior to competing in any international ITU event, including OTU events in Australia. [ITU Race Competition Rules - Page 9 Rule 2.4c](#).

For Triathlon Australia to meet this criteria all JUNIOR Athletes MUST submit Page 2 to keith.flory@triathlon.org.au before nominating for an ITU Event. We note the sensitivity of information that may be disclosed in the document and this will be treated in accordance with the Triathlon Australia Privacy Policy.

Calendar

The event calendar is not yet announced in full, however where possible, we have disclosed dates for planning purposes. Please be aware further details regarding camps, clinics, and races will be published as soon as they are known.

One day Clinics designed for RASi, TACTTTA and ROSTA athletes are not compulsory, however a minimum level of commitment will be required. Clinics will be offered across the State regionally to provide opportunities for athletes and coaches not located in metropolitan Sydney to participate in.

The TNSW / TACT Emerging Talent Squad and TNSW / TACT U23 Development Squad will conduct camps throughout the year. Athletes from the ROSTA, TACTTA or RASi may be invited into an Emerging Talent Squad camp at the discretion of TNSW or TACT, likewise, an Emerging Talent Squad athlete may be invited into an U23 Development Squad initiatives (& vice versa).

Athletes who meet relevant qualification standards for Australian Youth, Junior & U23 Triathlon Series events can be invited into 'Race Camp' environments. Race Camps will be conducted at nominated Australian Youth, Junior & U23 Triathlon Series events.

Qualification at minimum:

- Endorsed to race draft legal events;
- Approved to travel with the NSW Team by the TNSW Pathway Manager.

Selection Calendar TNSW / TACT Emerging Talent Squad & U23 Development Squad

Date	Process
08/07/2021	Nominations online open for all both programs
29/07/2021	Online nominations close (5 pm)
5/08/2021	Provisional Squad announced and Appeals Open (1 day)
6/08/2021	Appeals Close (1 day later)
12/08/2021	Final Squad selection (announced via TNSW website)

Selection Calendar RASi/ROSTA/TACTTA

Date	Process
01/08/2021	Nominations online open for all RASi, TACTTA and ROSTA programs
15/08/2021	Online nominations close (5 pm)
17/08/2021	Provisional Squad announced and Appeals Open (1 day)
18/08/2021	Appeals Close (1 day later)

23/08/2021	Final Squad selection (announced via TNSW website)
------------	--

Billigence Pathway Championship Series (BPCS)

More information on the Billigence Pathway Championship Series will be released shortly. The following dates are provisional only, and subject to change.

Round #	Date	Location
Round 1	Sunday 16/17 October 2021	Tomaree
Round 2	Friday - Sunday 29-31 October 2021	Stromlo Forest Park - Canberra
Round 3	7 November 2021	Hefron Park - Maroubra
Round 4	21 November 2021	International Regatta Centre Penrith
Round 5	27 – 28 November 2020	Gosling Creek Park Orange
Round 6	either 15/16 or 22/23 January 2022	Port Kembla
Round 7	Early February 2022	Cams Warf Central Coast
Round 8	27 February 2022	Macquarie Fields

All Schools Triathlon Championships

TBA

Academy Games

April 8-10th, 2022 – Wagga

Billigence Talent Identification Camp

Friday 3rd – Sunday 5th December 2021 Narrabeen

National Youth, Junior & U23 Elite Triathlon Series

TBA

* U23 Athletes must hold a Professional Licence which to compete in ITU Continental Cups

Anti Doping

Every athlete needs to be aware of their obligations with respect to Anti-Doping. Therefore, each athlete who is a member of the TNSW /TACT Development Pathway must complete the ASADA online Clean Sport 101 and Level 1 at minimum (ROSTA, TACTTA & RASi Programs only) & Level 2 Anti-Doping Course (for Emerging Talent Squad and U23 Development Squad athletes). Additionally, all athletes must complete the Ethical Decision Making – Starter Course. There will be anti-doping control at a number of the targeted events and it is your responsibility to understand your obligations with respect to the key areas of anti-doping such as prohibited substances and methods, therapeutic use exemptions, doping control and whereabouts.

To register for and complete the courses go to:

<http://elearning.asada.gov.au/>

You must complete this course and send the certificate of completion to the NSW Pathway Manager by 15th September 2020 via email (mick.delamotte@nsw.triathlon.org.au).



ASADA Anti-Doping
Level 1 Course



ASADA Level 2 Anti-
Doping Course -
2019



Ethical Decision
Making - Starter
Course



Clean Sport 101
14 March 2020

We would **encourage all parents** of athletes within the Pathway to complete the Clean Sport 101, Level 1 and Ethical Decision Making – Starter Course as part of your awareness process which ultimately assists your child through their sporting journey. Completion is not compulsory, however we do highly encourage our Pathway parents to be as well informed as possible, and this online, free e-learning tool is an excellent resource.

Online Drivers Knowledge Test

As part of the development camps you will likely participate in group cycle rides on public roads. As your safety is our number one priority it is important that all athletes understand the rules of the road.

Therefore, we require all athletes within the TNSW /TACT Development Pathway to either present their current Learners Permit or Drivers Licence as proof of their successful completion of the Drivers Knowledge Test. Alternatively, those who are too young to gain their licence are required to complete the online NSW Drivers Knowledge Test as proof of your understanding of road rules and driving concepts. Please refer to the below link and email a screen print of your pass

<https://myrta.com/odkt/servlet/ODktDemoServlet?actionname=startdemo>

You must complete this course and send proof of successful completion to the NSW Pathway Manager by 15th September 2020 via email (mick.delamotte@nsw.triathlon.org.au).

Triathlon Australia Member Protection Policy

The Boards and staff of Triathlon Australia and TNSW/TACT are committed to creating a safe, fair and inclusive sporting environment for our members, participants and stakeholders. Board members, committee members and staff undertake to apply our core values of health, enjoyment, belonging, achievement and respect to everything we do.

In particular, we seek to prevent all forms of harassment, discrimination and abuse, and to promote positive behaviour amongst our athletes, coaches, staff, committees and board. Harmful, unlawful and socially inappropriate behaviour will not be tolerated by Triathlon Australia.

Should anyone feel that they have been the subject to any form of inappropriate behaviour, athletes and or parents are encouraged to contact the TNSW or TACT Executive Director as the organisations Member Protection Information Officer.

For the latest Triathlon Australia Member Protection Policy

<http://www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/Triathlon+Australia+Member+Protection+Policy+March+2018.pdf>

Code of Conduct and Athlete Agreement:

All Athletes and Parents/Guardians of athletes under 18 must abide by the Code of Conduct and Terms and Conditions of the Athlete Agreement.

You must sign this agreement and send to the NSW Pathway Manager by 15th September 2020 via email (mick.delamotte@nsw.triathlon.org.au).

Parent Membership

Both parents of an athlete in the TNSW/TACT Development Pathway are highly encouraged to maintain annual membership with Triathlon Australia. It is noted that this can be the 'Non Competing / Non Training' social membership, which is currently \$10.

We encourage this membership option to support the sport and be bound by our Member Protection Policy and the Code of Conduct.

ROSTA Uniforms

Triathlon NSW continue to engage Project Clothing for apparel for ROSTA athletes. This will have the 'Triathlon NSW' logo, as will all the RASi uniforms, however it will have its own unique design and colour scheme. The design will also reinforce the parallel nature of the RASi programs.

Compulsory Items for purchase for the ROSTA:

- **ROSTA Team shirt & Tri suit (but you are welcome to purchase other items)**

TNSW/TACT Emerging Talent Squad and TNSW/TACT U23 Development Squad

Athletes are required to purchase a uniform pack, which is developed exclusively for members of the TNSW ETS and TNSW U23 Development Squad. The compulsory items for purchase are listed below. Other items will be available for purchase if athletes desire & we would encourage these purchases however they are by no means compulsory.

Compulsory Items for purchase are:

- **U23 Development Squad:** Tri Suit x 1 and Team Polo
- **Emerging Talent Squad:** Tri Suit x 1 and Team Polo

All cost details will be sent to you in a separate email (including sizing chart).

Adding additional logo's onto your Tri Suit:

In order to recognise your home program, we would encourage you to provide your Club &/or accredited Coaching Group's logo for printing onto your tri suit. Although any sponsor, squad or club logo can be added to your Tri Suit and this will occur via the online shop links which will be provided to you in an email.

We encourage all athletes to take advantage of this opportunity although please note that this is an additional expense at the point of sale, which must be covered by the athlete / parents. Those costs are set by our apparel supplier, not TNSW/ TACT.

Who are the Stakeholders?

- YOU – the athlete
- Parents/Guardians
- Home program TA Accredited Coaches
- RASi Coaches and Staff
- TNSW team management and support staff
- Triathlon NSW / Triathlon ACT
- Triathlon NSW Coaches
- Triathlon Australia

Key Contacts

Geoff Bartlett

Chief Executive Officer – Triathlon ACT
director@act.triathlon.org.au

Adam Wicks

Chief Executive Officer - Triathlon NSW
adam.wicks@nsw.triathlon.org.au