GUIDELINES

NEXT GEN PROGRAM 2024

Contents

AUS TRIATHLON

1. Introduction

Purpose

AusTri's Next Gen Program (Program) forms part of the Performance Pathways environment. The purpose of the Program is to link the pathway between the National Pathway Network (I.e. State Teams) and Categorisation.

Rationale

To be selected, an athlete must firstly meet the athlete eligibility requirements (clause 2).

Athletes will demonstrate performances and/or potential for medal success over the next 2 Olympic cycles. The program athletes will be provided opportunities to develop their performance behaviours and attributes as noted through our Hierarchy of Discriminators to aid their development in becoming world class.

The Program aims to;

- Identify athletes who have the potential to be categorised within the next 1-2 years.
- Provide athletes with a thorough understanding of the performance behaviours required for future elite success.
- Assist the development of fundamental elements of the AusTri Hierarchy of Discriminators.
- Bring the future of AusTri together to cultivate a "world's best" mentality.

2. Athlete Eligibility

An Athlete must be aged between 18 and 23 years of age as at 31 December 2024 (i.e. born in years 2001-2006 inclusive).

An Athlete must NOT,

- i. be categorised, or a Triathlon Talent Transfer Centre athlete; or
- ii. be an NCAA Scholarship recipient in 2024.

An Athlete must meet the AusTri eligibility requirements; an athlete:

- i. is a current member of AusTri;
- ii. meets the eligibility requirements for citizenship as determined by the Australian Government;
- iii. satisfies all WT Rules;
- iv. meets all reasonable requirements of any AusTri sponsors;
- v. must not be serving any current sanctions;
- vi. will agree to and sign the 2024 Athlete Agreement;
- vii. complete requested Sports Integrity Australia education requirements (Appendix C)

3. Prospective Athletes

Athletes who wish to be considered for the Program must nominate via the <u>online nomination form</u> within the published timeframe (by 31 January 2024).

A secondary nomination period may open mid-season (May – June) pending program capacity.

To be eligible to nominate for the Program, prospective athletes must meet the relevant eligibility requirements (detailed in clause 2) and meet either Automatic (Clause 3.1) or Discretionary (Clause 3.2) criteria.

- 1. Automatic selection; an athlete will meet automatic selection criteria:
 - a. Eligible athletes having represented AusTri in the 2023 Junior World Championships Hamburg, Germany.
 - b. Eligible athletes having represented AusTri in the 2022 Junior World Championships Montreal, Canada finishing in the Top 10.
- 2. Discretionary selection; an athlete may be considered for selected by discretion if;
 - a. Eligible athletes having achieved BOTH the Minimum Performance Standards under our What It Takes To Win (WITTW) modelling - Appendix A. Athletes must provide evidence by submitted times and link to sanctioned Swim AND Athletics meets via their application form or formally verified by State Pathway Lead between time of Guideline release and application closing date; or
 - b. Times exceed one of the Minimum Performance Standards (I.e. quicker than the range) as set out in the WITTW Modelling (Appendix A); or
 - c. Eligible athletes having represented AusTri in the 2024 Trinbago Commonwealth Youth Games; or
 - d. Podium in an Elite wave of a non-draft legal standard distance race.

In exercising its discretion in selecting athletes for selection in the Program, the Panel may (in its absolute discretion) consider any relevant matter, ensuring that nominations align with the scope of the Program.

Discretion may be exercised based on subjective data and use of targeted profiling of athletes who AusTri believe have potential to progress in the sport.

4. The Panel

The Panel is responsible for selection decisions, is appointed by the General Manager - Performance (GMP) and may include members of the AusTri HP team.

The list of nominated athletes will be submitted to the GMP for review and endorsement prior to any general announcement.

The Program athletes, once provisionally selected, will be offered a position in the program and required to sign an athlete agreement.

Athletes can be added or removed from the Program at any time.

An Athlete's Program status is independent to the process of selection for any level of race or Australian team.

5. Appeals

Prior to a formal appeal an athlete who would like to understand or seek feedback on the decision around their categorisation or non-categorisation must first discuss directly with the GMP. The athlete may request an additional member of the panel be involved in this discussion (i.e. the Wellbeing and Engagement Manager or the Independent Observer).

Eligible athletes who have nominated may appeal the decision on the following grounds:

- 1. The panel has failed to follow the process set out in these Guidelines
- 2. The panel has reached a decision based on one of more materially inaccurate facts/inputs
- 3. The panel has reached a decision that is so unreasonable, such that an alternative panel of similar expertise, using the same process, could never have reached such a decision.

The AusTri Wellbeing and Engagement Manager can provide confidential support to any athlete considering a request for reconsideration/appeal.

6. Athlete Support- AusTri and NIN

The support available to the Program will be reviewed and updated annually and will be specified within the supporting documents of these guidelines (re-published annually post BME) and discussed within the IAPP process.

7. Review and Guidelines

Annual reviews will be conducted as a standard practice.

APPENDIX A

OLYMPIC PATHWAY MINIMUM PERFORMANCE STANDARDS

For prospective athletes, the individual discipline performance standards are the set minimum standards required for athletes to apply to be part of the program. Standards have been developed using evidencebased data off WT winning times, IAAF and FINA point score conversion and progression window benchmarks.

These standards can be demonstrated in either a sanctioned Swimming or Athletics meet, a sanctioned triathlon, or formally verified by State Pathway Lead.

If an athlete does not have a sanctioned meet time, they can also arrange to be timed by their state pathway lead or the NTDC.

Table 1: Olympic Pathway Minimum Performance Standards

Categorisation Guidelines (2023 Update)		
Minimum Performance Standards (MPS)		
Female	Distance	Range
swim	400m LC	4:49 - 5:21
run	1500m	4:15 - 4:53
Male	Distance	Range
swim	400m LC	4:24 - 4:48
run	1500m	3:45 - 4:10

APPENDIX B

HIERACHY OF DISCRIMINATORS

As part of understanding what differentiates podium athletes and podium performances, AusTri has developed a Hierarchy of Discriminators (HoD) that must be developed over time to achieve podium success. These represent the factors that underly what it takes to Win Well When It Matters.

The HoD forms the foundation of an evidence-informed holistic athlete profiling approach to better predict and monitor athlete progression over time. At different points in an athlete's journey, different factors may be weighted relatively more or less based on their association with long term performance.

Table 2: Hierarchy of Discriminators



At Podium this may look like

Winning When it Matters - Performing at or above expectation when it matters; using anxiety to enhance performance; highly composed; ability to regulate emotions; and direct attention despite "noise" under immense pressure

Perseverance and passion for long-term goals despite challenges; high self efficacy, resilience, high learning orientation; ability to self regulate; capacity to plan, critically reflect and effect change; accountable, deeply competitive

Ability to plan, adapt and deploy race strategy; dynamically read and orient self in race; manage pacing; deploy tactical plays and "weapons" to influence race outcome and in response to opponents; understand and apply risk strategy; ability to reflect accurately and "reality test" performance against world's best

Possessing technical automaticity across swim, bike, run and transition to maximise performance efficiency, particularly under stress / fatigue

Possessing physiological profile across endurance and speed domains to meet the demands of competition at a world class level; ability to deploy and sustain repeated high speed / power efforts to dictate the critical moments throughout a race; strong fatigue resistance capabilities; outstanding VO2max, running economy and haemoglobin mass

Training load appropriate for age, consistent training, low injury and illness rates resulting in high availability for training and competition; capability to match nutrition with training load needs indicating adequate energy availability.

APPENDIX C

SPORT INTEGRITY AUSTRALIA EDUCATION MODULES

SIA Education modules to be completed:

- Anti-Doping Fundamentals Course
- Annual Update 2024
- Introduction to Illicit Drugs in Sport
- Ethics & Ethical Decision Making in Sport

SIA e-learning education modules can be found at: https://elearning.sportintegrity.gov.au/