

STATE PATHWAY PROGRAM INFORMATION BOOKLET 24/25



NSW
TRIATHLON

ACT
TRIATHLON

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OVERVIEW & OBJECTIVES

Season 2024 / 2025 will see the continued evolution of the NSW/ACT Triathlon State Pathway Program including the continued alignment with ACT Triathlon. The philosophy will remain the same – to create environments where athletes can develop the necessary tactical, technical, physiological and psychological skill competencies to aid progression through to the National Athlete Pathway.

Athletes in the NSW/ACT Triathlon Pathway should not expect the 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 Aus Tri Accredited Home Coaches. The Pathway is fully aligned with, and under the continued guidance and direction of Aus Triathlon’s National High-Performance Program.

TALENT DETECTION PHASE T1 – T3



TALENT IDENTIFICATION PHASE T4



REST OF STATE TALENT ACADEMY (ROSTA) TRIATHLON ACT TALENT ACADEMY (TACTTA) REGIONAL ACADEMIES OF SPORT TRIATHLON PROGRAM (RAS)



The 'Rest of State Talent Academy' (**ROSTA**) program will continue, aligned with the current Regional Academies of Sport Programs (RASi) and have activities conducted around NSW.

The ROSTA program is designed to service those who do not have access to a Regional Academy of Sport (RAS) 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 program.

Eligible 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 RAS.

The NSW Regional Academy of Sport inc. (RASi) Programs form an important component to the success of the NSW Development Pathway in the Youth and Junior age groups. The RASi program is considered a parallel program to the ROSTA, and all opportunities will be equal for all athletes in these age groups. Local, State and National racing opportunities are extended to athletes from both the ROSTA and RAS programs.

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 long term athlete 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 an induction camp, clinics and race camps.

TACTTA

Triathlon ACT will have a local ACT based program, replicating the ROSTA and RASi network already established 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 Aus Tri Accredited Home Coaches.

DEVELOPMENT SQUAD



This program is camp and race camp based, timed around the Australian Youth, Junior & U23 Performance Races,, 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 in the sport of Triathlon. Athletes in this program will benefit from further engagement to develop coaches and their home programs with inclusion, reward and recognition.

The Development Squad is 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 are 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. NSW / ACT Triathlon 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, may be eventually categorised as professional athletes with NSWIS, ACTAS or AIS support.

ATHLETE PRE-SCREENING

The welfare and wellbeing of the athletes is of the utmost importance and all athletes will be required to complete a medical form which mitigates the risk for the athlete and NSW / ACT Triathlon. This information is provided through Just Go and must be signed by both the Athlete and a Parent / Guardian (if U18) and will be treated in accordance with the NSW/ACT Privacy Policy.

An additional requirement will be a Pre-Participation Questionnaire (PPE) for some athletes. The World Triathlon (WT) rules requires all WT athletes to complete a medical PPE prior to competing in any international WT event, including some Oceania events in Australia. For Aus Tri to meet this criteria all athletes wishing to race in these events MUST submit Page 2 PPE Evaluation to mel.cowan@triathlon.org.au before nominating for a WT Event. We note the sensitivity of information that may be disclosed in the document, and this will be treated in accordance with the Aus Tri Privacy Policy.

EDUCATION

NSW/ACT Triathlon will provide education relevant to athlete development throughout the season. A lot of the education will be delivered via online portals making it accessible for everyone, and usually scheduled in the evenings so that athletes can finish training and attend the sessions afterwards. The State Pathway Program enhances all aspects of holistic athlete development and education is an important aspect.

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.

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 Development squads intend to compete in at least one (1) of the National events and this would only be compromised by unforeseen injury or illness. It would be expected that athletes intend to compete in the Billigence Pathway Series.

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 NSW/ACT Triathlon 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 at the Camp Finish Point.

Communication

Key program information will be communicated via STACK TEAM App, email and/or WhatsApp directly to the athletes registered email address / mobile with parents copied into all emails for information purposes (for athletes Under 18) depending on the nature of the communication. Home coaches who are registered accredited 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 STACK TEAM App will be our primary source of communication. It is expected athletes will check the app regularly and have notifications turned on and respond to any communications accordingly. Please refer to Aus Tri's [Social Media Guidelines](#) and [Member Protection Policy](#) for acceptable behaviors in this space.

It is the responsibility of the athlete to respond to communications on all matters relating to camps, clinics, races & related logistics within a reasonable timeframe. Athletes are responsible for their development within the sport & are expected to own the communication between stakeholders. This is a key objective of the program. Residential stay group communications may utilise Whatsapp, controlled by NSW / ACT Triathlon.

Athletes in the ROSTA, RAS and Development Squad programs should follow NSW Triathlon 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 ACT Triathlon on the following media platforms:

Facebook – Triathlon ACT | Facebook

Twitter – @Triathlon_ACT

Instagram – <https://www.instagram.com/triathlonact>

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 NSW / ACT State Pathway Program 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 **Practice** Knowledge Test as proof of your understanding of road rules and driving concepts. Please refer to the below link for NSW and ACT athletes and email a screen shot of your pass to NSW Triathlon Pathway Lead or your Regional Academy of Sport Programs Manager.

<https://www.service.nsw.gov.au/transaction/driver-knowledge-test>

CHILD SAFETY AND MEMBER PROTECTION

The Boards and staff of Aus Tri and NSW/ACT Triathlon 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 core values of health, enjoyment, belonging, achievement and respect to everything we do.

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 NSW/ACT Triathlon. Should anyone feel that they have been the subject to any form of inappropriate behaviour, athletes and or parents are encouraged to contact either the NSW or ACT Executive Directors as the organisations Member Protection Information Officers or contact Sport Integrity Australia using the contacts provided through the link below. NSW/ACT Triathlon has committed to the Child Safe Standards and the Policy and Child Safe Representatives within NSW / ACT are Robyn Low-Hart and Adam Wicks. Please make yourself familiar with their faces and contact either if necessary. Residential stay camps may have other coaches or managers assigned to this role whilst in camp.

Aus Triathlon National Integrity Framework

CHILD SAFE REPRESENTATIVES



ROBYN LOW-HART
0408 651 877



ADAM WICKS
0438 648 117

CALENDAR

The National calendar is not yet announced, however we will release these dates as soon as possible. Please be aware further details regarding camps, clinics, and races will be published as soon as they are known. Athletes from the ROSTA, TACTTA or RAS may be invited into a Development Squad camp at the discretion of NSW or ACT Triathlon. Athletes who meet relevant qualification standards for National events can be invited into 'Race Camp' environments.

Through STACK TEAM App, reminders will be set for upcoming events on the calendar, and a copy of the calendar / schedule will also be loaded into STACK TEAM App as a PDF and emailed to all squad members.

BILLIGENCE PATHWAY SERIES



The Billigence Pathway Series (BPS) will again be a focus of racing for the State Pathway Program this season. The dates are outlined below. The BPS Athlete Guide with race formats and links will be available soon.

1

ROUND 1 OF THE BILLIGENCE PATHWAY SERIES

DATE: 13th October 2024

VENUE: Five Islands Secondary College

HOST: Illawarra Triathlon Club

2

ROUND 2 OF THE BILLIGENCE PATHWAY SERIES

DATE: 2nd/3rd November 2024

VENUE: Orange Gosling Reserve, Orange

HOST: Orange Triathlon Club

3

ROUND 3 OF THE BILLIGENCE PATHWAY SERIES

DATE: 24th November 2024

VENUE: Macquarie Fields Leisure Centre

HOST: Macarthur Triathlon Club

4

ROUND 4 OF THE BILLIGENCE PATHWAY SERIES

DATE: 2nd February 2025 (TBC)

VENUE: Sydney International Regatta Centre

HOST: Panthers Triathlon Club

5

ROUND 5 OF THE BILLIGENCE PATHWAY SERIES

DATE: 2nd March 2025

VENUE: Nelson Bay

HOST: Tomaree Triathlon Club



Every athlete needs to be aware of their obligations with respect to Anti-Doping and Sport Integrity. Each athlete who is a member of the NSW /ACT State Pathway Program must complete the following Sports Integrity online courses as outlined by the grid below. Please be mindful of the dates that these requirements are due by. 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:

<https://elearning.sportintegrity.gov.au>

Email your Certificates of Completion to development@nsw.triathlon.org.au if you are in ROSTA, TACTTA or Development Squad or email to your Program Manager if you are in a Regional Academy of Sport Program.

We would encourage all parents of athletes within the Pathway to complete the same courses 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. Please note Parents and Athletes will need separate login and email details to receive their own completion badges.

Anti-Doping Fundamentals Course	Before Athletes First BPS Race	Email to program Manager / Pathway Lead
Annual Update 2024 (must complete Anti-Doping Fundamentals first)	Before Athletes First BPS Race	Email to program Manager / Pathway Lead
Safe Guarding Children and Young People in Sport Induction	Before Athletes First BPS Race	Email to program Manager / Pathway Lead
National Integrity Framework	December 31st	Email to program Manager / Pathway Lead
Introduction to Illicit Drugs in Sport	December 31st	Email to program Manager / Pathway Lead
Decision Making in Sport	Before Athletes First BPS Race	Email to program Manager / Pathway Lead
Competition Manipulation and Sports Betting	December 31st	Email to program Manager / Pathway Lead



UNIFORM AND COMPETITION RULES

All athletes competing across the 2024–2025 Billigence Pathway Series must wear a triathlon race suit that meets the World Triathlon (WT) uniform guidelines specifications and include surname placement, rear zip, and logo size(s).

The WT Uniform Guidelines can be found on the WT website:

World Triathlon Uniform Guidelines

If an athlete is a member of the Regional Academy of Sport, ROSTA, TACTTA or Development Squad Squads, they must compete in their squad uniform to be eligible for points (unless they race in a WT Junior or Elite Triathlon Australia Tri Suit provided by the Aus Tri HP Program).

If an athlete does not have a WT compliant race suit, they may compete in a “cleanskin” race suit with no sponsors or markings.

Competition rules shall be as per WT & Triathlon Australia rules for Draft Legal events. This includes: bicycle, wheels (UCI approved), handle bar and wetsuit restrictions.

WT rules can be found below:

World Triathlon Race Competition Rules

UCI Approved Wheel list can be found below:

UCI Wheel List

It is the athlete and coach’s responsibility to know and understand the WT and Aus Triathlon Draft Legal rules.

MASTERCLASSES

Masterclasses play an important role in athlete development by providing specialised training, expert insights and coach collaboration. Athletes can have another opportunity to refine their skills and technique in swimming, cycling, running and transitions. The Masterclasses are open to everyone in the State Pathway Program. Some dates have been set – as follows. There will be more dates that will be sent out throughout the season..

Saturday 14th December 2024 – Sutherland

Thursday 19th December 2024 – Penrith

Friday 17th January 2025– Central Coast



CONTACT US

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Adam Wicks

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Steve Bingley

Executive Director – ACT Triathlon
director@act.triathlon.org.au



DEVELOPMENT SQUAD

Requirement	When	How
<u>Online Requirements</u>		
<input type="checkbox"/> Development Squad Induction presentation	Tues Aug 13th 7:00 pm	Online Attendance
<input type="checkbox"/> Drivers Licence OR L's Practice Test	Prior to Camp or first BPS	Email to Pathway Lead
<u>Sport Integrity Australia</u>		
<input type="checkbox"/> Anti-Doping Fundamentals Course	Before First BPS Race	Email to Pathway Lead
<input type="checkbox"/> Annual Update 2024 (must complete Anti-Doping Fundamentals first)	Before First BPS Race	Email to Pathway Lead
<input type="checkbox"/> Competition Manipulation and Sports Betting	Dec 31st	Email to Pathway Lead
<input type="checkbox"/> National Integrity Framework	Before First BPS Race	Email to Pathway Lead
<input type="checkbox"/> Introduction to Illicit Drugs in Sport	Dec 31st	Email to Pathway Lead
<input type="checkbox"/> Decision Making in Sport	Before First BPS Race	Email to Pathway Lead
<input type="checkbox"/> Safeguarding Children and Young People in Sport Induction	Before First BPS Race	Email to Pathway Lead
<u>Time Trials / Data Collection</u>		
<input type="checkbox"/> 400 metre swim time	Ongoing	In Application
<input type="checkbox"/> 1500 run time	Ongoing	In Application
<u>Bike Skills</u>		
<input type="checkbox"/> Bike Skills Course completed without fail	Before First BPS Race	Home coach or Camp
<input type="checkbox"/> Cycle skills assessment - CAS1, CAS2, CAS3	Before First BPS Race	Home coach or Camp
<input type="checkbox"/> Bicycle Skills Test (Roller Step Test)	During program	Home coach or Camp
<input type="checkbox"/> Draft Legal	Before First BPS Race or race non draft	Home coach or Camp
<u>Health</u>		
<input type="checkbox"/> Functional Movement Screening	October 10 - 13th	Camp
<input type="checkbox"/> Growth and Maturation Measurements	October 10 - 13th	Camp
<input type="checkbox"/> PPE	Before International or some Oceania Events	Doctor
<u>Camp</u>		
<input type="checkbox"/> Wollongong Surf Leisure Resort	Aug 19th Deposit \$100	Just Go Registration
<u>Other</u>		
<input type="checkbox"/> Goal Setting / IADP	October 10 - 13th	Camp

Requirement	When	ROSTA / TACTTA	RAS
<u>Online Requirements</u>			
<input type="checkbox"/> ROSTA Squad Induction presentation	Tues Aug 13th 7:30 pm	Online Attendance	RAS Refer to Program Managers
<input type="checkbox"/> Drivers Licence OR L's Test	Prior to Camp or first BPS	Email to Pathway Lead	Email to Program Manager
<u>Sport Integrity Australia Requirements</u>			
<input type="checkbox"/> Anti-Doping Fundamentals Course	Before First BPS Race	Email to Pathway Lead	Email to Program Manager
<input type="checkbox"/> Annual Update 2024 (must complete Anti-Doping Fundamentals first)	Before First BPS Race	Email to Pathway Lead	Email to Program Manager
<input type="checkbox"/> Competition Manipulation and Sports Betting	Dec 31st	Email to Pathway Lead	Email to Program Manager
<input type="checkbox"/> National Integrity Framework	Before First BPS Race	Email to Pathway Lead	Email to Program Manager
<input type="checkbox"/> Introduction to Illicit Drugs in Sport	Dec 31st	Email to Pathway Lead	Email to Program Manager
<input type="checkbox"/> Decision Making in Sport	Before First BPS Race	Email to Pathway Lead	Email to Program Manager
<input type="checkbox"/> Safeguarding Children and Young People in Sport Induction	Before First BPS Race	Email to Pathway Lead	Email to Program Manager
<u>Time Trials / Data Collection</u>			
<input type="checkbox"/> 400 metre swim time	Ongoing	In Application	In Application
<input type="checkbox"/> 1500 run time	Ongoing	In Application	In Application
<u>Bike Skills</u>			
<input type="checkbox"/> Bike Skills Course completed without fail	Before First BPS Race	Home coach or Camp	Home coach or Camp
<input type="checkbox"/> Cycle skills assessment - CAS1, CAS2, CAS3	Before First BPS Race	Home coach or Camp	Home coach or Camp
<input type="checkbox"/> Bicycle Skills Test (Roller Step Test)	During program	Home coach or Camp	Home coach or Camp
<input type="checkbox"/> Draft Legal	Before First BPS Race or race non draft	Home coach or Camp	Home coach or Camp
<u>Health</u>			
<input type="checkbox"/> Functional Movement Screening	Sept 27 - 29th	Camp	Camp
<input type="checkbox"/> Growth and Maturation Measurements	Sept 27 - 29th	Camp	Camp
<u>Camp</u>			
<input type="checkbox"/> Point Wolstoncroft September 22nd - Sept 24th	Aug 19th Deposit \$100	Just Go Registration	Just Go Registration
<u>Other</u>			
<input type="checkbox"/> Goal Setting	Sept 27 - 29th	Camp	Camp