

# DEVELOPMENT PATHWAY INFORMATION BOOKLET 23/24



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# OVERVIEW & OBJECTIVES

Season 2023 / 2024 will see the continued evolution of the TNSW/TACT Development Pathway ('the Pathway') including the continued alignment with Triathlon ACT. 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 TNSW/TACT 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 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.

PROGRAM	AGE*	SPORT SPECIALISATION	CAMPS / CLINICS	RACING	COACHING	COMPETITION FOCUS
RASI / ROSTA / TACTTA	13 - 19	SPORT SAMPLING AND SINGLE DISCIPLINE SPORT	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





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



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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 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 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 TNSW / TACT U23 DEVELOPMENT SQUAD



**EMERGING  
TALENT  
SQUAD**



**UNDER 23  
DEVELOPMENT  
SQUAD**

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These programs are 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 in 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 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. 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 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 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 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. For Triathlon Australia to meet this criteria all JUNIOR Athletes MUST submit [Page 2 PPE Evaluation](#) to [brendan.sexton@triathlon.org.au](mailto:brendan.sexton@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](#).

## EDUCATION

Triathlon NSW will provide education relevant to your athlete development throughout the season. Some dates have been sent already, other education pieces will be sent out at a later date. 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. Development pathways enhance all aspects of holistic athlete development and education is an important aspect.

# DEVELOPMENT SQUAD REQUIREMENTS, EXPECTATIONS AND OBJECTIVES

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## 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 ETS and U23 squads intend to compete in at least one (1) of the National 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 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 Triathlon Australia's [Social Media Guidelines](#) and [Member Protection Policy](#) for acceptable behaviours 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.

For all athletes under 18, communications between the athlete and Triathlon NSW / Triathlon ACT staff must include a parent or guardian. This will occur by CC'ing a parent / guardian on all emails and including them in the TEAMS platform. 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 TEAM App or email and include parents and home coaches. 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 TNSW / TACT.

Athletes in the ROSTA, RAS, 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 - <https://www.instagram.com/triathlonact>

# ONLINE DRIVERS KNOWLEDGE TEST

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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 for NSW and ACT athletes and email a screen shot of your pass.

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

# CHILD SAFETY AND MEMBER PROTECTION

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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 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 Triathlon NSW/ACT. 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 or contact Sport Integrity Australia using the contacts provided through the link below. Triathlon NSW/ACT has committed to the Child Safe Standards and the Policy and Child Safe Representatives within Triathlon NSW / ACT are Robyn Low-Hart and Adam Wicks. Please make yourself familiar with their faces and contact either if necessary.

[https://www.triathlon.org.au/About/Triathlon\\_Australia\\_Membership\\_Policies.htm](https://www.triathlon.org.au/About/Triathlon_Australia_Membership_Policies.htm)

## CHILD SAFE REPRESENTATIVES



**ROBYN LOW-HART**  
**0408 651 877**



**ADAM WICKS**  
**0438 648 117**

# CALENDAR

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The National calendar is not yet announced, 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. Masterclasses are designed for all Development Pathway Athletes. The Masterclasses will be held in conjunction with the Billigence Pathway Series Races. They are not compulsory, however an expectation of a minimum of 80 percent commitment will be expected for all Pathway Activities. The TNSW / TACT Emerging Talent Squad and TNSW / TACT U23 Development Squad will conduct camps throughout the year. Athletes from the ROSTA, TACTTA or RAS 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 initiative (and vice versa).

Athletes who meet relevant qualification standards for National events can be invited into 'Race Camp' environments.



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The Billigence Pathway Series (BPS) will again be a focus of racing for the pathway 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:** 15th October 2023

**VENUE:** Five Islands Secondary College

**HOST:** Illawarra Triathlon Club

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**2**

## **ROUND 2 OF THE BILLIGENCE PATHWAY SERIES**

**DATE:** 5th November 2023

**VENUE:** Nelson Bay

**HOST:** Tomaree Triathlon Club

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**3**

## **ROUND 3 OF THE BILLIGENCE PATHWAY SERIES**

**DATE:** 25th / 26th November 2023

**VENUE:** Orange Gosling Reserve, Orange

**HOST:** Orange Triathlon Club

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**4**

## **ROUND 4 OF THE BILLIGENCE PATHWAY SERIES**

**DATE:** 28th January 2024

**VENUE:** Sydney International Regatta Centre

**HOST:** Panthers Triathlon Club

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**5**

## **ROUND 5 OF THE BILLIGENCE PATHWAY SERIES**

**DATE:** 11th February, 2024

**VENUE:** Macquarie Fields Leisure Centre

**HOST:** MacarthurTriathlon Club

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**6**

## **ROUND 6 OF THE BILLIGENCE PATHWAY SERIES**

**DATE:** 28th April, 2024

**VENUE:** TBC

**HOST:** TBC

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# SPORT INTEGRITY AUSTRALIA

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 TNSW /TACT Development Pathway 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 Certificates of Completion to [development@nsw.triathlon.org.au](mailto:development@nsw.triathlon.org.au)

We would encourage all parents of athletes within the Pathway to complete the Clean Sport 101, Anti-Doping Fundamentals and Decision Making in Sport 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 2023 (must complete Anti-Doping Fundamentals first)	Before Athletes First BPS Race	Email to program Manager / Pathway Lead
Competition Manipulation and Sports Betting	December 31st	Email to program Manager / Pathway Lead
Clean Sport 101	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

- Anti-Doping Fundamentals Course (formerly Level 1)
- Annual Update 2022 (formerly Level 2)
- Competition Manipulation and Sports Betting (MD1)
- Clean Sport 101
- Introduction to Illicit Drugs in Sport
- Decision Making in Sport



Annual Update 2023  
15 August 2023



Anti-Doping Fundamentals  
15 August 2023



CleanSport 101  
15 August 2023



Competition Manipulation and Sports Betting  
15 August 2023



Decision Making in Sport  
15 August 2023



Introduction to Illicit Drugs in Sport  
15 August 2023

Parents might like to consider completing the following courses too:

- Parents guide to clean sport
- Let kids be kids
- Clean Sport 101

# UNIFORM AND COMPETITION RULES

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All athletes competing across the 2023–2024 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:

[https://www.triathlon.org/uploads/docs/Appendix\\_F\\_World-Triathlon\\_Compensation-Rules\\_2023.pdf](https://www.triathlon.org/uploads/docs/Appendix_F_World-Triathlon_Compensation-Rules_2023.pdf)

If an athlete is a member of the Regional Academy of Sport, ROSTA, TACTTA, TNSW/TACT ETS or U23 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 TAHP 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:

[https://www.triathlon.org/uploads/docs/World\\_Triathlon\\_Compensation\\_Rules\\_2022\\_20220128.pdf](https://www.triathlon.org/uploads/docs/World_Triathlon_Compensation_Rules_2022_20220128.pdf)

UCI Approved Wheel list can be found below:

<https://archive.uci.org/docs/default-source/equipment/liste-des-roues-homologu%C3%A9es-list-of-approved-wheels-eng.pdf>

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



# CONTACT US

## Robyn Low-Hart

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development@nsw.triathlon.org.au | 0408 651 877

## Adam Wicks

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

## Steve Bingley

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



# CHECK LIST

<u>Requirement</u>	<u>When</u>	<u>How</u>
<b><u>Online Requirements</u></b>		
<input type="checkbox"/> Squad Induction	Refer to Pathway Lead	Refer to Pathway Lead
<input type="checkbox"/> Drivers Licence OR L's Test	September 21st	Email to Pathway Lead / Program Manager
<b><u>Sport Integrity Australia Requirements</u></b>		
<input type="checkbox"/> Anti-Doping Fundamentals Course	Before Athletes First BPS Race	Email to Pathway Lead / Program Manager
<input type="checkbox"/> Annual Update 2023 (must complete Anti-Doping Fundamentals first)	Before Athletes First BPS Race	Email to Pathway Lead / Program Manager
<input type="checkbox"/> Competition Manipulation and Sports Betting	December 31st	Email to Pathway Lead / Program Manager
<input type="checkbox"/> Clean Sport 101	December 31st	Email to Pathway Lead / Program Manager
<input type="checkbox"/> Introduction to Illicit Drugs in Sport	December 31st	Email to Pathway Lead / Program Manager
<input type="checkbox"/> Decision Making in Sport	Before Athletes First BPS Race	Email to Pathway Lead / Program Manager
<b><u>Time Trials</u></b>		
<input type="checkbox"/> 400 metre swim time	In Application	In Application
<input type="checkbox"/> 1500 run time	In Application	In Application
<b><u>Bike Skills</u></b>		
<input type="checkbox"/> Draft Legal	Before Athletes First BPS DL Race	Home coach or Camp
<input type="checkbox"/> Bike Skills Course completed without fail	Before Athletes First BPS DL Race	Home coach or Camp
<input type="checkbox"/> Bicycle Skills Test (Roller Step Test)	During program	Home coach or Camp
<b><u>Health</u></b>		
<input type="checkbox"/> Functional Movement Screening	Early Season Camp	Early Season Camp