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parents info



# TRYstars

KIDS TRIATHLON

[www.trystars.com.au](http://www.trystars.com.au)

# why trystars – our point of difference

The TRYstars Program is the only “first touch” National junior sport participation program in Australia which addresses all FUNdamental movement skills, i.e. agility, balance, coordination, speed, running, jumping, gliding, buoyancy, throwing, catching, kicking and hitting.

FUNdamental movement skills are required for kids to develop basic movement literacy successfully, which will then encourage their successful participation in any sport. Kids with these experiences are far more likely to enjoy successful, lifelong participation in a range of sports and in active recreational pursuits.





## our philosophy

### Games are the focus

Kids develop fundamental movement and Triathlon specific skills and tactics through fun games and activities (by 'playing games') rather than performing traditional skill-based drills in isolation.

Games are the focus of each session, challenging Mini-stars and Mega-stars to think about what they are actually doing and why. Each session is designed with a particular sporting outcome / skill development focus in mind and games are selected purposefully to achieve these objectives.

### The TRYstars coach is a "learning facilitator"

Coaches play a facilitator role, rather than a director's role. They set challenges for the kids to find solutions through games, rather than instructing kids how to perform a particular skill. Coaches provide key coaching points for performing the skill, then they set the kids challenges to solve through games. This engages kids in the games at a level that suits their own ability, and helps them to learn through self-discovery and working with and observing other kids.

### Discrete coaching

Coach instructions and demonstrations are kept to a minimum and play is allowed to continue where possible. Discrete coaching is provided on the side in an unobtrusive way, creating an encouraging and supportive environment where participants can develop at their own pace.

This approach helps build confidence and self-esteem and allows Mini-stars and Mega-stars to receive 1-on-1 support where needed.

### Role models

TRYstars coaches use participant role models during the activities to demonstrate and emphasise good technique or strategies.



## our philosophy

### Ask the participants

The use of 'questioning' is a key strategy used to engage the kids in changing the activities to increase participation and to make the activity more or less challenging. Feedback from the kids will give a good indication of whether the game or activity is achieving the desired outcomes.

### Change it

TRYstars coaches constantly observe the games to ensure maximum engagement of all participants, by considering the following questions: Are all kids enjoying and/or engaged in the game? Is the purpose of the game being achieved? Are all kids being challenged (is it too difficult / too easy / one-sided)? The FISH acronym is another way of considering these questions: Is the game FUN? Is the game INCLUSIVE? Is the game SAFE? Is the game ensuring HIGH INVOLVEMENT?

### Core Values



## what equipment does your child need?

To get involved in TRYstars, all your child needs is a safe bike (any type of bike – e.g. BMX, mountain bike, road bike), a helmet and a pair of shoes!

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## our clubs



For a Triathlon Club to be able to deliver the TRYstars Program, they need to be a Triathlon Australia accredited Shining Star Club. This stamp of approval provides you with the confidence that a detailed, quality assurance process has been undertaken with the club – ensuring they have all of the necessary people, places, systems and procedures in place to safely and successfully deliver the TRYstars Program to your child.





## our coaches

All TRYstars coaches are currently accredited Triathlon Australia coaches, who have been trained to deliver the program in line with its philosophies and objectives.

## insurance coverage

As a Program participant, your child will have personal accident and Public Liability coverage through the all of sport insurance.

## register your child now

Go to [www.trystars.com.au/register](http://www.trystars.com.au/register) and follow the simple steps.



## roles for parents

The TRYstars program is strongly supported by Triathlon Australia, the State & Territory Triathlon Associations and Triathlon Clubs, but the TRYstars volunteers are the most important part of the program. There are lots of ways you can contribute to the success of the TRYstars Program, so if you are keen, please read on, and/or ask your club how you can get involved.

<p><b>TRYstars Helper Coach</b></p>	<p>TRYstars Coordinators and Coaches are always looking for people to assist with the delivery of TRYstars sessions and the running of mini-tri events within the program.</p> <p>No previous experience is required, as you will be under the direct Mega vision of a qualified TRYstars Coach, however, relevant state / territory Working with Children' certificates are necessary and your club can help you with this process.</p>
<p><b>TRYstars Coach</b></p>	<p>There are various ways you can become a qualified TRYstars coach, the easiest of which, is to complete the simple TRYstars coach e-learning activities, followed by a 3 hour practical workshop.</p> <p>Relevant state / territory Working with Children' certificates are necessary and your club can help you with this process.</p> <p>For more information, visit the "For Coaches" section of this manual / the TRYstars website.</p>
<p><b>TRYstars Coordinator</b></p>	<p>Triathlon clubs offering the TRYstars Program (i.e. "Shining Star" Clubs) are often looking for people to oversee the organisation of TRYstars Programs. The role of the coordinator manages this.</p> <p>Administration, communication, organisation and relationship building skills are key attributes to fill the position. Relevant state / territory Working with Children' certificates are necessary and your club can help you with this process.</p>

