



TRIATHLON NT

AGE GROUP UPDATE 10/13

RESPECT | HEALTH | ENJOYMENT | BELONGING | ACHIEVEMENT



AGE GROUP HEALTH & WELLBEING CAMPS

Triathlon NT are in the process of planning an Age-Group Health & Wellbeing Camp which will be held in June 2014, in Darwin. This will give you the opportunity to access some of the best sports experts and facilities in the NT.

- Technical Skills
 - run technique and agility
 - swim technique - pool and open water.
 - cycle ABC skills.
- Sports Psychology
 - performance profile.
 - goal setting.
 - mental toughness.
- Nutrition
 - hydration
 - basic nutrition
 - training and racing nutrition planning.
- Sports Medicine
 - injury prevention and management.
 - recovery techniques.
- Strength and Conditioning

TO REGISTER YOUR INTEREST EMAIL:
eotriathlonnt@gmail.com

WHAT DOES TRIATHLON NT DO?!

Welcome to the first Triathlon NT Age-Group newsletter! First up, I thought it might be a good idea to start with the basics - what does Triathlon NT actually do! Well, here is a short summary:

- Triathlon NT is the state association with 2 affiliated clubs (Alice Springs and Darwin triathlon clubs) and we are affiliated with the National Governing Body - Triathlon Australia.
- As the Territory Director, I am the voice of the NT at a national / state level, providing input from a 'small state' point of view on all national programs / policies and initiatives.
- We maintain a Territory-wide infrastructure of operational, coaching and technical staff to ensure the sustainability of triathlon into the future.
- We safeguard all our members and their rights by ensuring that all the events, training and programs that they are participating in are safe and fair, and adhere to our Member Protection Policy.
- We provide submissions to Triathlon Australia to ensure that events in the NT are on the National Qualifying Series (NT Sprint, NT Long Course) so that you don't have to travel interstate if you want to get points to wear the green and gold.
- By ensuring a high level of governance at a state level we are able to ensure ongoing funding for triathlon in the Northern Territory and attract commercial partners.
- We ensure there are participation opportunities for people of all ages and abilities to try this wonderful sport.
- We support your clubs to reach their potential and provide access to resources at a state and national level.

MEET THE TRINT TEAM ON PAGE 5

EVENTS



TRIATHLON NT EVENTS COMMITTEE

Triathlon NT has formed an Events Committee who will be tasked with planning and delivering the NT Championship Races that Triathlon NT host:

- NT Sprint Distance
- NT Olympic Distance
- OutGames Aquathon
- NT Long Course.

Having these additional resources to help in the planning of these important races will mean that we can make these races bigger and better.

We will also be opening up all our races to non-TA members, by including a One-Day-Membership category. This will allow people to access triathlons of varying distances, and allows their race entries to be invested back into triathlon in the NT.

We will also be developing a volunteer incentive program to say thank you to all those people who put hard yards into delivery the Triathlon NT events.

WANT TO GET INVOLVED?

We are always looking for Technical Officials, Race Directors, Event Managers and Volunteers - email: eotriathlonnt@gmail.com

DRAFT LEGAL RACE - 5 APRIL 2014

Yep, you read that right! Triathlon NT will be bring you a fast and furious draft-legal sprint series race format on Saturday 5 April, at Lake Alexander (the day before the Ray White NT Sprint).

The event will comprise of 3 short, sharp races: 2 x (150m swim / 2.5km bike / 200m run) and a final of 300m swim / 5km bike / 400m run. Progression through to the final is points based.

The whole experience will be same as an ITU event - including designated kit area's, so no chucking your goggles over your shoulder!

"But I don't know how to draft!" I hear you cry. No problem, Tim Ellison will be holding sessions in both Alice Springs and Darwin to sign-off your bike skills. Entry to the race will only be on successful completion of this assessment (this only takes a few hours).

This race has been developed to give everyone a taste of draft legal racing, to enable our Junior Development triathletes an opportunity to race in an iTU format race and to expose our Technical Officials to this format of racing.

TRIATHLON NT CALENDAR 2014

Over the past few months we have been working hard to put together a calendar of events for you that will give you not only great local events, but also educational seminars (topics such as nutrition, injury prevention, hydration, bike maintenance) rules updates, coach and technical official development.

WHEN	WHAT	WHERE	HOW
March	Triathlon NT member seminar 1 (topic tbc)	Darwin, with webinar to Alice Springs	Updates on facebook / web / newsletter. TA / club members only.
March	Ironman / WTC rules updates for all IM athletes. Is your wetsuit still legal? and other updates on WTC rules.	Darwin, with webinar to Alice Springs	This session will only run if there is sufficient demand - email eotriathlonnt@gmail.com with expressions of interest by 1 Feb 2014.
March	Level 1, Technical Officials Course	Darwin	For information: Adele Butler: ak88butler@hotmail.com
5 April	Triathlon NT draft-legal sprint series (150/300m swim / 2.5km/5km bike / 200m/400m run)	Lake Alexander, Darwin	Updates on Facebook / website. Registration online on TriNT website Jan TA members only. Bike skills sign off required
6 April	Triathlon NT, NT Sprint Distance Championships (750m swim / 26km bike / 5km run)	Lake Alexander, Darwin	Registration online Feb. OPEN TO EVERYONE!
April	Junior & Coach Development Camp (residential 4-day camp)	Darwin	For information: Tim Ellison: ntjuniordevelopment@gmail.com
4 May	Triathlon NT, NT Olympic Distance Championships (1.5km swim / 40km bike / 10km run)	Lake Alexander, Darwin	Registration online Feb. OPEN TO EVERYONE!
11 May	OutGames, Aquathon	The Waterfront, Darwin	www.darwinoutgames.com.au
June	Junior & Coach Development Camp (residential 4 - day camp)	Darwin	For information: Tim Ellison: ntjuniordevelopment@gmail.com
June	Triathlon NT member seminar 2 (topic tbc)	Darwin, with webinar to Alice Springs	Updates on facebook / web / newsletter. TA / club members only.
June	Triathlon NT Health & Wellbeing Age Group Camp	Darwin	Updates on facebook / web / newsletter Places are limited - expressions of interest to eotriathlonnt@gmail.com
August	Triathlon NT, NT Long Course Championships (2km swim / 60km bike / 16km run)	TBC!	Look for exciting developments over the coming months on facebook / web / newsletter. OPEN TO EVERYONE!
September	Triathlon NT member seminar 3 (topic tbc)	Darwin, with webinar to Alice Springs	Updates on facebook / web / newsletter. TA / club members only.
September	Junior & Coach Development Camp (residential 4 - day camp)	Darwin	For information: Tim Ellison: ntjuniordevelopment@gmail.com
October	Level 1 Technical Official Course	Alice Springs	For information: Adele Butler: ak88butler@hotmail.com
December	Triathlon NT member seminar 4 (topic tbc)	Darwin, with webinar to Alice Springs	Updates on facebook / web / newsletter. TA / club members only.

TRIATHLON NT STAFF



ANNA GOAT
TERRITORY DIRECTOR

Anna Goat is the Triathlon NT Territory Director, managing and implementing our procedures, policies and programs under the guidance of the Triathlon NT Committee.

Anna is part of the high-collaborative group of State and Territory Directors and Triathlon Australia CEO who discuss all national and state / territory issues, programs and initiatives on a monthly basis.

0477 360 035

eotriathlonnt@gmail.com



TIM ELLISON
MANAGER - ATHLETE DEVELOPMENT

Tim Ellison develops, manages and implements our Junior and Coach Development program, Junior Participation program and Age Group education program.

With contacts with the best sports coaches and facilities in the NT, Tim is able to deliver Junior / Age Group and Coach Development that has been described by Wayne Goldsmith (Head Coach, TA) as the "best development program I have seen in all my years of coaching".

0437 602 346

ntjuniordevelopment@gmail.com



TONY KNOTT
JUNIOR DEVELOPMENT - ALICE

Tony Knott is our Junior Development Officer in Alice Springs. He works at St Phillips School and has been developed as a Junior Coach in our Coach Development Program.

He delivers our Junior participation program in Alice Springs and mentors the Alice Springs Junior Development Camp attendees from Alice Springs.

0402 122 584

ntjuniordevelopment@gmail.com



ADELE BUTLER
MANAGER - TECHNICAL PROGRAM

Adele Butler is a highly experienced Level 2 Technical Official with extensive knowledge and field of play experience in ITU, Ironman and various distance events.

Adele develops, manages and implements the Technical Official Development Program throughout the NT, and is able to provide up to the minute advice on all race format rules and regulations.

0477 360 035

ak88butler@hotmail.com

FOR MORE INFORMATION

FACEBOOK: [triathlon northern territory.](https://www.facebook.com/triathlon-northern-territory)

WEBSITE: www.triathlon.org.au, click on the Northern Territory.