

RESPECT | HEALTH | ENJOYMENT | BELONGING | ACHIEVEMENT

TRIATHLON NT

AGE GROUP UPDATE 04/14

www.triathlon.org.au/NT | facebook: Triathlon Northern Territory



Ray White SPRINT WEEKEND 5-6 APRIL

Photographs: courtesy of Ray White



Kids Triathlon - medals all round!



NT Junior Championships Youth & Junior category winners



Overall Male: Tim Green & Korgan Hucent



Korgan Hucent & Overall Female: Shari Livingstone

The inaugural Ray White Sprint weekend saw over 200 people aged 5 - 65 take part in sprint triathlon, with over 30 giving triathlon a try for the first time.

The Kids Triathlon and the NT Junior Championships on the Saturday were a showcase for the amazing work of the Triathlon Junior Development Program that provides a pathway from entry-level 5 years old to super, sprint ITU draft-legal racing!

The Ray White NT Sprint Distance Championships saw a record number of entrants with almost every state and territory being represented in race for qualification points. As an iconic race on the Triathlon Australia qualifying series calendar, we did the Territory proud!

Triathlon NT would like to say a huge thank you to our sponsors Ray White, whose increased sponsorship enabled us to take triathlon in the territory to a new level of race experience. We would also like to say a huge congratulations to everyone that took on the challenge of triathlon for the first time, we hope this is the first step in a long journey!

A huge thank-you to Race Director, John Arrigo, to Blue Cycles who provided a team of volunteers for the event and to everyone else that helped out on the day, your help is greatly appreciated and doesn't go unnoticed.

Triathlon NT is looking forward to working with Ray White to deliver another weekend of super sprint racing in 2015, with the NT Sprint Distance already confirmed as one of the Triathlon Australia qualifying series races.

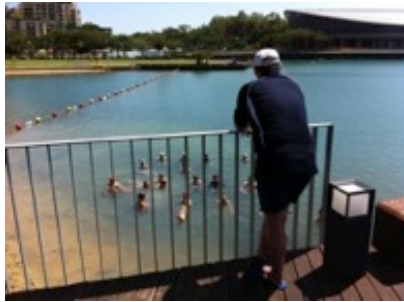
Here is some of the feedback we have had:

"Just wanted to say how much I enjoyed the event – you guys did a fantastic job and what an awesome location – I especially enjoyed the ice water on the run!!"

"Congratulations on a wonderfully well run race! The atmosphere was great, and the event a pleasure to participate in."



BLUE CYCLES
Bike • Coffee • Culture



Open water and surf swim coaching facilities



Functional movement screening training for coaches with NTIS specialists, coaches and staff



Michael Watkins - NTIS Athlete Services Manager

BE THE INSPIRATION!

The Triathlon NT Coach Development Program is run in conjunction with the Triathlon NT Junior Development Program, with training and assessments done during the 3 camps (April, June and September), and ongoing development provided throughout the year. The quality of the Coach Development Program has been recognised by its inclusion, as an Academy Sport, into the Northern Territory Institute of Sport (NTIS). This enables coaches to access world-class facilities, services and specialist coaches.

As a coach in the Program you receive training and education from some of the most respected specialists and coaches in Australia, and access to the world-class facilities at the NTIS and the wide range of venues in Darwin. Coaches are trained, educated and developed across all areas of the holistic Triathlon NT Key Development Area's - detailed below.

Going forward, Triathlon NT will be bringing the Technical Official Development pathway into this Program to provide a wealth of training and education opportunities to the Territory Technical Program.

If you would like more information, or are interested in joining any of these Programs, please contact Tim Ellison: Triathlon NT Athlete Development Manager: ntjuniordevelopment@gmail.com | 0437 602 346



Running skills coach training



NTIS gym, specialists and coaches



Functional movement screening training

Triathlon NT Key Development Areas

Technical skill

- General Athletic Proficiency
- Run technique and agility
- Swim Technique. Pool and open water.
- Cycle ABC skills.

Specialist Skills

- Speed Development skill in swimming, running and cycling.
- Swim: M:1:08/100m ,F:1:16/100m
- Run: M:17.7s/100m (5.7 m/s – Max Target 10 m/s)
F:20.0s/100m (5 m/s – Max Target 7.67 m/s)
- Cycling: Cadence E >150 Max >200

Tactical Skills

- Proficiency in bunch swimming, cycling and running.

Physiological Development

- Sport Specific Programming

Sports Science

- LAM
- Skills testing and Analysis

Sports Psychology

- Team work and Team Cohesion
- Personal Presentation and Speaking
- Performance Profile
- Goal Setting
- Training Diaries
- Routines and Concentration
- Mental Toughness

ACE

- Education and Career management

Nutrition

- Hydration.
- Basic nutrition requirements for general health.
- Energy Expenditure V Energy Intake.
- Training and Racing Nutrition. Planning.

Sports Medicine

- Injury Prevention and Management
- Recovery Techniques

Strength and conditioning

- Physical Competency Development



SHOWCASING DARWIN

The course for the Darwin Long Course has been finalised, it has been confirmed as a race on the Triathlon Australia National Long Course Qualifying Series, and Triathlon Australia support the development of a race in such an amazing, family-friendly, off-season location.

We are incredibly proud to announce that Tony Compier, Executive Director Triathlon Queensland, has offered to be our Race Director, with his highly experienced team providing guidance to the Triathlon NT Events Committee.

We appreciate that the cost of the 'NT Long Course' has increased, but as a non-profit organisation, the entry costs reflect the considerable cost of staging such a large-scale event in Darwin. We are seeking sponsorship to cover 50% of the running costs, with the other 50% having to be met by entrance fees. If we can make this inaugural event a success, then we will be able to attract higher levels of sponsorship next year, which will help us deliver an even better experience to you.

Some of the costs that we need to cover are:

- Athlete function (the entry costs includes a function on the Friday night with catering).
- Athlete items – numbers, bike stickers, wristbands, t-shirts, bags, trophies, swim caps.
- Medical plan and personnel.
- Communications – radios, PA systems.
- Marques, barriers, furniture, generators, toilets, water tanks, showers, re Fridgeration, lighting towers etc.
- Security for all those expensive bikes overnight!
- Water safety – including a comprehensive risk assessment and safety plan, water safety boats and personnel.
- A Traffic Management Plan – including a full road management of a 20km loop for 5 hours.
- Course and directional signage.
- Consumables – ice truck and ice (for all the southern competitors!), water bidons, food, gels, rehydration for aid stations.
- Timing system hire and chips.
- Volunteers – T shirts, food, water, function.



BE PART OF IT!

The Triathlon NT Events Committee is all volunteers (except for the Triathlon NT Executive Director) and we are driven by a passion to see Darwin recognised for the amazing racing location that we know it to be. This will then encourage other event companies to provide us with the opportunities that are available in other States and Territories.

We are seeking volunteer managers to help deliver the Darwin Long Course. As a volunteer you gain valuable event management experience and you get to be part of the hype of race-day without have to wear lycra!. You will be provided with a uniform, hat, goody bag, full training prior to the event, a pre-race function and post-race thank-you function.

If you are interested in giving a few hours back to your sport, contact: eo@nt.triathlon.org.au.

EDUCATION



Heat & Hydration Sunday 25 May 2014

Dr Matt Brearley, of Thermal Hyperformance, has developed a reputation as 'The Heat Guy' for his unrelenting pursuit of maximising human performance in challenging environments. With his extensive experience working with elite athletes, most notably as the Heat Specialist of the Australian Olympic Team Beijing 2008, Matt will be providing a seminar to help you understand how to maximise your performance while training in the challenging NT climate.

Cost: Free (Alice Springs and Darwin Triathlon Club members only)

Location: NTIS Conference Room, Marrara.

Time: 10am - 11am

Registration: Limited places, booking essential - email
eotriathlonnt@gmail.com

www.thermalhyperformance.com.au

PERFORMANCE PSYCHOLOGY SESSIONS

The Northern Territory Institute of Sport (NTIS) is holding a series of Performance Psychology sessions throughout 2014 to give participants an understanding of the specific topic, along with practical suggestions that can be utilised not only within sport and performance, but also in day to day activities.

Topics include:

- Having a 'winning' attitude (12 May).
- Mastering your emotions (2 June).
- Flow and ideal performance states (7 July).
- Self-talk (11 August).
- People skills (8 Sep).
- Performance psychology in the training environment (for coaches). (6 Oct).
- Apps to help performance (3 Nov).
- Visualisation (8 Dec).

For the full list of dates and session information, see Triathlon NT website / Events.

These are open to everyone and are FREE!. They will be held at the NTIS Conference Room. Booking is essential - contact Liz Grylls (8922 6851 or liz.grylls@nt.gov.au).