

RESPECT | HEALTH | ENJOYMENT | BELONGING | ACHIEVEMENT



TRIATHLON NT

AGE GROUP UPDATE 06/14

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



YOUR SPORT NEEDS YOU!

For any of you that have competed in a Triathlon Australia sanctioned event - club races, NT championships, Ironman, pretty much any triathlon/duathlon/aquathlon in Australia(!) - the fairness of the race and your safety have been safeguarded by the Technical team. The work of the Technical Officials doesn't just start on race day, but often months before with Technical Officials assessing the event organisation to ensure it meets the strict quality standards of the TA sanctioning process. The Triathlon Australia Technical Program is the lifeblood of triathlon events in Australia, training and developing Technical Officials so that events of all shapes, sizes and formats can be held - without TO's there are no safe and fair events.

We are running a Level 1 Technical Official course on 12/13 July in Darwin. This is the first step into the national Technical Program development pathway that can give you the opportunity to officiate at local, national and even international events. Not only does the program provide you with up to the minute knowledge on Triathlon Australia racing rules, but a multitude of personal development skills.

By giving your time to the sport as a Technical Official, you receive a uniform, payment for officiating at events, and if you officiate at 3 or more events in one season, you receive free membership. The course is ideal for anyone that wants, or needs to know about Triathlon Australia racing: event organisers, people who are interested in being Race Directors, coaches, parents, Level 1 TO's who qualified pre-2013.

The FREE course consists of an online component (to be completed prior to 12 July), 1 x 4 hour course on 12th July, Darwin (lunch will be provided!), 1 x assessment at an event on the 13th July.

Expressions of Interest or for more information email: eo@nt.triathlon.org.au

FAMILY SKILL SESSIONS



Triathlon NT Athlete Development Manager, Tim Ellison has been running FREE family ride-n-run sessions in Darwin over the past month. These are designed to introduce young and old to the fundamentals of movement that are essential for all sports. The kids and parents have been having a great time, rolling, diving, skidding, jumping, climbing, running and riding.

TO FIND OUT ABOUT THESE SESSION EMAIL: ntjuniordevelopment@gmail.com

MEMBERSHIP RENEWAL

It's that time of year when current memberships are due for renewal on 30 June 2014.

Triathlon Australia has been working hard to implement a new and improved membership registration system (Active Works) that will provide you with the following benefits:

- You will get one Triathlon Australia number that won't change from year to year.
- You will get an 'Active Passport' that will hold a record of all your memberships and events that you have entered on the Active Works system.
- The system is the same as that used for a number of events across Australia (most notably Ironman) so it will recognise your email address and populate your details.
- TA, Triathlon NT and Club membership all in one transaction.

The link to the TA registration system is available on the Triathlon Northern Territory website:
www.triathlon.org.au/NT.

If you have any problems with registration, please contact Triathlon NT: 0406 609463.



ALICE SPRINGS MASTERS GAMES

11-18 OCTOBER 2014

It's less than 4 months to go, and now is the time to register for the Alice Springs Masters Games. There's plenty of interest in Triathlon and Duathlon, and these Games are a unique opportunity to enjoy Australia's friendliest Games in the red centre of Australia.

The Alice Springs Masters Games also offer 33 other sports, so if you've already registered for the Triathlon or Duathlon, why not try some of the other sports including running (Half, 10km and 5k), cycling, swimming and more. You only need to pay the games registration fee of \$70 once, then it's the individual sports fee.

To register and for more information go to the website.

Website: www.alicespringsmastersgames.com.au

Facebook: www.facebook.com/alicespringsmastersgames

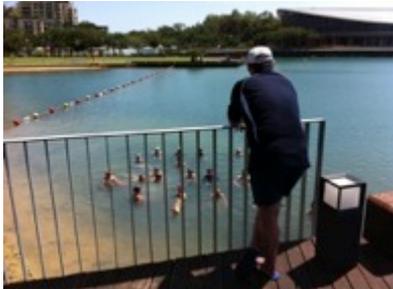
Twitter: www.twitter.com/friendly_games.

THE HEAT GUY!

We are incredibly lucky, here in the NT, to have access to world class facilities and specialists, right here in our own backyard. One of those is Dr Matt Brearley of Thermal Hyperformance who was the 'Heat Guy' for the Australian Olympic team in Beijing. Matt gave our members a fantastic presentation on how to race and train in the tropics and, more importantly, that we have to treat 'heat' and 'hydration' as two separate disciplines.

Thermal Hyperformance will also be providing a specialist Cooling Recovery Area at the Darwin Long Course, providing much needed (especially for the interstaters!) cooling after the event to ensure a speedy recovery. Services will include a cooled seating area, ice baths and slurpees.





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

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EVENTS



DARWIN LONG COURSE

2KM SWIM | 80KM BIKE | 20KM RUN

16 AUGUST 2014 | DARWIN, NT

VOLUNTEERS NEEDED

aid stations, finish chute, registration, transition, swim, bike and run course marshals.

Goodie bag, hat, T-shirt and food provided.

CONTACT: eo@nt.triathlon.org.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:

- Mastering your emotions (16 June) - note date change.
- 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).