



NT JUNIOR DEVELOPMENT

08/13

FOR FURTHER INFORMATION ABOUT THE NT JUNIOR PROGRAM EMAIL: NTJUNIORDEVELOPMENT@GMAIL.COM



Athletes: Jasper Edwards, Moby Edwards, Stephanie Hanlon, Seth O'Brien, Issahara Braun, James Steer, Will Stojic, Shane Van Luenen (Alice Springs). Carter Brearley, Matt Ellison, Trent Ellison, Gemma Jones, Claire Marker, Eve Marker, Meg Marker, Ryan Marsh, Robert Pederson-McLaren (Darwin). Alisha Garrett (Perth).

JUNIOR DEVELOPMENT CAMP - Cycling and running skills DARWIN. 19-23 JUNE 2013

Following on from the highly successful April Junior Development Camp, the June camp was designed and managed by TriNT's Junior Development Coach Tim Ellison, who is also an NCAS Level 2 Cycling Coach. Tim has experience as the Head Coach and Manager of the NTIS Cycling Program and is the current National Junior Coach for XC MTBing.

The focus of this camp was on cycling and running technical skills. The running sessions involved theory and practical tuition in the technical skills of running at high speed. These sessions included tuition in the functional strength and mobility exercises that support this type of running development.

The running presentations and tuition were delivered by Michael Watkins who is the NTIS Athlete Services Manager, he is a NCAS Level 2 Athletics Coach and a Level 2 Strength and Conditioning Coach. He currently coaches national level athletics athletes.

The cycling sessions were structured towards developing the cycle skills to competently ride in a draft legal triathlon. Subject to competently completing all cycling assessment tasks, the ITU Youth Licence endorsement checklist was signed off for an athlete wishing to compete in the Australian Junior Triathlon Series.

All athletes were housed together at the Alawa Scout Hall, open dormitory style with athletes sleeping on army stretchers, kindly supplied by Ian Fullerton of Darwin Runners and Walkers Club.



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Development Coaches: Tim Ellison (NT Junior Development Coach), Tony Knott, Allison Foster (Alice Springs), Garth McLachlin (Katherine), Allison Fitch, Stu Fitch, Kyle Gear (Darwin), Loretta Garret (Perth).

Presenters: Matt Brearley (Thermal Hyperformance) 'Heat and Hydration', Bec Ellison (NTIS) 'Nutrition', Michael Watkins (NTIS) 'Running', Tadek Rudz (NTIS) 'Recovery'.

WEDNESDAY 19 JUNE

Arrival at camp for all live-in athletes.
First job - bed making!

THURSDAY 20 JUNE

Heat & Hydration Presentation - Dr Matt Brearley Phd.

Hydration protocols before, during and after training and racing. Thermal regulation techniques for optimal sports performance in hot climates.

Cycling skill session 1 - Tim Ellison

Darwin Velodrome

Gear restriction 5.5m roll out.

Basic bike skills, bunch cycling skills, bunch etiquette, holding a wheel, leading turns and rolling turns.
Advanced bike and bunch skills, bunch positioning, bunch awareness skills, strong rider identification, attacks and accelerations, laying off a wheel, forcing a position / wheel.

Cycling skills assessment - Tim Ellison

Presentation - Michael Watkins

Speed/Strength/Power vs Endurance - training for young athletes.

Running technique and speed development.

Practical - Michael Watkins

Learn how to run very fast - skills and drills.

Recovery session - Tim Ellison

Recovery techniques tuition and practical.





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FRIDAY 21 JUNE

Cycling skills session 2 - Tim Ellison
Howard Springs Pine Forest
Gear restriction 5.5m roll out.

Advanced bike handling skills, loose surface cornering, braking, sliding, skidding and drifting....yes...on a road bike!

Cycling skills assessment - Tim Ellison

Evening - Athletics track meet

NT Junior Development Squad raced against the best sprinters in the Top End.

Diamonds - Super Sprint Event.

60m shoot out race format with 100m final. (2 qualifying rounds, semi final and final. All athletes raced 3 x 60m races and 100m race).

Recovery - Tadek Rudz

Stretching and Ice Tank recovery protocol.

SATURDAY 22 JUNE

Cycling Skills Session 3 - Tim Ellison
Hidden Valley Raceway
Gear restriction 5.5m roll out.

Fast cornering, bunch cornering and line selection tuition.

Sprint finish tuition - Andrew Barcroft

Cycling skills assessment - Tim Ellison

Cornering at speed

Go Kart Racing

Athletics Beach Carnival and BBQ

SUNDAY 23 JUNE

Cycling skills session 4 - Tim Ellison
Litchfield National Park
Gear restriction, 6m roll out.

Climbing - seated and standing in a bunch. Descending.

Cycling skills assessment - Tim Ellison





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SEPTEMBER CAMP 2013, DARWIN

DATES: 26-29 SEPTEMBER 2013

This is an Open Water swim camp with running and athlete development components. The swimming sessions will be structured to promote speed development and tactical swimming in open water. It will be the best open water swimming technical development camp for junior triathletes in Australia. Wayne Goldsmith from Triathlon Australia will be in attendance at this camp. Wayne is a world renowned swim coach.

Please visit the following website www.swimcoachingbrain.com.

The running sessions involve theory and practical tuition in the technical skills associated with running at high speed (maximum velocity). These sessions include tuition in the functional strength and mobility exercises that support this type of running development.

Paul Ford from Paul Ford Athlete Development will also be attending this camp. Please visit Paul's website www.pfad.com.au for more information on the services that Paul delivers.

**FOR FURTHER INFORMATION ABOUT OUR JUNIOR PROGRAM OR JUNIOR COACHING
PLEASE EMAIL: NTJUNIORDEVELOPMENTTT@GMAIL.COM**



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TNT DEVELOPMENT CURRICULUM - KEY DEVELOPMENT AREAS

Technical skills

- General Athletic Proficiency
- Run technique and agility
- Cycle ABC skills.

Specialist Skills

- Speed Development skill in swimming, running and cycling.
- Run: M 17.7s/100m (5.7 m/s – Max Target 7.66m/s)
F 20.0s/100m (5 m/s – Max Target 6.67 m/s)
- Cycling: Cadence E >150 Max >200

Tactical Skills

- Proficiency in bunch cycling and running.

Sports Psychology

- Team work and Team Cohesion
- Goal Setting

ACE

- Education and Career management

Nutrition

- Hydration.
- Basic Nutrition Requirements for general health.
- Energy Expenditure V Energy Intake.