



# TRIATHLON NT JUNIOR UPDATE 12/13

RESPECT | HEALTH | ENJOYMENT | BELONGING | ACHIEVEMENT



The Triathlon NT Junior participation program (for ages 5+) is designed around the constraints of our outdoor lifestyle; focusing on swimming during the tropical Wet / central summer and running during the tropical Dry / central winter. Children are so finely tuned for learning that they are able to learn skills in one season and pick them up again months later...if only us adults could do the same!..So don't worry if you can't fit the run / swim AND bike sessions in, just getting the kids exercising is great.

Triathlon NT have run / bike / swim sessions in both Alice Springs and Darwin. These sessions are designed to introduce kids to the fundamental skills of triathlon in a fun and inclusive environment, providing them with a first step on a pathway that can lead to the Junior Development Program.

## **SWIMMING - BEGINNER TRIATHLON SQUAD (6-9 YRS)**

Wed & Thurs 4:45pm - 5:30pm  
Ski Club Swimming Pool  
Triathlon club members only

## **CYCLING - (5YRS+)**

Fridays 6:00pm - 7:30pm, Darwin Velodrome  
Sundays - 4:30pm start. Howard Springs Pine Forest.  
**PARENTS ARE ENCOURAGED TO COME ALONG AND JOIN IN!**  
All juniors need a sporting association licence (MTB, BMX, Tri club)  
Non-members are encouraged to come and have a try as we have a Come-N-Try licence.

## **RUNNING (6-12 YRS)**

Mondays 5pm - 6pm  
Marrara Athletics Track  
6-12yrs old.  
Triathlon Australia members only

For more information contact Tim Ellison: 0437 602 346  
For Alice Springs sessions, contact Tony Knott: 0402 122 584

# JUNIOR DEVELOPMENT PROGRAM BECOMES AN NTIS ACADEMY SPORT



Triathlon NT is incredibly proud to announce that the Triathlon NT Junior Development Program has been accepted into the Northern Territory Institute of Sport. This will mean that the Juniors in our Development Program will be able to access the best facilities, coaches and sports resources in the Territory through the Institute. This is fantastic recognition for our Development Program as one of the best, not only in the Territory but in Australia, and a tribute to the dedication and time that has been invested in this program over this past year by our Athlete Development Manager - Tim Ellison.

Triathlon NT are currently seeking sponsorship for our Junior Development Program. If you would like further information on how supporting the stars of the future can enhance your brand, please contact Anna Goat: [eotriathlonnt@gmail.com](mailto:eotriathlonnt@gmail.com) | 0477 036 350.

## JUNIOR DEVELOPMENT PROGRAM KEY DATES 2014

The logo for Ray White Darwin, featuring the text 'Ray White' in a bold, italicized font above the word 'Darwin' in a smaller, sans-serif font. The logo is set against a white background with a yellow horizontal bar below it.

### **Ray White Darwin NT Junior Championships, 5 April 2014**

This event will be a draft legal, super sprint event format. 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.

### **Junior Development Camps, 2014**

April 3 - 6, Darwin

June 19 - 22, Darwin

September 25 - 28, Darwin

For more information about the Junior Development Program, or the selection criteria for the NT Junior Championships or Development Camps, please contact Tim Ellison: [ntjuniordevelopment@gmail.com](mailto:ntjuniordevelopment@gmail.com)

# Triathlon NT athlete development curriculum

## TECHNICAL SKILLS

- 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, F: 20s/100m
- Cycling cadence E>150 max>200.

## TACTICAL SKILLS

- Proficiency in bunch swimming, cycling and running.

## SPORTS PSYCHOLOGY

- Team work and team cohesion
- 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

## SPORTS SCIENCE

- LAM
- Skills testing and analysis