



# TRIATHLON NT JUNIOR UPDATE 04/14

RESPECT | HEALTH | ENJOYMENT | BELONGING | ACHIEVEMENT

## Ray White® NT JUNIOR CHAMPIONSHIPS, 5 APRIL



The Ray White NT Junior Championships was the first ever ITU style draft-legal race to be held in the Territory, complete with named bike racks, kits boxes and penalties for kits not placed in boxes!. The Youth and Junior categories raced 3 lung-busting sprint races of 100m swim | 2km bike | 200m run.

The event was designed to bring together the fundamental skills that the juniors develop in the Triathlon NT junior program, most notably their highly advanced bike skills that enable them to race draft-legal.

### Youth Female (12-15):

Jordyn Kindness, Eve Marker.

### Youth Male (12-15):

Aaron Berthon, Sandy Brock, Harry Croser, Jed Cruikshank, Matt Ellison, Robert Henderson, Thor O'Brien, Seth O'Brien, Bryn Pickering.

### Junior (16-19)

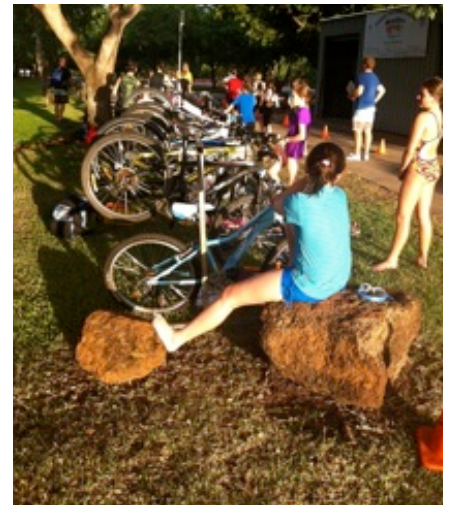
Robert Pederson-McLaren , James Steer.

**BLUE CYCLES**

Bike + Coffee + Culture

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# Ray White® KIDS TRIATHLON, 5 APRIL 2014



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# RAY WHITE KIDS TRIATHLON

The Ray White Kids triathlon saw 50 kids aged from 5 - 15 take part in 3 super sprint races that were run in conjunction with the Ray White NT Junior Championships, allowing the younger children to be inspired by the older athletes, and the older athletes mentoring the younger kids.

The whole morning of triathlon showcased the pathway of the Triathlon NT Junior Program that develops children from 5 to 19 years old across the Triathlon NT key development areas. A huge thank you to Ray White for their sponsors, to all the Coordinators who kept everyone on time, to Blue Cycles who provided a team of volunteers and last minute bike repairs, to everyone that helped out and to Race Director Tim Ellison who created, developed and managed the whole morning of racing.

A huge well done to everyone that took part!

## Youth & Under 11s

Lucas	Ambrose-Pearce
Sophie	Ashley
Molly	Ashley
Lachlan	Astridge
Carter	Brearley
Riya	Fordyce
Chloe	Glass
Melinda	Green
Jackson	Lind
Alex	Lynch
Oscar	Lynch
Claire	Marker
Meg	Marker
Ryan	Marsh
Piper	Mules
Jonty	Patrick
Charlotte	Pickering
Angus	Pickering
Nicholas	Sullivan

## Under 9s

JD	Ambrose-Pearce
Samson	Bament
Bernie	Dunn
Kaylee	Dunn
Hugo	Elix
Raj	Fordyce
Aida	Hansen
Scott	Marsh
Amber	Moore
Jasper	Mules
Sonny	O'Leary
Keely	Patrick
Dominic	Sloane
Chili	Stock
Nicolas	Tremblay
Madeline	van der Meulen
Harvey	White

## Under 7s

Felix	Bertschi
Maya	Fordyce
Poppy	Goat
Gabrielle	Hall
Emily	Moore
Bailey	O'Leary
Ryker	Bitz
Cooper	Bament
Ethan	Elix
Rowan	Glass
Cobie	Lee
Darcy	White
George	Stock

## WHY BECOME A MEMBER?

The NT has two vibrant, family friendly clubs - Alice Springs Triathlon Club and Darwin Triathlon Club. When you join a club, you also get membership to Triathlon NT and Triathlon Australia that gives you access to a wide range of benefits that are not available to the general public. These include:

- access to the Triathlon NT junior program, including the Development Program and Camps.
- access to the Triathlon NT junior weekly sessions.
- access to Triathlon NT education program- see next page for details of our upcoming members seminar.
- priority entry (through your TA membership) to events across Australia.
- the opportunity to race in green and gold, representing Australia at World Championships.
- supporting the future of triathlon through supporting TA and Triathlon NT to deliver development and participation initiatives and programs.

To join or for more information about Triathlon NT visit our website: [www.triathlon.org.au/NT](http://www.triathlon.org.au/NT).

## APRIL DEVELOPMENT CAMP



The 15 athletes on the April Development Camp were incredibly lucky to have Caleb Nobel attend the Camp. Caleb is an Elite ITU Junior who has just been accepted into the Triathlon Australia National Talent Academy. He shared his experiences of living, training and racing as an Elite junior with the development athletes and coaches, giving them valuable insights into the world of elite junior racing - and he also learnt a few things!

The first day of the camp was an intensive morning at the NTIS gym where the athletes were put through functional movement assessments to identify key movement areas that they are to work on over the coming months. This was followed by a track running skills session with Michael Watkins (NTIS Athlete Services Manager).

Day 2 saw athletes, coaches and Triathlon NT staff attend an Applied Nutrition presentation. A key development area of the program is educating athletes, coaches and parents on how to understand their nutritional requirements and more importantly, how to fulfil these nutritional requirements with clean, whole food without supplementation.

Day 3 was the Ray White NT Junior Championships and a beach BBQ for some much needed rest and recovery.



## Junior Development Camps, 2014

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 key development areas

## 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