



# NT JUNIOR DEVELOPMENT

## 05/13

FOR FURTHER INFORMATION ABOUT THE NT JUNIOR PROGRAM EMAIL: [EOTRIATHLONNT@GMAIL.COM](mailto:EOTRIATHLONNT@GMAIL.COM)



## TNT JUNIOR DEVELOPMENT COACH

Tim Ellison joined Triathlon NT as our Junior Athlete Development Coach. Tim has been heavily involved with the development of young Northern Territory sports men and women over the last 10 years; mainly in the sports of cycling and triathlon. He also works with the elite junior athletes at a national level; he was the Australian MTB XC Team Coach and Manager at the 2011 London Olympic Test Event and the MTB Australia XC Olympic and National Team selector. Tim has experience as the Head Coach and manager of the NTIS Cycling Program and is the current National Junior Coach for XC MTBing. He is a triathlete with 24 years of experience in the sport.

## JUNIOR ATHLETE DEVELOPMENT ACADEMY DARWIN. 8-10 APRIL



**Coaches:** Tim Ellison (Darwin), Tony Knott and Allison Foster (Alice Springs)

**Darwin juniors:** Nicholas Tremblay, Meg Marker, Carter Brearley, Joseph White, Robert Pederson-McLaren, Hamish Wiltshire, Noah Marcroft.

**Alice Springs juniors:** Shane Van Luenen, James Steer, Stephanie Hanlan, Jasper Edwards, Moby Edwards.

Tim designed and ran a 3 day Junior Development Academy Camp from 8-10 April. Triathlon NT funded the academy, inclusive of transport costs for the Alice Spring coaches and athletes to promote a whole of Northern Territory approach to junior triathlete development. The athletes contributed towards costs through a levy. Visiting athletes and coaches were billeted with Top End triathlon families.

The purpose of the Academy was to provide guidance and mentoring to satellite triathlon coaches with respect to the TNT Development Curriculum and TNT junior development direction. It was also aimed at providing a high level athlete development opportunity to TNT Academy level junior triathletes. The servicing delivered to the NT junior triathletes was of a similar standard to that delivered to the athletes selected to be part of the Triathlon Australia National Talent Academy Program.

Tim was assisted throughout the 3 day Academy by Matt Brearley, Bec Ellison, Claire Labowitch, Tim Few, Ashley Manacaras, Tony Knott and Allison Foster.



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### JUNIOR ATHLETE DEVELOPMENT ACADEMY, 8-10 APRIL PROGRAM

#### MONDAY

Heat and Hydration presentation. **Matt Brearley**

TNT Athlete Development. "Dream it ... Anything is Possible". **Tim Ellison**

Functional movement and athletic competency development (practical). **Bec Ellison**

Sports Nutrition for Triathlon and General Health presentation. **Bec Ellison**

Running Skills – Speed and Agility (presentation and practical). **Tim Ellison**

Award Ceremony. **Tony Knott**

#### TUESDAY

Previous day review and current day preview. **Tim Ellison**

Pool recovery session. **Tony Knott**

Bicycle Maintenance, cleaning, tube changing. **Tim Ellison**

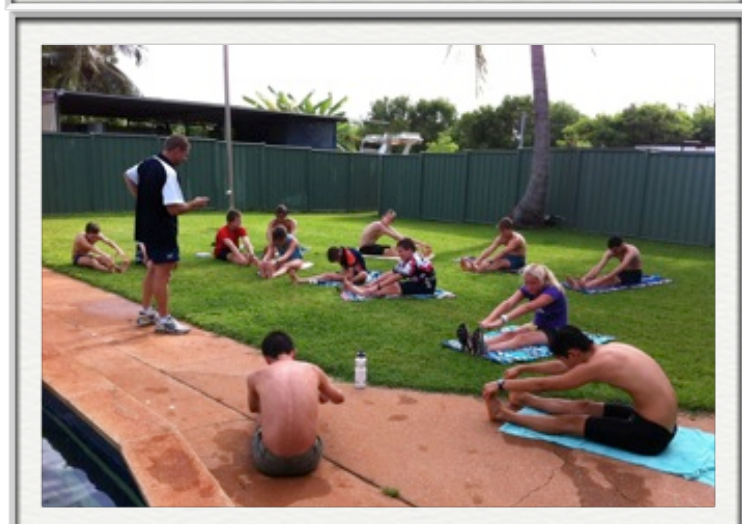
Cycle skills. **Tim Ellison**

Press conference. **Ashley Manacaros**

#### WEDNESDAY

Core session. **Tim Ellison**

Swimming practical. **Claire Laborwitch, Tim Few**





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### JUNE CAMP 2013, DARWIN

DATES: 20-23 JUNE 2013

This is a cycling and running technical skills camp for junior triathletes aspiring to maximise their potential sport.

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.

The running presentations and tuition will be delivered by Michael Watkins. Michael 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 are structured towards developing the cycle skills to competently ride in a draft legal triathlon. Subject to competently completing all cycling assessment tasks, the endorsement check list can be signed off for an athlete wishing to compete in the Australian Junior Triathlon Series ITU Youth Category.

ITU Youth Licence and Endorsement.

[www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/Resources/Events/2013+ITU+JNR+\\$126+ITU+Youth+Licence+Information+and+Endorsement.pdf](http://www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/Resources/Events/2013+ITU+JNR+$126+ITU+Youth+Licence+Information+and+Endorsement.pdf)

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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](http://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](http://www.pfad.com.au) for more information on the services that Paul delivers.

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## TNT DEVELOPMENT CURRICULUM - 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 (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 swimming, cycling and running.

### 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

### Sports Science

- Longitudinal Athlete Monitoring
- Skills testing and Analysis