

TRIATHLON NT JUNIOR UPDATE 10/13

RESPECT | HEALTH | ENJOYMENT | BELONGING | ACHIEVEMENT



JUNIOR PARTICIPATION FOR 5 YRS+

COMING SOON!

Triathlon Australia will be launching their TRYstars Program in early 2014. This will be a first-touch triathlon program for 7-12 year olds that is designed to be delivered over 8 weeks by your local triathlon club.



Triathlon NT hold a variety of junior participation sessions for juniors from 5 years old in both Alice Springs and Darwin. These are designed to introduce children to the fundamental skills of the Triathlon NT junior curriculum in a fun and inclusive environment, and provide the first step on a pathway that can lead to the Development Program.

SWIMMING - BEGINNER TRIATHLON SQUAD (6-9 YRS)

Wed & Thurs 5pm - 5:45pm
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

SEPTEMBER JUNIOR DEVELOPMENT CAMP



BEACH STARTS



MASS STARTS

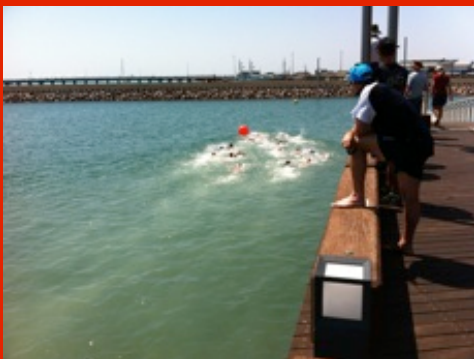


SURF STARTS



WAYNE GOLDSMITH & TIM ELLSION

The September Junior Development Camp focused on swimming and running skills and technique. The guest coach was Wayne Goldsmith, Triathlon Australia's Head Coach. Wayne has worked with international sporting organisations such as the Australia Sports Commission, United States Swimming, British Swimming and Swimming South Africa to name a few. He provided an energetic and inspiring focus to the camp and stated that our Triathlon NT Junior Development Camp is the BEST Junior Development Program he has seen in his many years of being in the business!



ONE OF THE BEST OPEN WATER COACHING LOCATION IN OZ.

The swim sessions of the camp were held down at the Waterfront in Darwin, utilising the Lagoon - for open water skills - and the Wave Pool - for surf skills. The open water sessions concentrated on mass starts, finding feet and siting, vital triathlon skills that cannot be developed in a swimming pool. The Wave Pool session provided unique exposure to surf skills, including how to negotiate a surf start and racing in waves. The Triathlon NT Junior Development athletes were joined for the swim session by Swimming NT juniors.



ONE OF BEST SURF SKILLS COACHING LOCATION IN OZ

The Triathlon NT Coach Development Program is run alongside the Junior Development Program to ensure consistency of coaching practises across the NT. The coaches at the September Camp were undertaking their final assessment, with Wayne Goldsmith providing invaluable mentoring. From a coaching point of view, the Waterfront Lagoon and Wave Pool provide the most fantastic locations for coaching and assessing athletes in open water and surf.

RESPECT | HEALTH | ENJOYMENT | BELONGING | ACHIEVEMENT

SEPTEMBER JUNIOR DEVELOPMENT CAMP



The Northern Territory Institute of Sport (NTIS) was the venue for the running sessions that were delivered by Michael Watkins NTIS Athlete Services Manager. The juniors were put through their paces with a well earned recovery session in the 12degC ice bath to 'soothe' their tired muscles!

FOR MORE INFORMATION ABOUT THE JUNIOR DEVELOPMENT OR COACH DEVELOPMENT PROGRAM CONTACT TIM ELLISON: ntjuniordevelopment@gmail.com

NT JUNIOR CHAMPIONSHIPS 5 APRIL 2014

Triathlon NT will be hosting the NT Junior Championships in Darwin, 5 April 2014. This event will be draft-legal, and open to adults. This will enable our Junior Development triathletes to experience an ITU format race, complete with ITU race rules and set up. 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.



TNT 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