



INFORMATION & KEY DATES

Triathlon Australia Queensland Team 2023-24

The National Pathway Network (NPN) is the identity given to 'Triathlon Australia' (TA) and State and Territory Pathway programs alignment to provide athletes aged 12-23 with competition, training and education opportunities. This alignment will aid athlete development to maximise enjoyment and potential in the sport over time. The NPN is a vehicle in which to identify, recruit and develop athletes through the performance pathway. The NPN aligns with Triathlon Australia Performance Pathways strategy and 'What It Takes to Win' modelling.

NPN State Teams (Queensland Team)

The State Teams are the primary access point for early entry athletes providing guidance on relevant skill and knowledge development. Activities provided through the State Team programs are designed to provide experiences and education that athletes can take back and enhance their home daily training environment. State teams allow likeminded athletes across states and the country to come together to enjoy triathlon while developing the skills to unlock their potential.

National Alignment

State Teams within the NPN are nationally aligned across areas including:

- Selection Criteria
- Philosophy
- Delivery models
- Education for athletes, parents and coaches

State teams are also vertically linked to the TA Performance Pathway. Collaboration with and exposure to Performance Centres and our National Talent Transfer Centre will allow smoother transition for athletes transitioning from State Teams to Performance Pathway environments.

Queensland Team Camps

Camps will bring athletes together to engage in activities designed to improve the athlete and the person. With a focus on developing life skills, self-management and teamwork. Team Camps are designed to build independence and performance behaviours in addition to swimming, cycling and running development. Camps may be combined with other State Teams for increased impact, enjoyment and sustainability.

Masterclass Skills clinics

Skill clinics or masterclasses are targeted skill development opportunities for Queensland Team members. Specialist coaches and single discipline experts will be utilised to design sessions that provide insight in the domains of health, physiology, technical skill acquisition, race intelligence and performance psychology to enhance understanding of how to improve skills across these critical elements.

Competition Trips

Queensland Teams will provide opportunities to travel as a team for major domestic events. Competition Trips will have an emphasis on supporting athletes to achieve their respective competition objective with the support and enjoyment of the team atmosphere whilst enhancing independence and life skills to thrive as opposed to simply survive whilst away from home.

Application and Selection

Applications for State Teams will open in July via State Association websites ([Queensland Team - Triathlon Queensland](#)) in line with the release of selection policies. Applications will require athletes to submit details including athletic history, race results, average weekly training volumes and 400m swim & 1500m run time trial times. Applicants are assessed against TA What It Takes to Win modelling and Hierarchy of Discriminators through automatic or discretionary selection processes.

Performance Pathways Education

TA has rolled out an online education series which provides introductory information on areas critical to long term triathlon development including Nutrition, Performance Psychology, Motor Skills Acquisition and Growth and Maturation. Moving into 2024 this series will continue to build on introductory knowledge and provide athletes, coaches and parents with access to information developed by TA's extensive performance support network in these topic areas benchmarked against our Hierarchy of Discriminators.

New athletes to the pathway in 2023/24 will be given online access to the first modules to access and complete in their own time. Log in info for the following dates will be sent out in a timely manner.

9 August	Nutrition Module 2
13 September	Psychology Module 2
11 October	Motor Skill Acquisition Module 2
15 November	Growth and Maturation Module 2

Project32

Project32 is an initiative to provide a stronger link for developing athletes within the NPN to the Performance Pathway. Project32 is designed to identify athletes with the potential and desire to progress through to categorisation within 1-2 years and provides athletes with targeted experiences to accelerate their understanding of the attributes and skills required for long term triathlon development and world class performance.

Activities

Project32 activities may include competition trips (domestic & international), training camps or exposure within Performance Centres.

Application and selection

Application is automatic via NPN Team application. Project32 selection policy including standards and process will be released in advance of selection.



Queensland Team Associated costs

Camps, activities and masterclasses will be Pay-as-you-go to ensure fairness for all. Queensland team activities are subsidised by Queensland Govt and TA. TA endeavours to ensure value for money. Athletes are encouraged to attend to upskill and engage with coaches and each other.

The NPN/ Queensland team will organise and deliver team travel options for National Championship races and selected other interstate events for athletes (priority given to Juniors).

We will provide a guide for the cost of these trips to team members as early as possible as soon as the national race calendar is finalised, however, final cost will depend on athlete numbers travelling to the races.

Athletes selected in the Queensland teams will be required to purchase the following items through the State team uniform portal: (Required for any athlete racing at interstate/national level)

- Queensland team race suit
- Queensland team polo shirt.

**Additional team clothing items will be available for purchase but optional only.

Important dates:

	Application Process
03/07/2023	Nominations online open
28/07/2023	Online nominations close (5 pm)
4/08/2023	Provisional State Team announced (and Appeals Open)
7/08/2023	Appeals Close (1 working day later)
9/08/2023 (on or around)	Final State Team selection (announced via TA/TQ website)



Planned Queensland Team Activities:

The below serves as a guide. All Camps, Clinics and Masterclass details will be sent out via email and registration will be required which is on a first come basis. Priority is given to Queensland Team athletes and if space is available, it is open to other athletes in the pathway.

Youth Induction Camp

Date: 20-22nd September
Venue: GCPC Runaway bay
Cost: TBC (Guide: \$250-300)
Who: Youth and 1st year junior.

Junior Induction Camp

Date: 25-27th September
Venue: Surf Australia High Performance Centre
Cost: TBC (Guide: \$500-\$550)
Who: Juniors.

Queensland Performance Centre Exposure Camp

Date: TBC
Venue: Gold Coast
Cost: Self-organised accommodation,
Who: U23s and selected older Juniors by invitation only.

Masterclass 1. TBC.

Date: ~October
Venue:
Cost: TBC ~ \$25 average cost
Who: Queensland team members, Youth, Junior, U23.

Masterclass 2. Bike skills on Super Sprint course

Date: November
Venue: GCPC Runaway Bay.
Cost: TBC ~ \$25 average cost
Who: State team members Youth, Junior- 3 groups rotate

Super Sprint Race Weekend

Date: 15-17 December 2023
Venue: GCPC Runaway Bay
Cost: TBC
Who: State team members Youth, Junior, U23.

Interstate Race Trip:

Date: January
Venue: TBC (Calendar dependant)
Cost: TBC
Who: Queensland team members Junior, U23



Masterclass 3.

Date: January

Venue: Raby Bay

Cost: ~\$10

Who: Queensland team members Youth, Junior,

Interstate Race Trip:

Date: March

Venue: TBC (Calendar dependant)

Cost: TBC

Who: Queensland team members Junior, U23.

Masterclass/ EOY event 4.

Date: April ish

Venue:

Cost:

Who: Queensland team members Youth, Junior U23.

The link to the Application form (opens 3/7/23) You can find the link to application within the Selection Policy Document here-

[Queensland Team - Triathlon Queensland](#)