



## Tasmanian State Team Information and Key Dates 2023/24

Program contact: Ross Young – Athlete Pathway Lead (Vic/SA/Tas)  
Em: [ross.young@triathlon.org.au](mailto:ross.young@triathlon.org.au) | Ph: 0411 110 369

The National Pathway Network (**NPN**) is the identity given to 'Triathlon Australia' (TA) and State & 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**

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.

#### **State Team Camps**

State Team 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 State Team members. Specialist coaches and discipline experts will be utilised to design session 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**

State 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 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 complete in their own time. Log in info for the following dates will be sent out in a timely manner.

<b>9 August</b>	Nutrition Module 2
<b>13 September</b>	Psychology Module 2
<b>11 October</b>	Motor Skill Acquisition Module 2
<b>15 November</b>	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.

### **Athlete Levy**

In order to provide a sustainable and valuable pathway program there will be an athlete Levy in 2023/24 and moving forward. The levy in 2023/24 will be \$200.

Athlete levy covers:

- Paying for venue hire/access at Masterclass skills clinics (6 masterclasses across season)
- Covering Specialist coach costs (6 masterclasses across season)

Additional benefits of the pathway program:

- Online education and seminars (Nationally aligned and delivered)
- Access to accredited home coaches for development opportunities
- Potential invitation to Talent transfer Centre or Performance Centre exposure
- Eligibility to apply for Project32 and associated activities.
- Specific planning and delivery of extra draft legal racing opportunities.

\*\*Any surplus funds to be used to subsidise designated program camps.

### **Additional costs**

On top of the planned Masterclass sessions that are all covered in the levy, The NPN State team will organise and deliver team travel options for national championship races and selected other interstate events for athletes up to racing at that level.

These trips will continue to be run on a user pays basis.

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

- State team race suit
- State 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	Final State Team selection (announced via TA/Tri SA website)

**PLANNED STATE TEAM ACTIVITIES 23/24:**

**Masterclass 1.**

Date: October

Venue:

Cost: Nil (Included in State team levy)

Who: State team members Jr & Youth

**Induction Camp.**

Date: 4/5 November

Venue:

Cost: TBC (Guide: )

Who: State team members Jr & Youth

**Masterclass 2.**

Date: November

Venue:

Cost: Nil (Included in State team levy)

Who: State team members Jr & Youth

**Interstate Race Trip 1:**

Date: 15-17 December 2023

Venue: Runaway Bay

Cost: TBC (Guide: )

Team Travel: Yes.

Who: State team members Jr & Youth

**Masterclass 3.**

Date: December

Venue:

Cost: Nil (Included in State team levy)

Who: State team members Jr & Youth

**Interstate Race Trip 2:**

Date: January

Venue: TBC (Calendar dependant)

Cost: TBC (Guide: )

Who: State team members Jr & Youth

**Masterclass 4.**

Date: January

Venue:

Cost: Nil (Included in State team levy)

Who: State team members Jr & Youth

**Masterclass 5.**

Date: February

Venue:

Cost: Nil (Included in State team levy)

Who: State team members Jr & Youth

**Interstate Race Trip 3:**

Date: March

Venue: TBC (Calendar dependant)

Cost: TBC (Guide: )

Who: State team members Jr & Youth

**Masterclass 6.**

Date: March

Venue:

Cost: Nil (Included in State team levy)

Who: State team members Jr & Youth

**Local Race Calendar:** (\*\*Subject to change)

We are working together with a committed and positive group of clubs and race organisers to provide draft legal race opportunities locally in Tasmania. We have identified 3 races that could potentially be used as draft legal race opportunities in 2023/24 season, We will continue to work towards this goal, as a guide we have set out the events below. Updates to this will be sent out ASAP as planning progresses.

When planning race calendar with your home coach please refer to: “Guide to youth, junior and U/23 race progression” in the Team app. Updates will be sent via Team app as the calendar is finalised.

**Duathlon DL :**

15 October: Symmons Plains

**Triathlon DL:**

11 November: Coles Beach Tri

14 April: 7 Mile Beach

The link to the online application form is here (opens 3/7/23) : [online application form](#)