

# TRYstars SCHOOLS PROGRAM

November 2015

Version 1.0



**Sporting Schools is an Australian Government initiative designed to help schools to increase children's participation in sport, and to connect children with community sport.**

## COACHES INFORMATION BOOKLET

The TRYschools Program will provide primary school students in Grades 3-6 with the opportunity to be involved in a fun, safe and organised, modified Triathlon Program in their school environment.

The program has been specifically designed to facilitate participant transfer from the school environment, to the club environment, where they can seamlessly enter the TRYstars and/or TRYclub Programs.



PRINCIPAL PARTNER



Australian Government  
Australian Sports Commission



TRIATHLON  
AUSTRALIA



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# SPORTING SCHOOLS

## PROGRAM



Sporting Schools is a \$100 million Australian Government initiative designed to help schools to increase children's participation in sport, and to connect children with community sport.

In partnership with more than 30 National Sporting Organisations (NSOs), Sporting Schools will help to coordinate sporting organisations, coaches and teachers to deliver sport before, during and after school hours.

Already over 4,000 schools have registered to be a part of this initiative committed to helping sport, schools and communities work closer than ever before to grow sporting activity in schools.

The Sporting Schools programmes are underpinned by the quality assurance provided by the NSOs, and importantly, the programmes are free to families.

Let's get our next generation playing sport regularly and developing a lifelong love of sport through Sporting Schools.

Sporting Schools aims to:

- connect 860,000 children with NSO endorsed sporting opportunities
- increase children's participation in sport
- nurture children's lifelong love of sport

## PROGRAM GOALS

Sporting Schools is a national initiative, run by the Australian Sports Commission, which aims to help children foster a lifelong interest in sport, gain a healthier mind and body, have fun and learn sport activities and games skills in a safe environment.

To meet this aim and support the Australian Sports Commission's participation strategy [Play.Sport.Australia](#), Sporting Schools has partnered with national sporting organisations to deliver sports-based programmes that are not only fun for children, but also get them active.

Sporting Schools aims to:

**support sporting organisations** in the delivery of great programmes that are suitable for children

**provide schools with opportunities** to get their children excited about sports through quality and diverse programmes

# SPORTING SCHOOLS

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## PROGRAM “PLAY FOR LIFE”

Sporting Schools is based on the Playing for Life philosophy.

We want children:

- having fun
- getting active
- learning skills, not drills.

The Playing for Life philosophy helps children to develop the fundamental motor skills they need to play sport and participate in other physical activity as they grow.

By focusing on having fun, having a go, and getting active, Sporting Schools aims to provide children with positive sporting experiences to help develop lifelong interest in sport.

Parents, teachers and coaches can access Playing for Life resources to help them run sports-based sessions for all children regardless of their ability or background to achieve:

- a fun atmosphere
- maximum participation
- skill development

Playing for Life is an approach to coaching that uses games, rather than drills, to introduce the skills and tactics of a particular sport or structured physical activity. This approach is all about getting children excited, having fun and engaged in sport.

Based on the Game Sense approach, its objective is to develop in school-aged children a love of physical activity that will encourage them to play for life.

All activities are game-based and generate a safe, inclusive and challenging environment, which helps children develop skills while having fun.

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## ABOUT

Triathlon Australia is the official National Sporting Organisation responsible for the management and delivery of the sports of triathlon, duathlon, aquathlon and multisport within Australia.

Triathlon is a sport that comprises of swim, ride and run.

**It is 3 times the fun!**

## CORE VALUES

RESPECT | HEALTH | ENJOYMENT | BELONGING | ACHIEVEMENT

## PROGRAM PHILOSOPHY

Triathlon Australia is offering two programs as part of the Sporting Schools initiative. These two programs are designed around the games sense philosophy, that focus on providing students with the opportunity to be involved in a fun, safe and organised, modified triathlon program in their school environment.

The programs have been specifically designed for Sporting Schools with the aim of increasing participant's confidence, competence and skills.

The games are centered around the development and enhancement of the 12 fundamental movement skills required for successful participation in any sport. Students with these experiences are far more likely to enjoy successful, lifelong participation in a range of sports and in active recreational pursuits.

### Explore Program

Is aimed at students aged 7-9 years with content more suitable to this age and ability level based around our national TRYstars program.

The key characteristic of the Explore Phase is the participant's early exposure to a variety of movement experiences that afford them a broad range of essential movement foundations. The focus is on the early learning, execution and acquisition of basic movement foundations relating to locomotor skills through informal play, practice and games via both Triathlon and non-Triathlon activities and environments.

### Learn Program

is aimed at students aged 10-12 with content more suitable to this age and ability level based around our national TRYstars Clubs Program.

## PROGRAM REQUIREMENTS

For students to participate in TRYschools Program, they must be:

- In Grade 3,4,5 or 6 (7 for South Australia)
- Ride a bike unaided
- Swim 25 metres in the pool unaided

## PROGRAM STRUCTURE

Week 1	Swim, Ride, Run Games
Week 2	Swim, Ride, Run Games
Week 3	Swim, Ride, Run Games
Week 4	Mini-Triathlon

The Activity Descriptors have been designed to be flexible and fit within the various school environments. For example, if logistically appropriate all the swim sessions, bike sessions and run sessions could be done together or they could be delivered in the swim, ride, run format.

The school will be able to discuss with you what format will suit the particular school environment. More information on the activity descriptors is below in the coaching resources section.

## COACHING FEE

The program fees consist of both a program and coaches fee. A \$200 administration fee will go to the sport to ensure program sustainability.

All endorsed Triathlon Australia coaches, will receive \$70 per session.

## COACHING RATIO

Ratio 1 coach/ 12 participants

PARTICIPANTS	NUMBER OF COACHES
1-12	1
13-24	2
25-36	3
37-48	4
49-60	5

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## INSURANCE

### ACCREDITED TRIATHLON AUSTRALIA COACHES

Triathlon Australia accredited coaches can obtain Coach (Professional) membership through Triathlon Australia. This Coach (Professional) membership includes both coaching insurance and annual membership and costs \$290. To obtain the coach membership, contact Triathlon Australia on 02 8448 6200 or [info@triathlon.org.au](mailto:info@triathlon.org.au)

This Coach (Professional) membership is only available for coaches who hold one of the following Triathlon Australia coaching accreditations as follows:

- Club and Community
  - Development
  - Performance
  - High Performance
- 

### COACHING CERTIFICATE OF CURRENCY

You will need to ensure you have a copy of your certificate of currency and present this when requested by school officials.

For a copy of the certificate of currency, email the National Coaching Manager [here](#).

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### NON—ACCREDITED TRIATHLON AUSTRALIA COACHES

Triathlon Australia is unable to insure coaches who are not in the official Triathlon Australian Coaching Accreditation Pathway.

Endorsed coaches who fall into this category will need to access their own insurance and provide a copy of certificate of currency to the school/s.

This insurance cover needs to cover you for:

- public liability insurance (minimum \$10 million)
  - professional indemnity insurance (minimum \$2 million)
- 

## STUDENT INSURANCE

Insurance is the responsibility of the participating school.

## COACHING RESOURCES

### THE PHILOSOPHY

TRYschools delivery resources are designed to give TRYschools coaches guidance, whilst also allowing them to take a flexible and individual approach to how they facilitate the program. This flexibility encourages TRYschools coaches to plan and facilitate TRYschools sessions in a way which best suits the participants they are coaching and the environment in which they are coaching.

### CURRICULUM

The purpose of the curriculum is to ensure that students are motivated, confident and receive an integrated triathlon learning experiences that contribute towards development and enhancement of their fundamental movement skills.

### ACTIVITY DESCRIPTORS

TRYschools activity descriptors (EXPLORE and LEARN) are designed to be used as a guide to assist you to plan and deliver fun, organised and safe TRYschools sessions. These sessions have been designed to facilitate the development of participants' fundamental movement skills in modified Triathlon environments.

You are not required to follow the activity descriptors to the letter! In fact, you should change them depending on things like your environment, the needs and wants of the participants you are coaching, how many participants you are coaching, etc. Refer to CHANGE-IT, below.

You can create your own 60 minute sessions by mixing and matching the activities, as required. Just remember to always consider the program delivery guidelines outlined in the TRYschools Delivery Guide.

### SAFETY

As a Triathlon Australia accredited TRYschools coach, you have the knowledge and skills to deliver safe, fun and organised training sessions to first time Triathlon participants.

Remember, the TRYschools Program has a maximum participant to coach ratio of 1:12.

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# TRYstars SCHOOLS

## CHANGE IT!

TRYschools Program participants will enter with various fitness and skill levels. Some may have participated in cycling, running or swimming activities in the past, while others may not have. “Change it” to ensure activities are suited to your group of participants.

The Activity Descriptors are available as a video clip and also in lesson card style

- The video clips are available here
- The lesson cards are available here

EXPLORE (Grades 3/4)	LEARN (Grades 5/6)
Swimming Explore Lesson 1	Swimming Learn Lesson 1
Swimming Explore Lesson 1b	Swimming Learn Lesson 2
Swimming Explore Lesson 2	Swimming Learn Lesson 3
Swimming Explore Lesson 3	Riding Learn Lesson 1
Riding Explore Lesson 1	Riding Learn Lesson 2
Riding Explore Lesson 2	Riding Learn Lesson 3
Riding Explore Lesson 3	Running Learn and Explore Lesson 1
Running Explore and Learn Lesson 1	Running Learn Lesson 2
Running Explore Lesson 2	Running Learn and Explore Lesson 3
Running Explore and Learn Lesson 3	T1 and T2 Learn and Explore Lesson 1
T1 and T2 Explore and Learn Lesson 1	Mini –Triathlon Learn
Mini –Triathlon Explore	



## INVOICING

The invoicing process can only be administered through the coaching provider. As such, as the coach you will need to invoice your state and territory contact for payment. The process is also illustrated to the left:

The state and territory contacts can be found on page 11.

# TRYstars SCHOOLS

## PROGRAM REPORTING

When submitting the invoice please also submit this program report so that we can collect data on participants in addition to collecting any incidents or feedback you have to enhance the program.

STUDENTS PARTICIPATING IN PROGRAM		COMMENTS ON INTERACTION WITH SCHOOL
WEEK	NO. OF STUDENTS	
WEEK 1		
WEEK 2		
WEEK 3		
WEEK 4		

ANY ISSUES/INCIDENTS THAT OCCURRED	

IDEAS ON PROGRAM ENHANCEMENT	

OFFICE USE ONLY	invoice paid	<input type="checkbox"/>
	feedback registered	<input type="checkbox"/>

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[www.sportingschools.gov.au](http://www.sportingschools.gov.au)

## STATE AND TERRITORY TRIATHLON ASSOCIATIONS

TASMANIA	Brady Butcher <a href="mailto:admin@tas.triathlon.org.au">admin@tas.triathlon.org.au</a> 0438 277 816
VICTORIA	Tracy Doherty <a href="mailto:tracy.doherty@triathlon.org.au">tracy.doherty@triathlon.org.au</a> 03 9598 8686
SOUTH AUSTRALIA	Jesse Mortensen <a href="mailto:jesse.mortensen@triathlonsa.org.au">jesse.mortensen@triathlonsa.org.au</a> 08 8363 9133
WESTERN AUSTRALIA	Kathryn Clare <a href="mailto:schools@triathlonwa.asn.au">schools@triathlonwa.asn.au</a> 08 9443 9778
NORTHER TERRITORY	Barry King <a href="mailto:eo@nt.triathlon.org.au">eo@nt.triathlon.org.au</a> 0477 036 350
QUEENSLAND	Daniel Mangano <a href="mailto:support@qld.triathlon.org.au">support@qld.triathlon.org.au</a> 07 3369 9600
NEW SOUTH WALES	Chris Cunningham <a href="mailto:membership@nsw.triathlon.org.au">membership@nsw.triathlon.org.au</a> 02 8488 6250
AUSTRALIAN CAPITAL TERRITORY	Craig Johns <a href="mailto:admin@act.triathlon.org.au">admin@act.triathlon.org.au</a> 02 6260 4430

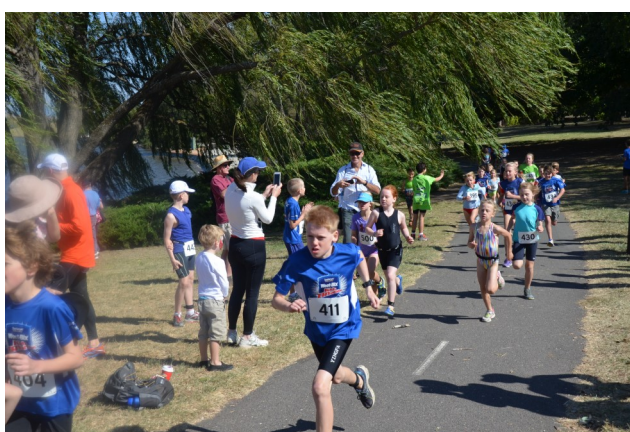
## HOW DO I BECOME INVOLVED

To find out what you will need to do to be part of the program please click on this link.

[Coaching Requirements TRYstars - Schools](#)

## REGISTERING TO BECOME INVOLVED

If you would like to join the TRYstars—Schools Workforce, please [click here to register your details](#)



# TRYstars SCHOOLS



## THANK YOU!

Thank you for being part of the  
TRYstars Schools Program.

We are delighted that you are a member of our  
valued workforce and we look forward to working  
with you as you deliver the great sport of triathlon in  
the Australian Primary School environment.



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