



# Triathlon Program



The Triathlon program, supported by SIMEC, is a development and high-performance programs for talent identified athletes from South Western Sydney region.

The focus of the program is on high standards of individual performance and excellence based on a solid platform of skill development. The program is a link in the Triathlon Australia junior triathlete development pathway, linking club athletes to State and National programs.

## OBJECTIVES

Create an environment where athletes can develop the necessary tactical, technical, physiological and psychological skill competencies to aid progression through to the National Athlete Pathway.

Compliment the requirements to have an accredited Home Coach and the Daily Training Environment.

Provide access to an aligned pathway under the guidance and direction of Triathlon Australia's National High-Performance Program.

## ELIGIBILITY

Athletes must be aged between 13 and 19 years of age, in the year of nomination, and reside in the local Government Area's of Campbelltown, Camden, Liverpool or Wollondilly.

Athletes must participate and be a registered and financial member with Triathlon Australia.

## SELECTION PROCESS

Athletes must complete a South West Sydney Academy of Sport Athlete Nomination Form and may be required to attend an interview, or complete a skills assessment.

Athletes may be selected via TNSW/TACT Event Automatic Selection, Discretionary Select; or Talent Transfer.

Athletes must be Draft Legal to participate in the Biligence series and Regional Academy Games



# Athlete Benefits

## BENEFITS INCLUDE:

Recognised Athlete within the Regional Academy of Sport Network and the Triathlon Australia High-Performance Pathways

Academy training and competition uniform

Regular individual skill development and training sessions that will include swim, bike and run sessions plus other skills activities, in a high performance squad environment

Access to Academy Athlete Health and Wellbeing Services

Education Program, including

- Athlete Induction,
- Media Skills and Athlete Development,
- Sport Science and Functional Movement
- Captains Class and Leadership Training,
- Practical Nutrition,
- Sport Integrity, and more

Supervised Strength and Conditioning Program/s

Fitness Testing and Functional Movement Screening

Athletes will be eligible to compete at the ClubsNSW Regional Academy Games and participate in the Triathlon NSW/ACT Biligence Pathway Championship Series\*

\*Subject to meeting race entry criteria.

## ATHLETE SCHOLARSHIP LEVY

An Athlete Scholarship levy of **\$400** inclusive of GST, will be applicable to successful athletes.

Additional Camp / Tour costs may be applied for certain activities throughout the program year, however are heavily subsidised by the Academy and it's partners.



Nominate  
Now>



**For more information: [swsas.org.au/triathlon](https://swsas.org.au/triathlon)**

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