2019/2020 Triathlon Program Scholarship Nomination Form

The South West Sydney Academy of Sport (SWSAS) implements development and high-performance programs for talent identified athletes from South Western Sydney region across several sports. The Academy implements a Triathlon program in association with Triathlon NSW. 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. SWSAS is now accepting nominations from male and female athletes for the 2019/2020 Triathlon program.

Eligibility:

• Athletes must be between 13 and 18, born 2002-2007.

• Athletes must have their own attended email account and a parent/guardian to be CC on all correspondence.

• Athletes must reside or attend school or compete for an affiliated club (Macarthur Triathlon membership post nomination is acceptable) within the defined local government areas of Campbelltown, Camden, Liverpool and Wollondilly.

• Athletes must be committed to building a solid skill/fitness base within the sport of triathlon.

• Athletes must be committed to attending all coaching/training, education sessions and camps. We understand that from time to time athletes may be unable to attend sessions due to illness, holiday commitments or competing at a higher level within the triathlon disciplines. Prior arrangement must be sort and approved from SWSAS to be absent from any sessions.

• Athletes must be a financial member of Triathlon Australia/Triathlon NSW (or join upon selection).

• Athletes must be a financial member of Macarthur triathlon club (MacTri) (or join upon selection).

(Note: Junior triathletes and non-triathletes who have achieved a significant level in one or more of the triathlon disciplines (swim, bike, run) are encouraged to nominate. Non-triathletes need to demonstrate a sound level of ability in the other disciplines).

NOMINATIONS – ATHLETE LEVY

• The online form must be completed; it is available [HERE](https://www.swsas.com/nomination-form).

• A SWSAS uniform including a spray jacket, polo shirt, training shorts, training singlet, tri-suit, swim cap and hat will be provided as part of the overall program. SWSAS hoodies $50 and SWSAS backpacks $30 will be available for purchase.

• An affiliation levy of $450.00 (GST inclusive. Including ITU compliant Trisuit) will be applicable to all new athletes. Athletes who do not require new uniform or trisuit will pay a program levy of $250.00 (GST inclusive). Returning athletes who require new trisuit will pay a program levy of $350.00 (GST inclusive). It is expected that all program athletes have the full SWSAS uniform kit. Items can be purchased individually.
• All athlete levies must be paid in full within (14) days of selection, or the scholarship offer will be automatically withdrawn (unless agreed Board of Management arrangements have been confirmed).

**PROGRAM**

The 2019-2020 program will run from August 2019 through to April 2020.

Skills training sessions are generally held throughout the Academy region, although we may go outside the local region for open water swimming or inter-academy activities for example.

- SWSAS will conduct formal skills training sessions that will include swim, bike and run sessions plus other skills activities. Some sessions may be aligned with Sunday Mac Tri club races and other targeted racing events enabling us to work on race skills and tactics.

- Athletes will also attend the ClubsNSW Academy Games at Cams Wharf, Lake Macquarie and will participate in triathlon racing events and skills sessions over 3 days. Dates are Friday 3rd, Saturday 4th, Sunday 5th April 2020

- A full training calendar will be available as soon as possible and will be established using known dates on the Triathlon NSW calendar. Circumstances may arise; that dictate, that some activities/dates may change during the season.

SWSAS will also run education/personal development sessions throughout the season including nutrition, strength and conditioning, sports psychology, drugs in sport etc.

The opportunity will be provided for athletes to enter regular, gym-based strength and conditioning (S&C) training. Scholarship holders are entitled to subsidies up to $40 per month for this S&C coaching. (This is not compulsory)

It is expected that athletes will do their own training over and above the SWSAS sessions e.g. swim squads or run groups. SWSAS coaches will be available to provide training program guidance in this regard.

*The Triathlon Program will include activities whereby additional costs will be incurred* by the athlete/athlete family. The program may require parents to manage logistics for some events. If SWSAS provides transport, food and/or accommodation; these events may require an athlete levy to be paid. It is currently envisaged that the Super Sprint & MTR Championships weekend; 30 November 2019 at Orange will have the SWSAS program going into camp.

At an additional cost of $200, there is the above mentioned; subsidised racing/training weekend at the ClubsNSW Academy Games. All transport, meals and accommodation will be provided for this tour.

At the end of the season athletes will, at no cost to athletes; attend the annual SWSAS awards dinner.

**SELECTION PROCESS**

• The squad selections are sanctioned by Triathlon NSW.

• Once nominations close nominees may be required to attend assessment session/s. Up to 12 scholarships will be offered.

• Following the assessment session/s, and after consideration of all information provided by applicants, athletes will be selected for the squad. All nominees will be advised of selections.
• Successful athletes (parents/guardians) will be provided with full scholarship agreement documents and will be required to attend a program induction meeting. Date TBC.

• Selection will be confirmed upon acceptance and signing of the scholarship agreement documentation by the athlete and the athlete’s parents/guardians.

**ACADEMY DECISION FINAL**

The Academy reserves the right to accept or reject any athlete nomination based on its selection criteria. Applications may be considered from athletes that do not meet the criteria; however, this will be at the sole discretion of the Academy. Athletes submitting a nomination for inclusion in the Academy Triathlon Scholarship program are required to acknowledge that the acceptance for their nomination will be at the sole discretion of the Academy.

**COACHES**

David Hine and Cameron Morrisey will coach the squad.

David is an experienced triathlon coach who has also mentored young athletes in other sports. David has Triathlon Australia Development Coach qualifications. David has been Assistant Coach with the SWSAS program for the last three seasons and has made a valuable contribution to squad and individual athlete development.

Cameron is an experienced mentor with 5 years’ coaching Triathlon and 15 years’ experience working with endurance athletes. Cameron holds Triathlon Australia Development Coach qualifications.

SWSAS/Triathlon NSW are committed to triathlon coach development. This season we will be providing opportunities for other coaches seeking triathlon Development Coach qualifications. Additionally, SWSAS graduate triathletes will be offered the opportunity to assist and observe coaching at sessions. SWSAS will be encouraging and assisting these athletes to do the Triathlon Australia ‘Community Level’ Triathlon Coaching Course.

**OTHER IMPORTANT INFORMATION**

Scholarships are not in the form of a monetary sum, but rather enable athletes to participate in the Academy program.

In selecting the athletes that will hold scholarships within the 2019/2020 SWSAS Triathlon Program, SWSAS is seeking to lay the foundations for the development and emergence of quality athletes that will progress to the highest level of participation in the sport. With the program content featuring skills and technical development opportunities, athlete education, sports science and fitness elements, the program is a comprehensive introduction to what will be required as athletes’ progress on the performance pathway of the sport.

SWSAS triathletes will be encouraged to do triathlon and ‘individual sports discipline’ events and races which will be selected/recommended to best suit the current development level of athletes and may include events (or training) with other NSW Regional Academies of Sport.

One of our aims is assisting athletes to progress toward obtaining draft legal (bike) racing status and to have all athletes ultimately race (be it this season or next) in draft legal races, with Australian Junior Series races a target.

**ATTENDANCE**
As a minimum, unless otherwise approved by SWSAS, athletes will be required to attend

- All skills/training sessions.
- The ClubsNSW Academy Games weekend.
- All SWSAS Personal development and Education sessions.

**List of targeted competition events**

The events that it is expected that Academy athletes strive to target as part of their development for 2019/20 are:

Most the below events require athletes to be endorsed as competent to race in a draft legal environment. This competence is one of the key outcomes of the SWSAS Triathlon Program and athletes will be supported to achieve this status.

<table>
<thead>
<tr>
<th>Event Type</th>
<th>Location</th>
<th>Date</th>
<th>Duration</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skills Aquathon</td>
<td>Gunnamatta Bay Cronulla</td>
<td>28 September 2019</td>
<td>1 Day</td>
<td>Talent ID Skills Day</td>
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<tr>
<td>Skills Triathlon</td>
<td>MacArthur (NSW)</td>
<td>29 September 2019</td>
<td>1 day</td>
<td>Talent ID Skills Day</td>
</tr>
<tr>
<td>Draft Legal Race</td>
<td>Illawarra (NSW)</td>
<td>5 October 2019</td>
<td>1 day</td>
<td>Talent ID Skills Day</td>
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<tr>
<td>Draft Legal Race</td>
<td>Orange (NSW)</td>
<td>30 November 2019</td>
<td>2 days</td>
<td>Super Sprint &amp; MTR Championships</td>
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<tr>
<td>Draft Legal Race</td>
<td>Runaway Bay (QLD)</td>
<td>12 – 15 December 2019</td>
<td>2 days</td>
<td>Race 1 – Australian Junior Triathlon Series Individual</td>
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<tr>
<td>Draft Legal Race</td>
<td>TBC</td>
<td>2 days</td>
<td></td>
<td>Australian Youth Triathlon Series Individual</td>
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<tr>
<td>Draft free Race</td>
<td>Penrith (NSW)</td>
<td>26 – 27 February 2020</td>
<td>3 Days</td>
<td>NSW All Schools Championships</td>
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<tr>
<td>Draft Legal Race</td>
<td>Devonport (TAS)</td>
<td>1-2 March 2020</td>
<td>2 Days</td>
<td>Australian Junior Triathlon Series</td>
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<tr>
<td>Draft Legal Race</td>
<td>Hunter (NSW)</td>
<td>3- 5 April 2020</td>
<td>3 Days</td>
<td>Regional Academy Games</td>
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