



DEVELOPMENT PROGRAM

Season Handbook 2020-21

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FOREWORD

ABOUT

PHILOSOPHY

The TVDP focusses on providing a nurturing and supportive environment for the development of athletes aged 13 to 23 years. By engaging with the 'network' of athletes, parents along with home coaches. Working together to assist each individual to achieve *'their'* personal excellence through interaction with like minded people aimed at and not stopping with social interaction, knowledge growth, skill development, training and race competition.

OUR OBJECTIVES

- assist the athlete with the skills & resources to participate and compete at a competitive/ 'elite' level
- provide athletes with an avenue to pursue State and National representation
- provide athletes with education and experience through the TVDP and affiliated 'field' experts
- engage in activities that promotes discovered learning, social interaction, communication, empathy and understanding of other athletes and individuals.
- provide a team environment and foster a team spirit at training days, State and National competitions and events which supports each individual.

COMMITTEE

The TVDP programme is guided by Triathlon Victoria board and staff which is composed that of individuals with experience in a variety of roles across triathlon, sporting programs and organisations from grass roots/entry through to elite high-performance sport.

Their professional backgrounds span areas of coaching, sports science, psychology, medical, competition, etc at grassroots through to international programs. The charter of this group is to provide support, advice and critical review to the Athlete Pathway Manager working on 'long term' goals and direction of the TVDP.

ATHLETE DEVELOPMENT PATHWAY

ELIGIBILITY

To be eligible for selection in the TVDP, athletes must:

- be aged 13 – 23 years
- be a Triathlon Victoria/Australia member
- be coached by an accredited Triathlon Australia coach (or if new to the program find a suitable coach/club for 'home/daily' guidance)

THE PATHWAY

Athletes come into the triathlon from a range of backgrounds. Generally, athletes progress through each of the stages as detailed below, or where transitioning from an individual discipline (swim, bike, run) may begin at a higher level.

Club/Squad member – athletes starting their triathlon journey ARE supported to find a club/coach in their area that can support their skill development, enjoyment and progression along the pathway. This is not a formal part of the TVDP.

Associate member - athletes who show a keen interest in developing skills and have a commitment to racing at local events. These athletes are invited to a range of TVDP activities and exposed to the training and skill development required at the next level at a 'pay as you go' rate. (no TVDP levy involved).

Development Squad - athletes who display skills and athletic ability towards the elite pathway and have the desire to or are beginning to race in draft-legal formats.

Emerging Squad - athletes with the skills and athletic ability to race draft-legal and are achieving podium results at local events. There is the opportunity to be invited to experience events at the 'national level' and begin to understand the training and preparation required for success at this level.

Talent Squad – athletes who display 'high performance' skills and have a clear performance mentality. They have a plan for future success and feature in the top 10 at NJTS (National Junior Triathlon Series) or ITU (International Triathlon Union) draft legal events. Squad members are making the progression to be leaders, self-directed and independent athletes.

Athletes progression is from the TVDP into the national Triathlon Australia and Under23 Pathway programs.



THE PROGRAM

BENEFITS OF SELECTION IN THE TVDP

Athletes selected in the program receive a range of benefits and services including:

- ✓ Invitation to all camp and training/development days. These activities focus on skill development including triathlon knowledge, nutrition, swim/bike/run skills, race tactics, sports psychology, athlete well-being, time-management, etc.
- ✓ Coaching & support at selected domestic events that includes – team tent, team warm-up and cool down, race days needs support such as - Victorian Duathlon Series, SSV triathlon events, 2XU Series, etc.
- ✓ Travel support & accommodation at National events.
 - Note: All travel and accommodation is self-funded
 - Note: It will be compulsory to travel to NJTS races with the team (please speak with APM according to timelines in section ‘travelling with the TVDP team’ on p.13 of this handbook if alternative arrangements are necessary).
- ✓ Coaching & support at NJTS (national events) in consultation with home coach if not attending.
- ✓ Eligibility to be selected for Mixed Team Relay (MTR) events with other state program athletes as per selection policy at national races
- ✓ Invitations to selected athletes and coaches to attend National program activities.
- ✓ Discounts on
 - Domestic events such as Duathlon, Aquathlon and 2XU Triathlon series events – code TBC
 - Product discounts on selected items associated with the sport specifics of Triathlon (swim/bike/run).
- ✓ Eligibility for travel grants through the TVDP (Triathlon Victoria annually seeks funding under the State Governments Elite Athlete Travel Grants which provides a travel subsidies).
- ✓ TVDP uniform including TVDP polo/shirt and eligibility to wear the TVDP race suit.
- ✓ Administration support including – submission of draft legal endorsement testing, communications (newsletters, ITU updates & social media), race planning advice/guidance with athletes/parents/home coach, entry advocacy to AJTS races, support to athletes and network to promote holistic development, etc.
- ✓ Program sponsor products and associated benefits.

TVDP COST

The **TVDP levy** is \$400 (exclusive of the cost of the TVDP race suit).

The levy is paid on signing of your acceptance form – Appendix 1

Other costs

It should be noted that extra costs are dependent on ‘your’ race program and the extent of travel to NJTS (National Junior Triathlon Series) events.

Note: Your TVDP race suit is purchased directly through Project Clothing and all details will be provided following acceptance of your TVDP offer.

ATHLETE EXPECTATIONS

ATHLETE PLANS

This is a major tool of the TVDP and aids in our forward race, travel and activity planning. This is to be conducted by the athlete in consultation with your home coach and submitted to the TVDP manager prior to the commencement of the race season. Race dates are provided by Triathlon Victoria/Australia and the athlete plan may be done before these dates are fully confirmed. TVDP understand that these are “tentative” schedules and are open to change due to circumstances outside of your control.

Particularly, athletes/families/coaches are encouraged to include on their initial plan (submitted prior to commencement of the season) if they are considering entering NJTS events. This will provide indicative numbers to TV staff as early as possible and assist with securing travel and accommodation bookings earlier and thus at the best possible prices. Such athletes/families will then be asked to confirm participation per the timelines in the ‘travelling with the TVDP team’ section on p.13 of this handbook.

BEHAVIOUR EXPECTATIONS

The culture of the TVDP is VERY important to our values and ‘brand’ and is taken seriously.

All athletes are expected to abide by the code of conduct (signed once selected for the TVDP program). We will communicate with the parent/guardian of any athlete who we consider does not meet the expectations of the program or breaches the code.

These may include but not limited to:

- Adverse/inappropriate social media communications
- Failing to follow instructions of TV representatives (impacting our brand or an individual’s safety)
- Going off site from a designated TVDP event without permission from a TV representatives (this is inclusive of Training Days, Camps and events)
- Anti-social behaviour (e.g. harassment or bullying)
- Disrespect to another athlete, official, TVDP staff or race organiser
- Inability to maintain ‘tidiness’ of accommodation when travelling
- Repeated non-return of documentation in a timely manner

Note: An athlete who breaches the code may be suspended from program activities (including interstate travel). This could be from a single breach or multiple warnings for minor offences. E.g. An athlete who receives three (3) warning emails for behaviour/code of conduct matters may be sanctioned and suspended from travel with the representative team for a set period (maximum remainder of the season). Significant or repeated behaviour issues may be taken into consideration in the TVDP selection process for the follow year along with recommendations to other pathway associated programs.

INJURY

If an athlete sustains an injury that is of significance, the Athlete Pathway Manager must be informed. This can then be noted, and assistance, guidance and any support resources can be provided to the athlete, parent/guardian and coach.

This also allows the program to plan for future events and communicate to the athlete and parents a return from injury strategy. A long-term injury may see an athlete’s tier selection reviewed and adjusted until the athlete regains full fitness.

FAST FACTS

CHILD/ATHLETE SAFETY

Triathlon Victoria (TV) is committed to promoting and protecting the safety and wellbeing of children and young people in our care who access activities, programs, services or facilities that TV is responsible for.

TV's Safeguarding Policy and Procedures seek to promote and protect the right of all children in our care, regardless of their race, sex, religion, disability or sexual orientation, and to the greatest extent possible, aim to prevent abuse from occurring by fostering a child safe culture (both physical and online environment).

The relevant Policy and procedures can be found on the TV website (Governance and Policies) including the reporting process. The TV Executive Director acts as the Child Safety Officer and is available to discuss any matters that are of concern to either athlete or parent. Any matter that needs investigating will be done with sensitivity and confidentiality and follow the reporting process.

COACHES (INCLUDING CONDUCT)

All coaches working in the TVDP are accredited and current members of Triathlon Victoria/Australia. As such coaches are bound by the Triathlon Australia Coaches Code of Conduct which can be accessed here: <http://www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/Coaches+Code+of+Behaviour.pdf>

All coaches are expected to conduct themselves in a professional manner whilst coaching in the TVDP. All coaches will sign the TV Code of Conduct relevant to working with children and young people prior to participating in any TVDP activity (this includes acting as an observer or in any non-coaching role) and provide a copy of their WWCC card.

By accepting an invitation to work within the TVDP coaches agree that they **WILL NOT** approach an athlete and discuss coaching arrangements within a TVDP activity or via any form of communication thereafter. Athletes and parents seeking advice on suitable coaching should communicate with the Athlete Pathway Manager. Generally, the athlete/parent will be directed to discuss any issues with their home coach. If these issues cannot be resolved, the Athlete Pathway Manager will assist in helping to provide a resolution.

Coaches must ensure that they respect all athletes and should refrain from entering athlete/s 'areas' without permission and notice to the athlete/s. Coaches may need to inspect rooms, communicate a message, etc however this should never be one on one with an athlete unless in a public area. Under no circumstances may a male coach enter female athlete areas without a female liaison officer in attendance.

COMMUNICATION

TVDP fully encourages engagement between athletes, parents and home-coaches. The Athlete Pathway Manager is available to all parties and discuss any issues. This document has been put together to give an overview of as many of the items and questions that are regularly asked over a season, however please do not hesitate to seek further information or clarification.

Luke Bell is the primary contact for all TVDP communications. All correspondence should be directed to development@vic.triathlon.org.au

The efficiency of the program is reliant on athletes taking 'ownership' of their journey with their parents and home coaches in support. It is important that communications are read, and information returned as promptly as possible. This allows the TVDP team to focus on resourcing and planning for the best program outcomes.

The program has a **closed TVDP Facebook group**. We use this amongst other methods (email, phone, text) and find it the easiest and most efficient way of getting information out to the entirety of the TDVP quickly. If successful in your nomination, you (athlete, parent, home coach) need to request acceptance to join the 'closed' group via contacting Triathlon Victoria at – marketing@vic.triathlon.org.au

DRAFT LEGAL

A register is held by Triathlon Australia for all athletes that are permitted to race in draft legal events. To race locally (eg 2XU series) and at a national level (NJTS) in the Australian, this is a requirement.

This accreditation can be certified by a **Level 1 cycling coach or Performance triathlon coach** and is done through that coach completing the assessment form here -

<http://www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/High+Performance/2019-20+Bike+Skills+Endorsement+Information.pdf>

Once this is achieved, it can be registered on the national list via link below <https://www.active.com/surry-hills-nsw/triathlon/races/triathlon-australia-draft-legal-endorsement-register-2016>

NOTE: This only needs to be completed once.

LOCAL EVENTS - RACING FOR PRIZE MONEY AND YOUR DRAFT LEGAL STATUS

If an athlete feels that they are a chance to be in line to collect prizemoney on offer, they must follow the following procedure:

1. Contact the race organiser (RO) and apply to enter the 'Elite' category and ensure you cc the Athlete Pathway Manager into email
2. Have written approval (email, text etc) from the Athlete Pathway Manager on this entry (the APM will verify to the RO that the individual has the skills to compete at this level)
3. Enter the 'Elite' category with the Local Organising Committee (LOC) direct via the entry system.

Failure to do these 3 steps will mean the athlete will most likely be allocated to either their nominal age-group or in the appropriate (age based) draft-legal category. You are not entitled to the prizemoney if placed in the standings but DO NOT enter in the 'correct' category.

Once an athlete has been assessed as draft legal and raced in a draft legal event, they are required to race in this category unless draft-legal racing is not offered, or they have sought permission and approval from the Athlete Pathway Manager in relation to the reasons for the category change.

Victoria extremely fortunate to provide athletes with draft legal racing (the ONLY state with a designated series of draft legal events) and is grateful for the support of the race organisers. In turn, the TVDP program encourages all athletes and coaches to show their support by always entering this category and benefit from the valuable racing experiences.

PARENT INVOLVEMENT & CONDUCT

The TVDP is an all-inclusive program that encourages parents to be a part of their athletes/child's journey and play an active role within the program. However, this must be properly managed and as such we have boundaries and protocols that must be followed.

We expect parents

- to reinforce TVDP behaviour expectations and the responsibility as a TVDP member
- to be supportive at all times when supporting the group at 'event's'.
- always consult with the APM if there is an issue between your child and another athlete/coach
- to not enter a TVDP environment (training day, camp, accommodation, athlete space etc) without prior knowledge being given to the APM
- to not take an athlete away from a TVDP environment without knowledge/permission of the APM or TV appointed staff (e.g. Take the athlete out for dinner with the family during interstate travel or leave early from a TVDP event)

Note: Any parent who is involved with a TVDP activity (e.g. coach, driver etc) must abide by the TV Safeguarding Children and Young People policy. This includes completing the 'volunteer commitment', 'code of conduct' and supplying a current Working with Children's Certificate (WWCC) to Triathlon Victoria prior to the activity. Each of these documents are available at this webpage - <https://www.triathlonvictoria.org.au/about-us/policies-governance>

SCREENING (WORKING WITH CHILDREN CARD)

In addition to signing the code of conduct, ALL coaches must have a current Working with Children's Check (WWCC) and have provided this to Triathlon Victoria. The WWCC card must be carried whilst on TVDP duties. If a WWCC card cannot be produced, the coach or volunteer cannot participate in the program.

TVDP - TIER REVIEWS

Athletes are selected into program 'tiers' based on the selection policy (Appendix 5). The tiers provide a structure to allow athletes to move (up or down) based on performances across racing, training days, camps etc at any time during the season.

The APM will communicate with athlete/s, parents/guardians and home coach who are being considered for a change in tier. This will be done in a respectful manner and provide clear direction/advice about what is needed. This may include specific reference to upcoming events and performance expectations. We recognise that athletes have many commitments and performances are not always linear as athletes are developing both physically and emotionally and remain committed to supporting athletes to be the best THEY can be.

It is expected that the first review will be conducted after the first 'national race' of season AND consider any local events up to this point (eg 2XU series, SSV triathlons). This will be NOT based primarily just on results but a holistic view of the athlete and their individual development/progression.

PERFORMANCE TRIALS

Performance trials in the past have been an integral part of the process to gauge athlete progress on both a state and national level. This philosophy has changed in recent times with work being done at a national level to align with world's best practice and the process for information is collection and analysis.

At a State level we still see time performance trials as an integral competent in the overall makeup of an athlete's program and a way of gauging progress. Time Trials are generally completed in the "home environment" and comprise a 400m swim and 1500m run. These may be asked to be conducted prior to the commencement of the race season and a further date during the program year.

Time Performance trial information remains 'private' and collection is used for athlete profiling only. As more information around this area becomes available via Triathlon Australia High Performance (HP), this will be passed onto the athlete, parents/guardian and home coach.

UNIFORM

A polo shirt is included within the levy and sizing chart will be sent to athlete for ordering purposes and will form a part of your acceptance form. Whilst travelling with the TVDP team, polos are compulsory to be worn, preferably with navy shorts, in a neat and presentable fashion in line with the sport of Triathlon.

UNIFORM REGULATIONS - TRIATHLON SUIT

The TVDP triathlon suit is to be purchased direct by the athlete through Project Clothing. Details will be given by the APM to each athlete including links to sizing charts (Note: It is your responsibility to choose the correct size).

Athletes may elect to have ONE 'sponsor' placed on their suit in accordance with the ITU uniform regulations. This is completed by the athlete at the time of ordering and requires the uploading of the graphics file. It is an additional cost (~\$50) and any sponsor placed on suit must align to the Triathlon Victoria values and approved by the APM. (E.g. no alcohol, tobacco, junk food, etc)

Athletes must only wear an approved triathlon suit at national races. Club/Squad suits are permissible at local races, however racing in the TVDP uniform and wearing the TVDP polo at podium presentations is strongly encouraged.

2020/21 CALENDAR

Attached to this document is the [TVDP calendar](#) (Appendix 1) for 2020/21. This is as close as possible to complete at the time of printing but is subject to change at this time of the year. Race dates are generally confirmed by state and national bodies in September/October and any changes can affect our activities. We will provide athletes with as much notice as possible when any such change occurs.

The program will have a TV representation at most local races to provide athlete support.

Training days are conducted throughout the season to maximise engagement and learning. The Training Days have been placed in what we (TV) feel are the best possible dates for the TVDP 'group' (Please note like events these are subject to change due to unforeseen circumstances and athletes, parents, coaches will be advised accordingly).

Activities are mixed across the schedule to allow for variety and different athlete learning experiences whilst also providing opportunities for coach (a variety of assistant coaches are appointed over the course allowing a broader delivery of information and learning experience). Each group will have access to these training days over the season and it is expected that all athletes attend at least three (3). Home coaches are encouraged to attend and assist on these training days for their own personal development. The program is stronger with coach involvement and better placed to maximise athlete development. The athlete and coach bond is a very important part of the 'team' and can be strengthened by working, learning and developing together.

YOUR ATHLETE PLAN

Planning for upcoming racing in an important learning process for an athlete and coach while forming an integral part of the TVDP program. All athletes are expected to submit a race plan for the season based on their current position and future progression. To assist in the pathway and develop through racing please see recommendations below for guidance.

The athletes plan should be developed in consultation with their parents and home coach.

- Local racing such as 2XU Triathlon Series.
- SSV selection race/s (including discretionary) and the School Sport Australia Championships (All Schools), pending successful selection to the team.
- National Junior Triathlon Series (NJTS)

Note: national races, especially Super Sprint Race Weekend (SSRW) in December, are often oversubscribed. Entries for this race will be handled by the APM in consultation with Triathlon Australia.

It is expected that athletes will race the

- Victorian Duathlon Championships.
- Victorian Sprint Championships.

Please refer to the events guide for these dates (subject to change).

The plan template is [Appendix 4](#) and must be returned to APM prior to the commencement of the season.

All races that are marked with a question mark on the athlete plan will be treated as NOT RACING unless advised that the athlete would like a spot reserved for accommodation and travel with the squad. More information on this item is detailed in Group Travel and Racing sections.

Expectations of each tier are listed below in table.

Tier	Duathlon/Triathlon	Local	AYTS/AJTS
Associate	State Titles	Yes (as required)	No
Developing	State Titles	Yes (as required)	Yes (2 races + All schools)
Emerging	State Titles	Yes (as required)	Yes (3 races + All Schools)
Talent	State Titles	Yes (as required)	Yes (full series)

NATIONAL JUNIOR TRIATHLON SERIES (NJTS) EVENTS

ENTRY

It is the responsibility of all athletes to handle their entry into events with the LOC (Local organising committee) unless otherwise directed.

*** Runaway Bay - Super Sprint Race Weekend (RBSSW) is one such race where entries are handled by the Athlete Pathway Manager. This event is run by Triathlon Australia and generally oversubscribed. The Athlete Pathway Manager will liaise with Triathlon Australia and if often asked to rank athletes for their acceptance in this race.

All athletes will be reviewed for any 'national event' regarding their suitability and their 'athlete event plan'. This will be a discussion with the athlete, parent/guardian and home coach IF the APM does not feel the athlete is suited to the standard required for the event.

Please be aware that events such as Oceania Championships are an ITU listed event and therefore a nomination must be submitted with the High Performance Manager at Triathlon Australia as well as entry with the LOC. A PPE (explained below) must also be submitted. This is only relevant to junior classification.

Please familiarise yourself with the national competition rules at this link.

http://www.triathlon.org.au/Technical/Race_Compensation_Rules.htm

Note: Disc brakes are allowed in draft legal racing and all rims must be listed on the UCI wheel list current or subsequent. See link here: <http://www.uci.ch/inside-uci/rules-and-regulations/equipment-165067/>

PPE'S – PRE-PARTICIPATION EXAMINATION

The TVDP advises that all athletes should have a medical examination pre-season to make sure that young athletes are in suitable physical shape to take on the demands of triathlon at this level.

A PPE is required for all junior athletes that are intending to nominate for ITU event including all Oceania Championships in line with rule 2.4.c.

The link for this examination can be found on the Triathlon Australia website

<http://www.triathlon.org.au/Home.htm>

Athletes are encouraged to have regular medical check-ups with an appropriately qualified medical practitioner every pre-season. This is an endurance sport for young athletes and all care should be taken that they are in the appropriate physiological condition for triathlon.

TRAVELLING WITH THE TVDP TEAM

30 DAY CUT-OFF POLICY

The Athlete Pathway Manager will call for nominations for any 'national race' 45 days out from the event. All athletes will be reviewed for the 'national event' regarding their suitability for the nominated race. A final acceptance (starting) list will be put out 30 days from the event with the final figure of travel costs.

A non-refundable deposit must be paid within 7 days of the final acceptance confirmation with the balance to be paid 14 days out from the event. Athletes unable to meet the acceptance or payments timeline will be moved to the last positions and will not be guaranteed travel arrangements with the TVDP team.

Please be aware that our costings and group fare discounts are done well in advance of the race event to maximise the savings to athletes. We do all our travel planning based on anticipated numbers and operate with very tight budgets. Any withdrawals have a direct impact on the travelling group and hence the process above is to ensure the financial viability of the program.

TRAVEL INSURANCE

Triathlon Victoria highly recommends that travel insurance is taken out for athletes either for a single event or the whole year. This product can easily be found online and you are welcome to consider any product. The TVDP used Aurora Travel for all travel arrangement and they can provide this service. Call (03) 9682 2000 and mention that you are a member of the TVDP.

If you are in the talent group or emerging group planning a number of interstate races we strongly recommend travel insurance for the whole season.

FEMALE LIAISON

Triathlon Victoria (where possible) will appoint a female to attend interstate travel and camps. This person will support female athletes with any specific needs and have current WWCC.

Any interstate trip that has more than 10 female athletes will have a female accredited coach/TV staff member present. If a female coach/TV staff is not present, a female parent will be engaged at the request of the Athlete Pathway Manager to fill such a role.

IDENTIFICATION

Athlete Photo ID must be taken ON ALL travel (airport) and produced on the request of check-in staff.

INCLUDED IN YOUR TRAVEL COSTS

When we provide a travel costing for an event it includes the items as listed below. We will make this clear when calling for nominations and confirm in the final costs.

NJTS Events (based of 2019/20 schedule):

Runaway Bay, Queensland

- Airfares and transfers to and from race site/accommodation
- Accommodation on site at Super Sports Centre
- All meals (incl. of dietary requirements)
- Pool Entry as needed for warm up sets and recovery resources
- All coaching by TA accredited coaches whilst on trip
- Administration for athletes racing

Canberra, Australian Capital Territory.

- Airfares and transfers to and from race site/accommodation
- Accommodation
- All coaching by TA accredited coaches whilst on trip
- Administration for athletes racing
- No meals

Devonport, Tasmania

- Airfares and transfers to and from race site/accommodation
- Accommodation
- All coaching by TA accredited coaches whilst on trip
- Administration for athletes racing
- No meals

Meals – where meals are not inclusive information regarding what is available around the venue will be provided and in accordance with dietary requirements.

COACH ADMINISTRATION FEE

If for some reason, an athlete cannot stay with the team, they are supported across the period of the event and pay a nominal coaching administration fee (\$100.00). This ensures the athlete is supported and coaches can be available to liaise on that athlete's behalf leading up to, during and after the event. It is highly encouraged that every TVDP member stays with the TVDP team where possible to enhance 'team spirit' and athlete development. If other arrangements are necessary, please speak with the APM in line with the timelines outlined in the 'travelling with the TVDP team' section (p.13); so bookings and arrangements can be made considering.

TRAVEL GRANTS

Based off previous seasons the TVDP has a State Government travel grant for the **Talent** group. These are annual applications by TV and amounts can vary from year to year. These grants are a direct athlete subsidy for travel and accommodation to 'national and international' events when travelling as part of the TVDP team. Depending on the 'grant's' success will directly depend on the flow on down the TVDP tiers.

SCHOOL SPORT TRIATHLON (ALL SCHOOLS)

School Sport Victoria programs run independent of Triathlon Victoria. The TVDP encourages program athletes to compete, via for selection and represent SSV in the State Team at the SSA Championships. This is a fantastic opportunity and experience for athletes, one they will carry with them forever. Representing the “Big V”.

For all information regarding the School Sport Victoria (SSV) championships, events, selection and State Team to compete at the School Sport Australia (SSA) Triathlon Championships please see links below.

School Sport Victoria

<https://www.ssv.vic.edu.au>

School Sport Australia

<http://www.schoolsportaustralia.edu.au>

Appendix

APPENDIX 1: EVENTS CALENDAR

Please see the Draft calendar supplied on the [TVDP webpage](#).

APPENDIX 2: STANDARD TRAVEL CHECKLIST

A standard checklist is posted for each trip away. This 'SAMPLE' list should be used as the basis for all athletes to print off, add to and use in preparation for travel. Things I must/should pack are:

SWIMMING

- Goggles – 2 pair
- Race Suit
- A spare race suit – clean (Only if you have one)
- Swim caps
- Towels (For Beach and triathlon)
- Wetsuit (generally are not used but be aware this may not always be the case)

CYCLING

- Your Bike - All bikes are to be in pristine working order & completely clean.
- Allen keys
- Bitterns (Drink Bottles)
- Bike/track pump (talk amongst other members eg to arrange 1 pump amongst small group)
- Spare tubes
- Bike shoes
- Bike Helmet

Athletes using aero bars must familiarise themselves with the ITU rules re aero bars.

RUNNING

- Running shoes
- Running shorts
- Running cap
- Race belt

MISCELLANEOUS

- Sunglasses
- Sunscreen
- Aero guard
- Hat
- Compression gear for the flights.
- Your TV/TA Membership card. (This is a requirement at all race check ins.)
- Your own special dietary requirements.

BAGGAGE

Allowable luggage for flights, please be familiar with your allowances for each trip as this is subject to vary from trip to trip. Any excess cost can be extremely expensive and at your own expense.

BIKE BAGS/BOXES

All bikes will be packed securely – this means bikes will have

- spacers attached to the rear stays and the front forks
- handle bars tied (preferably with Velcro ties) to the bike frame.
- Wheels placed securely into the bag and tied to the frame.
- Bubble wrap and/or tubular foam protecting the frame.
- All tyres deflated
- Sharp tools in the check-in luggage.

Bike must be cleaned and 'race ready' prior to presentation at any race event. Be proud and prepared to perform.

APPENDIX 3: PERMISSION FOR PHOTOS

During the year photos are taken at TVDP activities such as camp, training days, races and social gatherings. Most photos are posted within the closed Facebook group.

At times photos are used to promote individual success, team success or TVDP activities to the broader triathlon community on platforms such as the TV website, newsletters and social media.

By completing this form, I acknowledge that I am aware that this is a release of liability and a contract, and I sign it of my own free will.

I understand while participating in this activity, _____ <insert name> may be digitally recorded (photograph/video) and hereby consent to Triathlon Victoria using and publishing images in any written, electronic and multimedia platforms for the purpose of promotion of the program.

Signed

Relationship to Athlete

Date

Please complete and return to the Athlete Pathway Manager (you may copy the section below and paste into an email and type your name as a digital signature).

Should a parent or child have any objection to having their photo being taken, please complete this section

I _____ (individual/parent/legal guardian) request that digital recording, where possible, not be taken of _____ (individuals name) whilst participating in TVDP activities.

I realise I may need to wear some identifying garment when undertaking activities to make myself known. I also accept that TV will take all reasonable measures to comply with my request. I understand that this is limited to TVDP activities and does not extend to my event participation and any digital recordings taken by other agencies who may be contracted by the event organiser.

Signed

Relationship to Athlete

Date

Please complete and return to the Athlete Pathway Manager (you may copy the section below and paste into an email and type your name as a digital signature).

APPENDIX 4: ATHLETE PLAN

Plan to be completed and returned to Athlete Pathway Manager prior to the commencement of season.

Race	Date	Yes/No	Comment
Victorian Duathlon State Championships	11/10		

Once complete please EITHER

- a) Attach or scan, and email to development@vic.triathlon.org.au; or
- b) Mail to Triathlon Victoria, Attention Luke Bell, Sports House, Ground Floor 375 Albert Road South Melbourne, 3205

APPENDIX 5: TVDP SELECTION POLICY

Triathlon Victoria Development Program Selection Policy

Introduction

This policy details the process and criteria by which Triathlon Victoria (TV) will select members of the 2020-2021 TV Development Program (TVDP). The TVDP provides a pathway into high performance squads/competition and Australian Age Group competition.

TVDP Mission Statement

To provide a nurturing and supportive environment for the development of athletes aged 13 to 23 years. By engaging with the 'network' of 'athletes', 'parents', 'home coaches' we will work together to assist each individual to achieve personal excellence in training and competition.

Objectives

The TVDP will

- assist the athlete with the skills & resources to participate and compete at state and national events
- provide athletes with an avenue to pursue State and National representation
- provide athletes with education and experience through the program coaches and affiliated experts
- provide a team environment and foster a team spirit at State and National races

Eligibility

1. Athletes must be at least 14 years of age and no older than 23 years of age at 31/12/2021 and thus eligible to race in the following racing categories:
 1. ITU Youth: 14-15 years of age as at 31/12/2021
 2. ITU Junior: 16 - 19 years of age as at 31/12/2021
 3. ITU U23: 20-23 years as at the 31/12/2021
2. Athletes must be eligible to represent Australia if required.
3. Athletes must be in good standing with both Triathlon Victoria and Triathlon Australia.
4. Athletes must have a coach who is 'accredited' by Triathlon Australia (and hold a current membership).

Procedure (detailed dates and timelines are provided separately)

- Athletes are invited to apply via the advertised means.
- Nominating athletes maybe invited to a Development Camp/ Training Day for evaluation & testing.
- Athletes are assessed against the TVDP selection criteria and recommended to the relevant program tier.
- A formal recommendation is made to the Selection committee.
- All athletes are notified of selection outcomes by emailed letter of offer.
- Athletes are required to formally accept the offer and pay any associated levy.

Squad selection discretion and review

Selection and review is the responsibility of the Selection Committee (TV Performance and Development Pathway Committee Chair, TV Executive Director and TV Athlete Pathway Manager) and communicated to the athlete, parents and personal coach in a timely and respectful manner in line with our values.

Athletes may move between squads at any point in the season. Movement between the squads is at Selection Committee discretion in line with the selection criteria and any other available information including athlete performances (racing and training) and their fulfilment (or non-fulfilment) of the requirements detailed in the athlete agreement (provided with the selection offer).

Selection Criteria

The TVDP comprises four (4) tiers to cater for athletes at each level of the pathway. The numbers within each tier are determined by the selection criteria and the available resources, and thus may vary from year to year. The 4 tiers are described in brief and the selection criteria detailed below.

Talent Squad

Experienced in draft-legal racing and significant results at national races

Automatic Selection

- A top **10 result** from the 2019-20 Australian Junior/Youth National Series (single race)

Athletes who do not achieve automatic selection may be considered using the following performances:

- *Top 5 result in the Australian Junior/Youth National Series (Final standings)*
- *Top 5 result at the 2019 Australian School Triathlon Championships - (**understanding that this was cancelled due to COVID-19**)*
- *Talent transfer from a single discipline (swim,bike,run) or other high-performance sporting environment*

Emerging Squad

Building skills in 'draft legal' racing and demonstrating athletic potential

Automatic Selection

- An **11 – 25** result (placing) from the 2019-20 Australian Junior/ Youth National Series (single race)

Athletes who do not achieve automatic selection may be considered using the following:

- *A 6-20 result (placing) in 2019-20 Australian School Triathlon Championships - (**understanding that this was cancelled due to COVID-19**)*
- *Performances at a Development Camp, training day, coach-ability, etc.*
- *Talent transfer from a single discipline (swim,bike,run) or other high-performance sporting environment*

Development Squad

Athletes showing promising signs towards a performance mindset

Automatic Selection

- 2019/20 School Sport Victoria Team selection

Athletes who do not achieve automatic selection may be considered using following performances:

- *Performances at a Development Camp, training day, coach-ability, etc.*
- *Notable performances at local (2XU Triathlon Series events)*
- *Talent transfer from a single discipline (swim,bike,run) or other high-performance sporting environment*

Associate Squad

Athletes who display sport specific skills and show interest in the sport of Triathlon.

Athletes who is 'new' and shows a keen interest in developing skills and have a commitment to racing at the local events. These athletes are invited to a range of TVDP activities and exposed to coaches, specialists, training and skill development at the next level at a 'pay as you go' rate. (No TVDP levy involved).

Paratriathlon

Special consideration and selection discretion is available for athletes categorised in the Triathlon Australia paratriathlon program.