

SOUTH WEST SYDNEY ACADEMY OF SPORT

TRIATHLON PROGRAM

2021 2022





Welcome to the

South West Sydney Academy of Sport

Triathlon Program

2021 2022

Congratulations on your selection into the South West Sydney Academy of Sport Triathlon Squad - we are glad you have joined the family!

This guide is intended to provide sports program-specific information to help you and your family get off to a great start and plan a productive season.

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Program Contents

About the Academy	4
Mission Statement	4
Principal Roles	4
Servicing the wider community	4
Triathlon Program Aim	5
Program Support Staff	6
SWSAS Policies and Procedures	8
Athlete's Commitment	8
Parent Commitment	9
Punctuality	9
Equipment	9
Communication	10
Skill Development	12
Swimming	12
Bike	12
Run	12
Transition	12
SWSAS Training & Competition Events	13
Compulsory SWSAS Events	16
Contact Us	17

About the Academy

Mission Statement

The South West Sydney Academy of Sport aims to provide high quality, community focused, talented athlete and coach identification and development programs which assist athletes and coaches to successfully realise their sporting potential.

The Academy's focus is therefore more on the development of athletes with a mindset of competing with, rather than competing against other athletes so that both may gain development and success.

"To see an athlete, develop and achieve their sporting potential several years from now is more important than the trophy that sits in a cabinet meaning nothing". (Craig, 2003)

Principal Roles

The principal roles of the South West Sydney Academy of Sport are to:

- Facilitate the development and support of talented junior athletes in the region
- Provide these athletes with access to specialist support services including coaching, sports science, and sports medicine.
- Identify and support the development of high-performance coaches at the local level.
- Provide a clear pathway for athletes from the junior development through to State and National representation.

Servicing the wider community

The Academy Administration Centre is located at 2/298 Queen St, Campbelltown.

The Academy provides an administrative service from this location, with the majority of squad sessions occurring at local sporting grounds and venues throughout the Academy catchment area.

This decentralised approach allows athletes from the region access to train within their own club and association environments, as well as promoting the SWSAS pathways to our community's club level athletes.

Triathlon Program Aim

The South West Sydney Academy of Sport (SWSAS) conducts a Triathlon program in association with Triathlon NSW and Triathlon ACT.

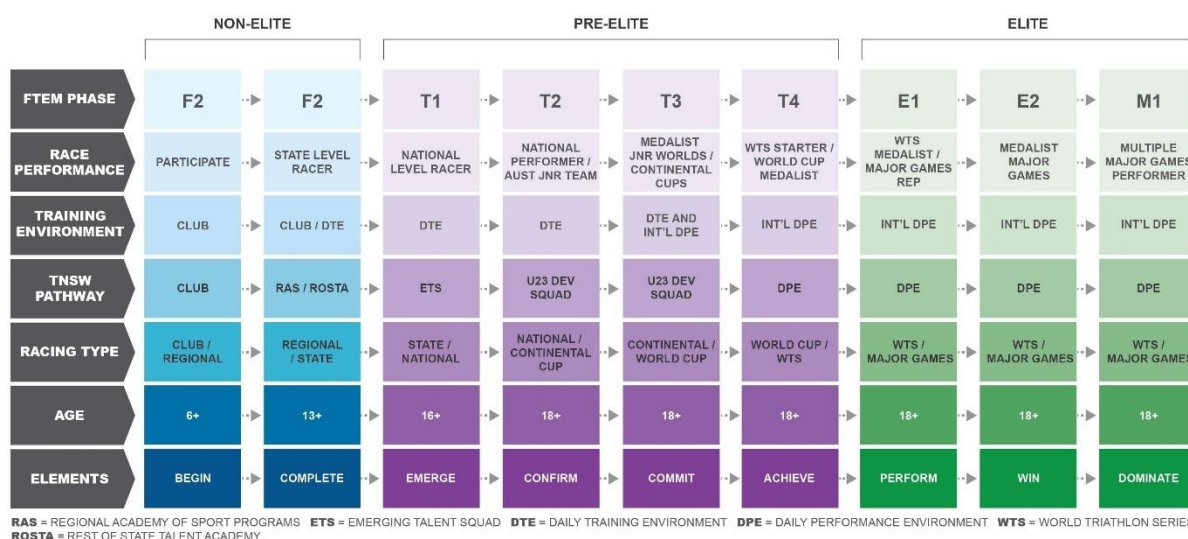
The Academy facilitates high-performance programs for talent identified athletes from the South West Sydney local government areas of Campbelltown, Camden, Liverpool, and Wollondilly across a number of sports.

The focus of the Triathlon program is on developing and maintaining high standards of individual performance and excellence based on a solid platform of skill development. This program is a link into the Triathlon NSW Development Pathway, linking club athletes to State and National programs.

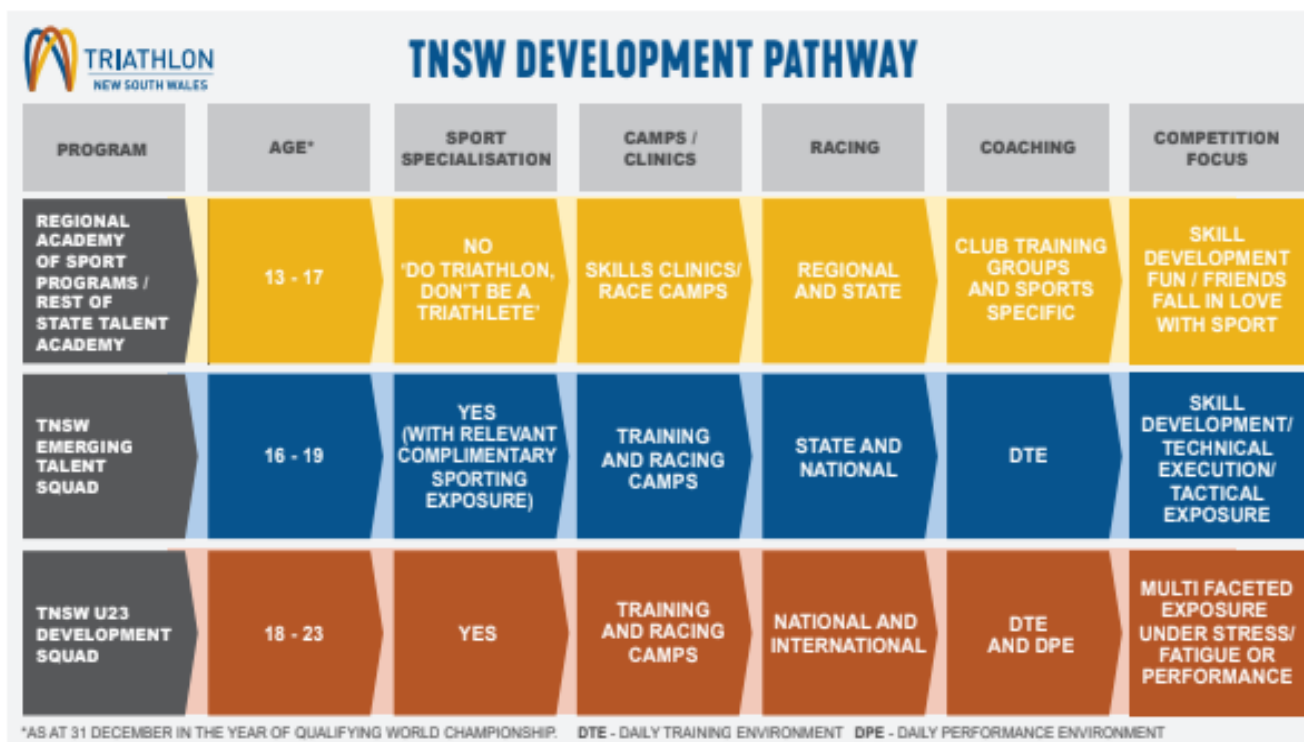
Although triathlon is mostly an individual sport, our aim is to train as a team, play as a team and, when given the opportunity, race as a team.



THE TNSW FTEM MODEL



Triathlon NSW works in partnership with the NSW Regional Academies of Sport to offer a parallel program in Tier 1 of our three-tiered pathway model. We are fortunate to partner with 6 regional academies by way of a Memorandum of Understanding to identify new talent and nurture existing talent. We are seeing great success in a model that encourages our Youth-aged athletes to continue a seasonal and multiple sport model: 'Do Triathlon, don't be a Triathlete'. We want our Youth to develop essential skills including their physical literacy and strong motor patterns. It's difficult to do this if training exclusively in a linear-driven sport like Triathlon, despite it being a multi-sport at its core, unless we have programs through our NSW Regional Academy network.



Season 2021/2022 will see some more changes to the Development Pathway ('the Pathway') in NSW with a strategic alignment with Triathlon ACT.

However, the philosophy will remain the same. The objective of the program remains to create environments which athletes can develop the necessary tactical, technical, physiological, and psychological skill competencies to aid progression through to the National Athlete Pathway.

Program Support Staff

David Hine - Head Coach

David is an experienced triathlon coach and has Triathlon Australia Development Coach qualifications. He has been part of the SWSAS program for the last four seasons, as coach and assistant coach. David has made a valuable contribution to the squad and individual athlete development. David actively participates in triathlons, having successfully completed Ironman races and represented Triathlon Australia in ITU World Age Group Championships around the world.



Contact Details:

Email: david.hinecs@gmail.com

Mobile: [0409 990 952](tel:0409990952)

Thomas Hine - Assistant Coach

Thomas is a past SWSAS athlete and assisted with last sessions coaching session. He has gained Triathlon Australia Foundation Coach qualification. Thomas, shares his athlete knowledge and experience with the younger athletes and supports all athletes with practical demonstrations. Thomas, competes in triathlon at the National level, and represented Triathlon Australia in ITU World Age Group Triathlon & Duathlon.

Caitlin Sendt - Assistant Coach

Caitlin is currently a member of the U23 NSW Triathlon Development Squad and has previously been an athlete in the SWSAS Triathlon Program. She has been the NSW captain at the NSW All School Championships in 2019, competed for Australia in the 2018 Elite Junior Duathlon World Championships in Denmark, and in the 16-19 years age category in the 2018 Triathlon World Championships held on the Gold Coast. Caitlin currently holds a Triathlon Australia Foundation Coaching qualification and continues coaching for the SWSAS Triathlon program for the second year running.

Daniel Currinckx – SWSAS Sports Programs Manager



DANIEL CURRINCKX
Sports Programs Manager

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SOUTH WEST SYDNEY ACADEMY OF SPORT
SWSAS
Youth • Sport • Excellence • Community

SWSAS Policies and Procedures

The Academy policies and procedures, expectations of athletes and further information on the Academy and your position within the Academy can be found in the Athlete Information Manual, provided to you in your welcome pack, or by contacting the South West Sydney Academy of Sport Office.

Athlete's Commitment

1. Athletes must be a financial member of Triathlon Australia or Triathlon NSW or Triathlon ACT
2. Athletes must be a financial member of Macarthur Triathlon Club (MacTri)

In addition to the respective [SWSAS Athletes Code of Conduct](#), Athlete's must be committed to:

3. **"Playing by the Rules"** Athlete Behaviors

Being a good sport

- o Play with respect, integrity, and fairness
- o Be modest in victory and gracious in defeat
- o If you win, do not rub it in
- o If you lose, do not make excuses
- o Control your temper
- o Do not use bad language or make derogatory remarks.

Respect your opponent

- o Treat your opponent the way you would like to be treated
- o Thank the opposition at the end of the race

Respect officials & support staff

- o Accept and respect the official's decision
- o Thank officials & volunteers at the races and training sessions
- o If you have an issue, raise it in a professional way with your coach

4. Building a solid skill/fitness base within the sport of triathlon.
5. Attending all coaching/training, education sessions and camps or make **prior arrangements** and gain approval from SWSAS to be absent from any sessions. Including:
 - o All skills/training sessions.
 - o The ClubsNSW Academy Games weekend.
 - o All SWSAS Personal development and Education sessions.

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.

Parent Commitment

Parents play a role in the development of all athletes. We also encourage this to be positive and meet the ["Playing by the Rules"](#) principles.

Parents are reminded that in any competition or training environment that parents take on the role of Spectator and as such, are bound by the respective venue's spectator codes of conduct and entry requirements/restrictions.

Parents failing to observe the above may result in their athlete being withdrawn from the program.

The Process

Punctuality

All session and race times are the start times so plan to arrive earlier to prepare and be ready to start at the given time. How much earlier is up to you but as a guide 10-15 mins for training and development sessions. Races will depend on transition opening time.

If there are any delays or late changes to your attendance, please phone or text message one of the coaches so suitable arrangements can be made.

Each session will aim to finish on time but there may be occasions when sessions are extended to cover either the squad's or individual needs on particular skills.

Equipment

Always bring your own equipment including hydration (fluids) and nutrition (food) with you for the session. Sunscreen protection to be brought for all outdoor sessions.

As a minimum each athlete should bring:

Swim	Bike	Run
Pool: Goggles, Cap, Pull Buoy (optional), fins /flippers (optional)	Bike, Helmet, Shoes (bike shoes optional), covered torso, spare tube, leavers, front & rear lights (<i>if riding on the road - limited</i>)	Shoes and covered torso
Open water: Goggles, Cap (MUST), wetsuit (optional)	Extra <ul style="list-style-type: none">• glasses• gloves• towels• hat etc.	Food & Fluids 1 water bottle for each session (minimum), snack for during the session, recovery food and drinks afterwards.

The SWSAS uniform, including tri-suits are to be worn at all SWSAS and Tri-NSW events. SWSAS training wear is expected to be worn at all SWSAS & Tri-NSW sessions.

Communication

Key program information will be communicated via the Official South West Sydney Academy of Sport TeamApp directly to the athletes & parents.

southwestsydneyacademy.teamapp.com

This will be backed-up, where required, via email to athletes registered email address. Parents will be copied into emails for information purposes. Home coaches who are registered practising coaches will also be copied into communications for information purposes & may be contacted directly for athlete information (skill competencies, race plans etc) or coach development opportunities.

It is expected that athletes will check the app and their emails regularly (every couple of days) and respond accordingly.

It is the responsibility of the athlete to respond to all matters relating to camps, clinics, races & related logistics. We encourage parents and home coaches to talk to athletes about logistics and questions you may have & enable your child (athlete) to communicate directly with the Coaches via their own Team app or email address.

As one of the goals of the program is to build self-reliance in the athletes, therefore we strongly encourage athletes to be the main communicator of questions on matters relating to camps, clinics, races & related logistics prior to receiving correspondence from parents. We will, of course, respond to any direct parent calls for issues relating to the health and wellbeing of the athlete.

SWSAS

NOW HAS ITS OWN APP



Your Team. Your App.

Download our awesome new app now and stay up to date with all the latest information!

Install the SWSAS App on your smartphone or tablet now!

Follow these steps:

1. Download Team App from the Apple or Google Play app store.



2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for "SWSAS TEAM APP".
4. Choose your applicable access group(s).
5. If you don't have a smartphone go to southwestsydneyacademy.teamapp.com to sign up and view this App online.



Need help?

Contact: Daniel Currinckx

Email: daniel@swsas.org.au

Phone: 0246277622

teamapp.com

Skill Development

Swimming

- **Open water:** starts; turning buoys; sighting; drafting; water exit; and wetsuit removal.
- **Pool Swim:** starts; drafting; pacing; and technique

Bike

The aim is to have all squad members achieve “**Draft Legal**” status over the course of the season, however, this depends on each individual progression, and it is not necessarily a requirement to be part of the squad. To achieve draft legal status individuals will be independently assessed in the following areas:

- [Bunch Riding Protocol](#)
- [Bike Packing](#)
- Bike Skills Protocols
- Rollers Skills Challenge
- Mounting and Dismounting
- Basic Bike Maintenance
- Strength and Conditioning

Run

Technique:

- Drills
- Mechanics and efficiency
- Stride length/rate
- Warm-up and cool down
- Strength and Conditioning
- Cadence
- Pacing

Transition

- Process
- Speed
- Efficiency

SWSAS Training & Competition Events

SWSAS sessions are aimed at developing & improving skills with attendance compulsory (green). The Biligence TNSW Pathway Series is aimed at applying & improving skills in a race environment with attendance optional but strongly encouraged (yellow). Other events in the schedule are not compulsory but should be a goal to compete in either this session or in the future.

Compulsory	The base requirements for the SWSAS program
Targeted	Additional races or training sessions that add to the SWSAS program
Optional	Additional races which could form part of your individual program

Note: Calendar is correct at time of printing, however, remains subject to change. Athletes should check their Team App calendar for any updates.

Event Type	Location	Date	Duration	Event	Links
SWSAS Training	Macquarie Fields - Mac Tri	Wednesday 1 September 5 pm	1.5 hrs	Introduction Run Time trial & skills	
SWSAS Training	Macquarie Fields TBC	Saturday 18 September 3 pm	2 hrs	Bike Skills Netball Court bike course	
SWSAS Training	Hammondville Netball Courts	Saturday 25 September 3 pm	2hrs	Swim skills & Time trial	
SWSAS Training Optional	M7 Bike path - Liverpool Catholic Carpark	Saturday 9 October 8 am	1.5 hrs	Group Bike ride	
SWSAS Training	Ash Road - Prestons	Saturday 9 October 10 am	1.5 hrs	Strength & Flexibility Screening	
Race (State) Optional	Tomaree Tri Club Tomaree	Sunday 16/17 October	1 day	TNSW Pathway Series Rd 1 Draft Legal Super Sprint Triathlon & Draft Legal Handicap Time Trial	

SWSAS Training	Macquarie Fields - Mac Tri	Saturday 23rd October 3 pm	2 hrs	Swim Skills Transition Skills	
Race (State) Targeted	Performance Triathlon Coaching Stromlo Forest Park - Canberra	Friday - Sunday 29-31 October 2021	3 days	TNSW Pathway Series Rd 2 Stromlo Super Sprint Race Weekend Draft Legal	Race Link
Race (State) Optional potential non-draft option	Bondi Running and Triathlon Club Heffron Park – Maroubra	Sunday 7 November	1 day	TNSW Pathway Series Rd 3 Draft Legal Duathlon	Race Link
Race (State) Targeted	Panthers Tri Club: International Regatta Centre Penrith	Sunday 21 November	1 day	TNSW Pathway Series Rd 4 Draft Legal Triathlon & Mixed Relay 250m Swim 8km Bike 1.5km Run	
Race (State) Compulsory	Orange Tri Club Gosling Creek Reserve, Orange	Saturday & Sunday 27 – 28 November	2 days	TNSW Pathway Series Rd 5 Youth & Junior/U23 Mixed Team Relay Championships Super Sprint Youth Junior & U23 Championships	
SWSAS Training Optional	Camden Pool	Tuesday 14 December 6 pm	1.5 hrs	SWSAS Triathlon Christmas Party / BBQ	
Race (State) Optional	Illawarra Tri Club Port Kembla	15/16* or 22/23* January 2022	1 day	TNSW Pathway Series Rd 6 Aquathon & Draft Free Enduro Triathlon 300m Swim 8km Bike 1.5km Run	
Race	Wollongong	26th January 2021	1 day	Australia Day Aquathon	

Optional					
SWSAS	Regatta Centre	29th January*	2 hrs	Bike & Run	
Race (State) Targeted	Central Coast Triathlon Club Cams Warf Central Coast	Early February 2022*	1 Day	TNSW Pathway Series Rd 7 Super Sprint & Mixed Relay 400m Swim 5km Bike 1500m Run	
Race (State)	Macarthur Tri Club Macquarie Fields	27 February 2022*	1 Day	TNSW Pathway Series Rd 8 Draft Legal Enduro Triathlon (Heats & Finals) 200 Swim 6km Bike 1km Run x 2	
Race (State) Targeted	Penrith (NSW)	February / March 2022*	3 Days	NSW All Schools Championships	
SWSAS Training	Macquarie Fields	12 March 2022*	2 hrs	Swim & Bike	
SWSAS Training	Macquarie Fields	26 March 2022*	2 hrs	Bike & Run	
SWSAS Race	Wagga Wagga	April 2022*	3 Days	Regional Academy Games*	

RACE CATEGORY AGE

Must be aged as of 31st December 2022

- Youth: 13 - 15yrs born in the years 2009, 2008 or 2007.
- Junior: 16 – 19yrs born in the years 2006 – 2003

PHYSICAL & SKILL REQUIREMENTS GUIDE

BIKE SKILL REQUIREMENTS - ALL athletes must be Draft Legally Endorsed. For new athletes (those that have not been draft legally endorsed), please refer to the 2021-2022 Bike Skills Endorsement Information and Procedure [HERE](#).

ALL TA BIKE SKILLS COURSE JUNIOR & YOUTH

Further to Draft Legal Endorsement, a higher standard of ability is demonstrable by any athlete competing at State level competition.

Complete course once without error (Netball Court course, not Rollers Skills course)

To view the Bike Skills Assessment, please click [HERE](#) (pg.1)

ATHLETE PROFILING

Athletes competing in the Youth and Junior categories across the series will be required to submit the following data.

- 400m swim (50m pool – if possible)
- 1500m run (tartan track)
- Bike Skills Assessment time (completed without error)

In addition to individual athlete sporting background information, this data will be requested at the start of the season and completed before racing. All times must be witnessed by an Accredited Triathlon Coach or completed at an officially timed event (i.e., Athletics and swimming meets with electronic timing).

Compulsory SWSAS Events

In addition to the competition calendar stated above. The academy includes several compulsory events throughout the program year, in which all athletes are expected to attend. A list of these events can be found below. Note that the list is not final, and dates/times are subject to change. Athletes and Parents are expected to keep up to date with all the latest event information through the Team App communications systems.

CAMPS

The Triathlon Program may include activities whereby additional costs may be incurred by the athlete/athlete family. The program may require parents to manage logistics for some events. If SWSAS provides transport, food, professional services and/or accommodation; these events may require an athlete levy to be paid.

At the end of the season athletes will, at no cost to athletes; attend the much-anticipated SWSAS Graduation and Awards Dinner.

Event	Date
Athlete/Parent Induction	December 2021
Orientation Camp TBC	TBC
Academy Day Part 1	December 2021
Academy Day Part 2	February 2022
Council Civic Receptions (each Athlete attends only their own LGA reception)	February 2022 to May 2022 TBC
Academy Games (3 days)	April 2022
Graduation and Awards Dinner	August 2022

Contact Us

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