



Eastern Region TriStar Academy for 2010

We aim to develop the skills and fitness levels of TriStar age athletes to a stage where they will be able to progress into the regional junior and youth academy.

You could be part of it if:

- you'll be TriStar 2 or 3 competitor next year
- you think that you might have a future as an elite triathlete
- you are training regularly in a swimming club or squad
- you love running
- you have a bike
- you convince the selector(s) that you are good enough and that you'll make the academy even better.

We will use various venues around the region; dates (most likely Sundays) and details will be confirmed once finalised. Sessions will be held every 6 to 8 weeks.

I look forward to hearing from you.

Graham Hart (Head Coach, TriStar Academy)

British Triathlon and Triathlon England support the Eastern Region Academies. Membership is free and sessions are free. There is no obligation to attend sessions but if you don't come you won't benefit.

Eastern Regional Triathlon Academy

APPLICATION FORM

If you would like to become part of the Easter Region Triathlon Academy for 2010 please ensure these forms are completed and returned to Ceri Winter (ceriwinter@britishtriathlon.org).

Your details:

| | | | |
|-------------|--|----------------|------|
| First Name: | | Surname: | |
| Gender: | | Date of Birth: | Age: |
| Address: | | | |
| | | Postcode: | |
| Home Tel: | | Mobile: | |
| Email: | | | |

Emergency Contact Details

| | | | |
|------------------------|--|-----------|--|
| First Name: | | Surname: | |
| Relationship to above: | | Home Tel: | |
| Work Tel: | | Mobile: | |

Medical and Specific Needs

| |
|---|
| Please give details of any medical or health conditions that might affect your participation in triathlon and what support/modifications are needed |
| |
| Please list any medications you take on a regular basis |
| |
| Please give details of any specific needs that the coach should be aware of, and what support/modifications are needed |
| |

Training:

Please tell us about your clubs and your training.

| Type | Club Name | How often do you go? |
|-------------------------------|-----------|----------------------|
| Triathlon | | |
| Swimming | | |
| Running | | |
| Cycling | | |
| Other sports (please specify) | | |
| | | |
| | | |
| | | |

What type of bike(s) do you have?
(e.g. road bike, mountain bike, cyclo-cross bike?) _____

Racing:

Please tell us about your racing.

Triathlons and aquathlons competed in? _____

List your best triathlon and aquathlon performances: _____

Do you compete as a...
...Swimmer? What are your best times? _____

What is your PB for 200m freestyle? _____

...Runner? What are your best results? _____

What is your PB for 1500m? _____

...Cyclist? What are you best results? _____

What are your greatest achievements?

Consent for Participating in Coaching Activities

Parental/Guardian Consent

I, being the parent of **(insert name)** have read the information on this form and the following notes, and consent to my child taking part in the academy's coaching sessions. I understand and agree that my son participates in coaching sessions under the instruction of British Triathlon coaches entirely at his own risk. I have considered the nature of such sessions and have discussed them with my son I am satisfied that my son is sufficiently responsible and competent to assume full and entire responsibility for his own safety under the supervision of a British Triathlon coach.

Notes

It is part of the British Triathlon Code of Conduct to ensure that reasonable steps are taken to establish a safe environment where young athletes can enjoy developing their skills.

Parents/guardians are welcome to stay and watch the session but this is not compulsory.

- Athletes are expected to remain in the session from beginning to end, unless they have to leave early. If the athlete has to leave early, or is being collected by someone other than the parent/guardian, the parent/guardian must advise the coach of the details of the arrangement, including who will be collecting the rider.
- Any young athletes who persistently misbehave or put others in danger will be asked to leave the sessions and will not be allowed to attend in future.
- It is the parent's/guardian's responsibility to ensure that his/her child's bike is in a safe condition to ride. All riders must wear a cycling helmet at all times during the coaching sessions.

Please ensure you make a note of any medical conditions your child has/you feel the coach should know about in the medical and specific needs of this form.

| | | | |
|---------|--|-------|--|
| Signed: | | Date: | |
|---------|--|-------|--|

Coach's details:

Please ask your coach to complete the following section

Dear Coach,

The purpose of the Triathlon Academy is to supplement the coaching and training that committed young triathletes get from their triathlon and swimming clubs. We aim to provide a high quality environment for training and education with emphasis in the following areas:

- - *Group cycling skills*
- - *Running technique and drills*
- - *Core conditioning*
- - *Open water swimming skills*
- - *Triathlon specific skills*
- - *Triathlon lifestyle management*
- - *Diet and nutrition*
- - *Bike mechanics*

We plan to run weekend sessions once every 6 to 8 weeks.

Being a member of the Academy will not affect club or team membership in any way.

Name: _____

Position: _____

Relevant coaching qualifications: _____

Contact details (telephone &/or email) _____

Please write in support of your athlete's application. Please confirm that the performances, times and training commitment quoted above are accurate, where possible. Please give your own opinion on how your athlete will benefit from and add value to the Regional Academy: