

# WA TRIATHLON



## PATHWAY PROGRAM INFORMATION BOOKLET 2024/25

# TABLE OF CONTENTS



- 03** OVERVIEW & OBJECTIVES
- 04** MASTERCLASSES & EDUCATION
- 05** CAMPS
- 06** HOD / AGE GROUPS
- 07** INDUCTION DAYS / DATA COLLECTION
- 08** LOCAL & NATIONAL CALENDAR
- 09** LIGHTNING LEAGUE
- 10** RACING GUIDE FOR YTH & JNR
- 11** UNIFORM & COMPETITION RULES
- 12** SPORT INTEGRITY AUSTRALIA
- 13** CHILD SAFETY / COMMUNICATION
- 14** LEVY & CONTACTS

# OVERVIEW & OBJECTIVES

The aim of the Triathlon WA (TWA) Pathway program is to provide a nurturing and supportive environment for the development of young West Australian athletes, allowing them to maximise their enjoyment and potential in the sport over time. This is achieved by engaging with the network of athletes, parents and home coaches to support each individual athlete to achieve personal excellence and to prepare athletes for the demands of training, competition and travel during the performance pathway and towards future representation at National and International triathlon events.

Season 2024 / 2025 will see the continued evolution of the Triathlon WA Pathway Program including the continued alignment with AusTriathlon. The philosophy will remain the same - to create environments where athletes can develop the necessary tactical, technical, physiological and psychological skill competencies to aid progression through to the National Athlete Pathway.

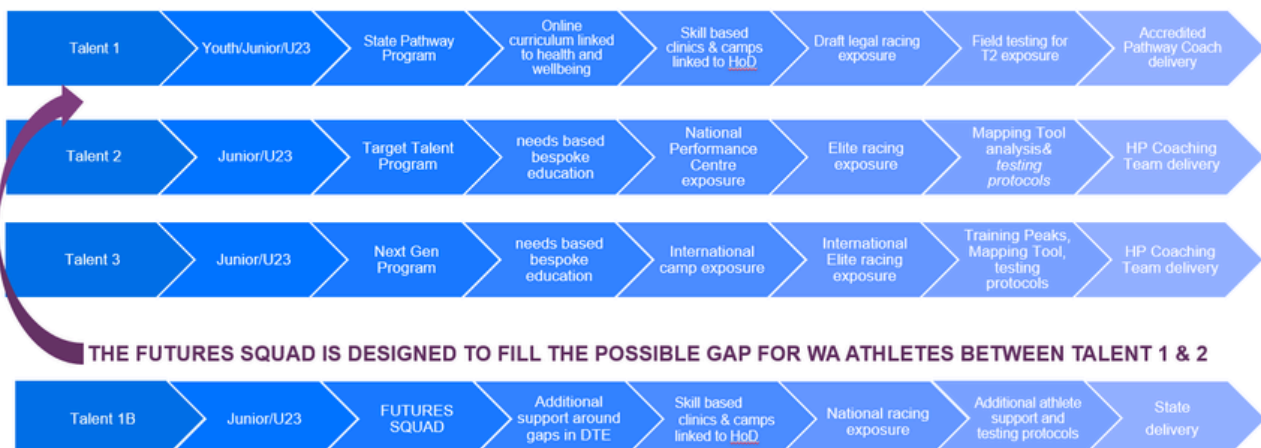
## TEAM WA

The term TEAM WA encompasses all members of the TWA Pathway Program and any junior triathlete aged 13 -23 (DOB 2012-2002) who is a member of Triathlon WA will have access to apply to Team WA. The program will provide opportunities for young athletes to work with multiple coaches and in learning environments focused on delivering nationally directed objectives, as well as access to state based draft legal racing opportunities (and endorsement as required). Selection will be via a nationally approved selection policy and the ability to apply to be a member of Team WA will be available at any stage throughout the season.

## FUTURES SQUAD

The Futures Squad is designed to create a pathway framework that encourages and supports progression of more WA athletes, while supporting national alignment of the Aus Tri Target Talent Program. This squad is for athletes aged 16-23 and is designed to provide additional support and skill development opportunities to those athletes that are eager to pursue the sport at a higher level and race more regularly at a national level. Numbers are limited and athletes can apply to be part of the Futures Squad within their application to the WA team. This is about creating progression opportunities and additional support, not creating division or singling people out. Access to this squad could be at any stage of your journey from 16-23, and selection will not have any bearing on any Team WA members ability to access national racing opportunities or TWA support.

### AUSTRI TALENT IDENTIFICATION PHASE T1-T3



# TEAM WA ACTIVITIES

Nationally directed skill development and educational opportunities will continue as the main focus of the Pathway program, with a structure designed to encourage teamwork, enjoyment and positive progression. The Pathway Program is focused on facilitating development opportunities to build the athlete's knowledge in areas such as health & wellbeing, technical and tactical skill development, goal setting, communication with stakeholders, season planning and mental skills. Athletes in the Triathlon WA Pathway should not expect the program to replace an accredited home coach and a Daily Training Environment (DTE). However, participation in the pathway should enhance their DTE and support AusTri Accredited Home Coaches.

Team WA athletes will have access to support, skill development and educational opportunities through masterclass clinics, state based camps, travelling race camps, and access to specialised draft legal racing opportunities. The masterclass clinics and camps will often be timed around the Australian Youth, Junior & U23 Development Triathlon Series, Oceania World Triathlon Calendar and State & National draft legal racing opportunities.

## MASTERCLASSES

Masterclass sessions will be structured to meet the demands of the participants and will be divided (as required) based on each athlete's current level of development so we make sure we provide the appropriate level of challenge for positive progression. The aim of each clinic will be education, skill development and fun. More targeted and expert coach support will be provided to ensure we work on raising the skills and confidence of everyone, which will also provide additional coach development opportunities.



## EDUCATION

Triathlon WA will provide education relevant to athlete development throughout the season. Some of the education opportunities will be delivered via online portals making it accessible for everyone, and usually scheduled in the evenings so that athletes can finish training and attend the sessions afterwards. These education sessions will be aimed at enhancing all aspects of holistic athlete development.

# CAMPS

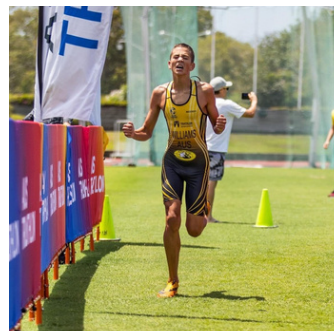
## TEAM WA CAMPS

Camps are a great opportunity for athletes to be in a focused and supportive environment that provides skill and knowledge development sessions, as well as a whole lot of fun with friends and team mates. We are looking at holding camps in the January school holidays. Camps will be user pays and we will do everything possible to keep costs to a minimum. More information to come soon!



## TRAVELLING RACE CAMPS

TWA will continue to offer the opportunity to travel and stay as a group for national races for all members of Team WA, keeping in mind the suggested performance guidelines to try to ensure everyone has a positive experience. These will be athlete funded and TWA will aim to subsidize the cost of coach support to provide the required supervision and race day support for the travelling athletes. The national calendar is yet to be released, but the Youth and Junior Super Sprint championships in Runaway Bay are slated for January 22nd - 25th January 2025. More info and EOI to travel with the group will be released soon



# HIERARCHY OF DISCRIMINATORS

The Hierarchy of Discriminators is the foundation on which AusTri and TWA look to support athletes as they progress through the pathway. We encourage you to become familiar with it and consider what each area might look like at a podium level relative to your desire and possible progression in the sport.



## At Podium this may look like.....

Winning Well When it Matters - Performing at or above expectation at pinnacle events; using anxiety to enhance performance; highly composed; ability to regulate emotions; focus attention despite "noise" under immense pressure and at critical moments.

Display behaviours that are consistent with High performance. Patience and professional; high self-efficacy, growth mindset; ability to self-regulate; capacity to plan, critically reflect and effect positive change; accountable, deeply competitive, resilient and purposeful.

Ability to plan, adapt and deploy race strategy; dynamically read and orient self in race; manage pacing; deploy tactical plays and "weapons" to influence race outcome and in response to opponents; understand and apply risk strategy; ability to critically reflect and "reality test" performance against planned objectives & world's best.

Possessing high technical competencies across swim, bike, run and transition to maximise performance efficiency, particularly executing continuously under stress / pressure / fatigue at high velocity.

Physiological profile across endurance, speed & strength domains meet or exceed the demands of world class competition; ability to deploy and sustain repeated high speed / power efforts to dictate the critical moments throughout a race; strong fatigue resistance capabilities; outstanding VO2max, high running economy.

Training load appropriate, minimum 80% training availability, low injury and illness history, functionally robust, fueled for appropriate energy availability, chronic sleep 8hrs+, managing education commitments, part time work, life planning

# AGE GROUPS

This can be a little confusing, but if you are racing locally, your age is how old you are by December 31st 2024. For our squads in this program and for national draft legal (DL) racing, we use World Triathlon age groups, which are determined by the year of the next world championships, so it becomes the age you are on the 31st December 2025.

|  | YOUTH     | JUNIOR (16-19) | U23       |
|--|-----------|----------------|-----------|
| <b>LOCAL RACING</b><br>(age you are 31 <sup>st</sup> December 2024)                          | 2012-2009 | 2008-2005      | 2004-2001 |
| <b>NATIONAL RACING &amp; TEAM WA PROGRAM</b><br>(age you are 31 <sup>st</sup> December 2025) | 2012-2010 | 2009-2006      | 2005-2003 |

For example, if you are 15 or turning 15 by the end of this year you are considered "Youth" for local race entries, but because you turn 16 in 2025, within this program and any national DL racing you would be considered a junior

# INDUCTION DAYS

The following dates have been selected based on venue availability:

- **JUNIOR & U23 SQUAD - Sunday 11th August 2024**
- **YOUTH SQUAD - Saturday 17th August 2024**

While not compulsory, it is highly encouraged that all squad members attend their relevant Induction day as we will be going over all the details of the program, along with explaining Masterclass clinics, camps, racing and travelling opportunities for the year, plus a whole lot more

Interested Parents and Pathway Coaches are also encouraged to attend the morning session especially so they can keep updated and ask questions.

As part of the day we will also be undertaking data collection as required by Aus Tri, which will be a 1500m run on the track and a 400m swim TT. This a great way to get some benchmark times for yourself to track your progression across the season and across time. This data will remain private between you, myself, your home coach and select AusTri Pathway staff.

## ESTIMATED SCHEDULE FOR BOTH DAYS

- 8.00am - Arrival & Welcome session
- 10.00am - Swim warm up and 400m swim session
- 10.30am - Light morning tea
- 11.00am - Run warm up and 1500m run session
- 12.30pm - Lunch
- 1.00pm - Education session
- 2.30pm - Afternoon tea and Fun activity
- 4.00pm - Finish

# DATA COLLECTION

We will be collecting data for Aus Triathlon twice a year for a 400m swim and 1500m run as they track it as part of their WHAT IT TAKES TO WIN strategy. You are welcome to attend these sessions or submit verified times (either a race result or ratified by a performance coach or higher)

The WITTW minimum performance standards for categorisation with AusTri are shown below. This is not an expected standard as a member of Team WA, just shown for your understanding around progression into high performance

| Categorisation Guidelines – Minimum Performance Standards |          |             |
|---|----------|-------------|
| Female  | Distance | Range       |
| Swim  | 400m LC  | 4:49 – 5:21 |
| Run   | 1500m    | 4:15 – 4:53 |
| Male  | Distance | Range       |
| Swim  | 400m LC  | 4:24 – 4:48 |
| Run   | 1500m    | 3:45 – 4:10 |



# LOCAL CALENDAR

## JUNIOR STATE SERIES

For each Junior State Series event, points will be awarded to the top ten (10) eligible TWA members in each junior age group. An athlete's best three (3) results from the State Series events will be considered. For an athlete to be eligible for Triathlete of the Year awards and final leader board placing, they must have competed in a minimum of three (3) state series races.

Overall Junior Triathlete of the Year Awards will be given to the three highest point-scoring male and female triathletes in each Junior age group on the State Series leader board.

| DATE       | JUNIOR STATE SERIES RACE             | 12-13        | 14-15        | 16-19        |
|------------|--------------------------------------|--------------|--------------|--------------|
| 08/12/2024 | City of Joondalup Coastal Quest      | Bolt         | TBC          | TBC          |
| 16/02/2025 | LGM Bunbury Classic                  | Enticer      | Sprint       | Sprint       |
| 30/03/2025 | Coogee Beach Triathlon               | Fun          | Fun          | Sprint       |
| 06/04/2025 | City of Joondalup Mullaloo Triathlon | Bolt         | Sprint       | Sprint       |
| 03/05/2025 | Busselton Foreshore Triathlon        | Short Course | Short Course | Short Course |

## DRAFT LEGAL RACING OPPORTUNITIES

Additional races may be added throughout the season in consultation with race directors.

| DATE       | LOCAL DRAFT LEGAL RACE       | VENUE          | AVAILABLE TO              |
|------------|------------------------------|----------------|---------------------------|
| 29/09/2024 | Armada Draft Legal Duathlon  | Champion Lakes | All athletes with DLE     |
| 19/10/2024 | Lightning League Race 1      | Champion Lakes | WA Team athletes with DLE |
| 17/11/2024 | Lightning League Race 2      | Champion Lakes | WA Team athletes with DLE |
| 22/12/2024 | Lightning League Race 3      | Champion Lakes | WA Team athletes with DLE |
| 19/01/2025 | Armada Draft Legal Triathlon | Champion Lakes | All athletes with DLE     |

## SCHOOL SPORT WA - NATIONAL SELECTION RACES

| DATE       | SCHOOL SPORT NATIONAL TRIATHLON TEAM SELECTION RACES | VENUE          |
|------------|--|----------------|
| 31/10/2024 | SSWA Secondary Championships                         | Champion Lakes |
| 24/11/2024 | EXSS Triathlon                                       | Champion Lakes |
| 08/12/2024 | Coastal Quest – TBC                                  | Whitford Nodes |

# NATIONAL CALENDAR

The National calendar has not yet been announced, however as soon as it is released, we will send through the dates and locations. At this stage, we are only confident on the date for the Australian Youth and Junior Super Sprint Champs which will be in Runaway Bay (Gold Coast) from January 22-24th, 2025



# LIGHTNING LEAGUE

The Lightning League Series is designed to build race intelligence & draft legal racing experience and is only available for Pathway athletes to enter who have a draft legal endorsement. The dates are outlined below. The Athlete Guide with race formats and links will be available soon.

**1** **ROUND 1**  
**DATE: Saturday 19th October 2024**  
**FORMAT: EQUALIZER : SBR/SBR**

**2** **ROUND 2**  
**DATE: Sunday 17th November 2024**  
**FORMAT: TRIPLE MIX : SBR / SBR / SBR**

**3** **ROUND 3**  
**DATE: Sunday 22nd December 2024**  
**FORMAT: MIXED RELAY : SBR- tag- SBR x 2**



# GUIDE FOR YOUTH & JUNIOR RACING PROGRESSION

Deciding on which races to target, locally or nationally, can be challenging for athletes, parents and coaches. This guideline is designed to give you a brief overview of the options and some feedback around when it might be suitable for you to consider. Hopefully it will provide some direction to the most effective and sustainable way to plan races to ensure each athlete is having a positive race experience by racing at the correct level to maximise gradual development.

Of course, each athlete is different, and the below serves as a BROAD GUIDE around what the different levels of competition look like – NOT RULES. Consult your home coach in the first instance and/or me as the Pathway Lead if unsure about the suitability of the other races on the calendar.

## LOCAL RACING:

An athlete at this level might look like:

- Aged 12-23 (age you are 31st December 2024)
- 0-2 years draft legal experience
- Completely new to one, two or all three individual disciplines

***This is the foundation level of racing. All pathway athletes should be racing locally – All ages and all levels.***

This is where athletes of all levels learn race craft and put into practice all the things they work on in training. Where they can learn from mistakes and identify areas of their training that aren't preparing them adequately for racing.

## NATIONAL NON CHAMPIONSHIP RACING:

An athlete at this level might look like:

- Aged 14-23 (race dependent as to age on 31st December 2024 or 2025)
- 2+ years draft legal triathlon or cycling experience
- Relatively new to one or two individual disciplines, competition experience in one or more

This is the next level of racing for athletes that have developed skills and race craft that have allowed them to be COMPETITIVE at local racing. This level of racing will challenge athletes and assist in progressing skills and race craft outside of their familiar environment, but may not be financially viable from WA.

## NATIONAL CHAMPIONSHIP RACING:

An athlete at this level might look like:

- Aged 14-23 (age you are 31st December 2025)
- 3+ years draft legal triathlon or cycling experience
- Competition experience in all three individual disciplines

This level of racing is very competitive and challenging for athletes on many levels and is not recommended for athletes that aren't competitive at local level racing. This level of racing provides a great opportunity for older, more developed athletes in the pathway to compete against similar athletes from all over Australia when they are ready. The times above are a guide to ensure athletes are prepared to compete and do not have a negative experience by being lapped out and withdrawn from the race.

| FEMALES | SWIM DISTANCE/TIME | RUN DISTANCE/TIME |
|---------|--------------------|-------------------|
| JUNIOR  | 400m/5:30          | 1500m/5:45        |
| YOUTH   | 400m/6:00          | 1500m/6:00        |

| MALES  | SWIM DISTANCE/TIME | RUN DISTANCE/TIME |
|--------|--------------------|-------------------|
| JUNIOR | 400m/5:15          | 1500m/5:15        |
| YOUTH  | 400m/5:45          | 1500m/5:30        |

## INTERNATIONAL RACING:

An athlete at this level might look like:

- Aged 16-23 (age you are 31st December 2025)
- 3+ years draft legal experience including national level tri
- Competition experience at national level in one or more individual disciplines

Juniors and U/23 athletes have some opportunities to race internationally or in Australia in international fields. This level of racing serves as a great intro for top age Juniors and U/23 athletes that are looking to progress into the HP pathway. Entry for these events will be suggested to athletes that we see as ready and entry links for nominations will be provided.

# UNIFORM & COMPETITION RULES

ALL Team WA athletes must have access to a road bike and either have a Draft Legal Endorsement (DLE) or be working towards becoming draft legal endorsed by 1st October 2024. If you don't currently have a DLE, please review the [AusTri Cycling Aptitudes Standards CAS1](#) guidelines and work on building your skills and confidence with the aim to be ready to be assessed by 1st October 2024. TWA also be providing some skills sessions in August to assist with this.

All athletes competing in any Draft Legal (DL) races across the 2024-2025 season must wear a triathlon race suit that meets the World Triathlon (WT) uniform guidelines specifications and include surname placement, rear zip (males), and logo size(s). Team WA uniforms will be available to purchase soon through the Scody online shop. This season we will be combining uniforms with SSWA to save athletes needing two separate uniforms, so those athletes who have been on the SSWA national team or are hoping to be selected this season, are able to select a suit that includes the SSWA logo on the suit side panels.

The WT Uniform Guidelines can be found on the WT website: [World Triathlon Uniform Guidelines](#)

For local DL racing, if an athlete does not have a WT compliant race suit, they may compete in a "cleanskin" race suit with no sponsors or markings. For non drafting races, athletes may wear any suit they prefer.

Competition rules shall be as per WT & Triathlon Australia rules for Draft Legal events. This includes: bicycle, wheels (UCI approved), handle bar and wetsuit restrictions.

WT rules can be found below:

[World Triathlon Race Competition Rules](#)

UCI Approved Wheel list can be found below:

[UCI Wheel List](#)

It is the athlete and coach's responsibility to know and understand the WT and Aus Triathlon Draft Legal rules.



# SPORT INTEGRITY AUSTRALIA

Every athlete needs to be aware of their obligations with respect to Anti-Doping and Sport Integrity. Each athlete who is a member of the TWA Pathway Program must complete the following Sports Integrity online courses as outlined below before the 18th October 2024.

Please be mindful of the date that this requirement is due by. Failure to complete and send the certificates could impact your inclusion in some racing opportunities. There may be anti-doping control at a number of national events, and it is your responsibility to understand your obligations with respect to the key areas of anti-doping such as prohibited substances and methods, therapeutic use exemptions, doping control and whereabouts.

To register for and complete the courses go to:

<https://elearning.sportintegrity.gov.au>

Please email your Certificates of Completion to [programs@wa.triathlon.org.au](mailto:programs@wa.triathlon.org.au) once you have completed the courses

We would encourage all parents of athletes within the Pathway to complete the same courses as part of your awareness process which ultimately assists your child through their sporting journey. Completion is not compulsory; however, we do highly encourage our Pathway parents to be as well informed as possible, and this online, free e-learning tool is an excellent resource. Please note Parents and Athletes will need separate login and email details to receive their own completion badges.

|   |
|---|
| Anti-Doping Fundamentals Course                                   |
| Annual Update 2024 (must complete Anti-Doping Fundamentals first) |
| <u>Safe Guarding</u> Children and Young People in Sport Induction |
| National Integrity Framework                                      |
| Introduction to Illicit Drugs in Sport                            |
| Decision Making in Sport  |
| Competition Manipulation and Sports Betting                       |



**Annual Update 2024**  
15 April 2024



**Anti-Doping Fundamentals**  
15 August 2023



**Safeguarding Children and Young People in Sport Induction**  
5 March 2024



**Competition Manipulation and Sports Betting**  
15 August 2023



**Decision Making in Sport**  
15 August 2023



**Introduction to Illicit Drugs in Sport**  
15 August 2023



**National Integrity Framework**  
19 February 2024

# CHILD SAFETY & MEMBER PROTECTION

The Boards and staff of Aus Tri and Triathlon WA are committed to creating a safe, fair and inclusive sporting environment for our members, participants and stakeholders. Board members, committee members and staff undertake to apply core values of health, enjoyment, belonging, achievement and respect to everything we do.

We seek to prevent all forms of harassment, discrimination and abuse, and to promote positive behaviour amongst our athletes, coaches, staff, committees and board. Harmful, unlawful and socially inappropriate behaviour will not be tolerated by Triathlon WA. Should anyone feel that they have been the subject to any form of inappropriate behaviour, athletes and or parents are encouraged to contact the TWA Pathway Lead or WA Executive Director or contact Sport Integrity Australia using the contacts provided through the link below.

[Aus Triathlon National Integrity Framework](#)

## COMMUNICATION

This season STACK TEAM App will be our primary source of communication for updates, but we will also send newsletter style email updates every few weeks to ensure everyone gets the information they need. It is expected athletes will check the app regularly and have notifications turned on and respond to any communications accordingly. It is the responsibility of the athlete to respond to communications on all matters relating to camps, clinics, races & related logistics within a reasonable timeframe.

Key program information will be communicated via email directly to the athletes registered email address with parents (U18 athletes only) copied into all emails for information purposes. Home coaches who are registered accredited AusTri coaches will also be copied into communications for information purposes & may be contacted directly for athlete information (skill competencies, race plans, IADP etc.) or individual Coach development opportunities.

Please refer to Aus Tri's [Social Media Guidelines](#) and [Member Protection Policy](#) for acceptable behaviors in this space.

For all athletes under 18, communications between the athlete and Triathlon WA staff must include a parent or guardian. This will occur by CC'ing a parent / guardian on all communications. We strongly 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 relevant TWA employee via TEAM App or email and include parents and home coaches. Athletes are responsible for their development within the sport & are expected to own the communication between stakeholders. This is a key objective of the program. Travelling camp group communications may utilise Whatsapp, controlled by Triathlon WA.



# ATHLETE LEVY

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The Pathway program continues to be generously supported by funding from the local government and TWA board. To further expand the program and ensure we provide quality masterclasses and educational opportunities, a levy of \$150 (plus GST) will be charged to all athletes in the program this season, and that will be invoiced to successful applicants once the squads for Team WA are finalised. All money collected will be dedicated to the program and the athletes in it.

Financial assistance will be available for families that may require support.



# TWA CONTACTS

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