



## **Coach Education Pathway Proposal**

### **Triathlon Australia Coaching and High Performance Program**

*The Triathlon Australia High Performance Program will see Australian triathletes and coaches achieve their full potential and set new standards in the sport.*

*We will focus on fostering values of respect, honesty, humility and unity through our collective commitment to team goals, leadership and passion for achievement.*

*As a result, Triathlon Australia will be seen as an innovative leader in the Australian sporting community through our delivery of sustainable success.*

### **Introduction**

Triathlon Australia (TA) boasts an enviable record on the world sporting stage. Australian athletes have consistently stood on the podiums of the Olympic Games, Commonwealth Games, World Championships, World Cups and Ironman events all over the world. Behind the outstanding results of our athletes are a small group of hardworking and dedicated elite coaches and support networks. These coaches work at the cutting edge of elite endurance sport and the knowledge and experience gained is invaluable in the continued success of TA athletes and the education of developing coaches. Unfortunately, our coach education system has not kept pace with the rapid progress of triathlon coaching and it is imperative that we look at a new coach education structure. The TA Coaching and High Performance program is committed to designing a new coach education structure that meets the requirements of all coaches at any level. Moreover, the coach education courses remain relevant in the ever-changing world of national and international elite sport and delivers the required outcomes to help our triathlon coaches move along the coaching pathway.

## **Current TA Coach Education Pathway Overview**

**Level 1** - Aimed at coaches working with beginner and club level triathletes.

**Level 2** - Aimed at coaches working with state and national level triathletes.

**Level 3** - Aimed at coaches working with triathletes aiming for elite international level competition.

## **Proposed New TA Coach Education Pathway Overview**

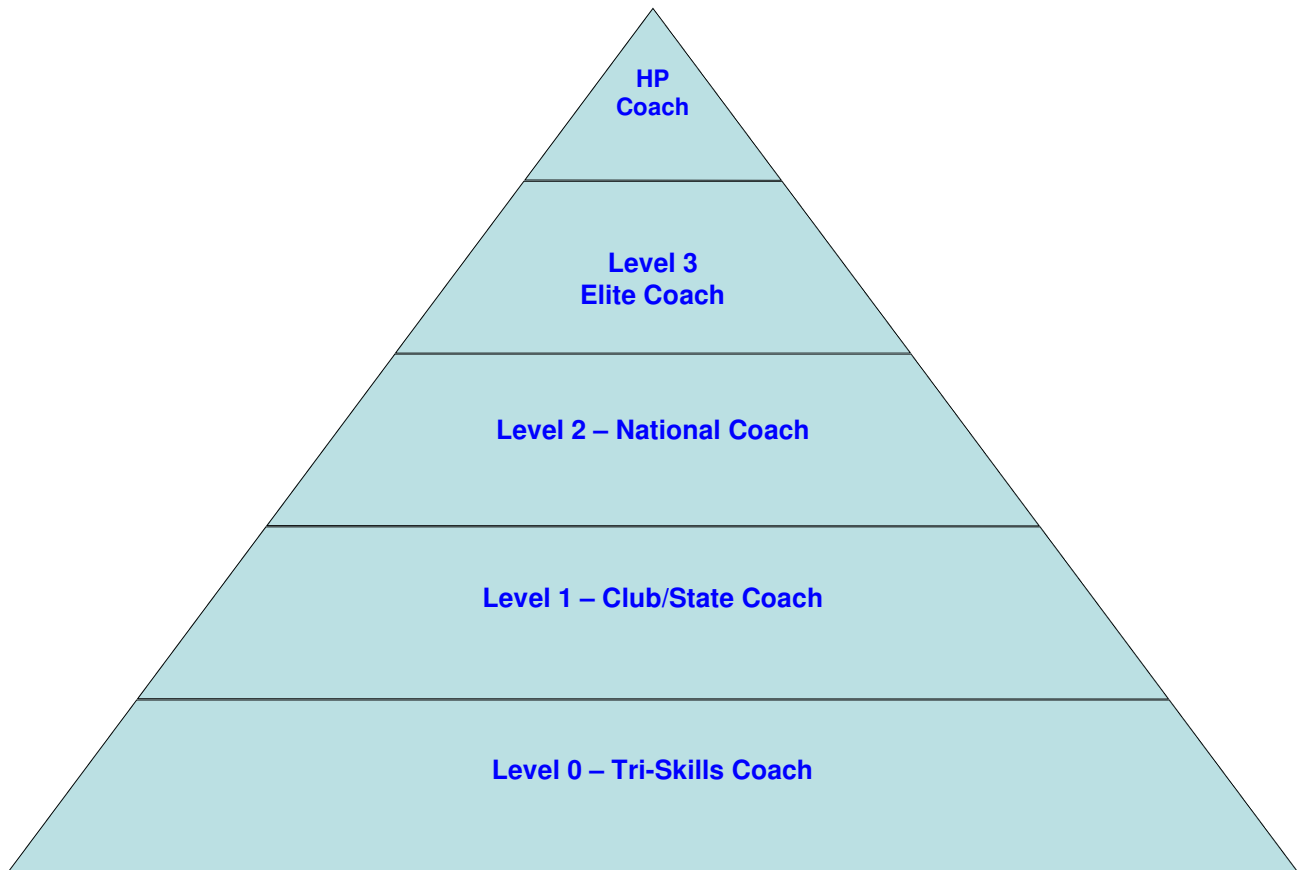
**Level 0 – Tri-Skills Coach:** Aimed at parents, teachers and club members who wish to work with children or novice level triathletes. The level 0 course is a 1-day course and is based on the game sense philosophy. The level 0 program is driven, co-ordinated and managed by each STTA's.

**Level 1 – Club/State Coach:** Aimed at coaches working with beginner, club and state level triathletes. The level 1 course is a 2-day course and has a mixture of theory and practical/hands on coaching. The level 1 program is driven, co-ordinated and managed by each STTA's.

**Level 2 – National Coach:** Aimed at coaches working with national level triathletes with the view to progressing their athletes to an international standard. The level 2 course is a national program held over 4 ½ days and is conducted every two years. Level 2 candidates must have held a level 1 accreditation for a minimum of 2 years and been actively coaching. All level 2 candidates must be endorsed by their respective STTA to attend the course. The level 2 course is driven, coordinated and managed by Triathlon Australia.

**Level 3 – Elite Coach:** Aimed at coaches working with elite international level triathletes. The level 3 course will be a 12-month course "book-ended" with 2 x 3 day live in periods. It will be conducted every 2 years. It is proposed that two specialist streams will be available for coaches to choose from. It will also involve being mentored by a suitably qualified high performance coach. To be eligible for this course coaches will be required to meet performance criteria and must apply directly to Triathlon Australia. Candidate's eligibility will be assessed by the TA High Performance Team. The level 3 course will be driven, coordinated and managed by Triathlon Australia.

**Level 4 – High Performance Coach:** Aimed at coaches who work with elite ITU draft legal triathletes only. Coaches must have consistently placed athletes onto elite teams at World Championships, Commonwealth Games or Olympics Games in the past 3 years and be focused on working with the TA HP Program to achieve its stated vision and objectives. This is national course based on personal professional development and candidates need to apply directly to the TA National Performance Director (NPD). The NPD will co-ordinate a HP Coaching Panel to select and oversee this program.



## Proposed New TA Coach Education Pathway - Overview

### Level 0 – Tri-Skills Coach

**DURATION:** 1 Day

**SCHEDULE:** Contact STTA

**CONDUCTED BY:** STTA

**TARGET MARKET:** Parents, teachers and club members who wish to work with children or novice level triathletes.

**ENTRY REQUIRMENTS:** 16 years of age

**RE-ACCREDITATION:** Contact STTA

### Level 1 – Club/State Coach

**DURATION:** 2 Days

**SCHEDULE:** Contact STTA

**CONDUCTED BY:** STTA

**TARGET MARKET:** Coaches working with beginner, club and state level triathletes.

**ENTRY REQUIRMENTS:** 18 years of age

**RE-ACCREDITATION:** Contact STTA

### Level 2 – National Coach

**DURATION:** 4 ½ Days (Live In)

**SCHEDULE:** Bi-annually

**CONDUCTED BY:** Triathlon Australia

**TARGET MARKET:** Coaches working with national level triathletes with the view to progressing their athletes to an international standard.

**ENTRY REQUIRMENTS:** 1. Hold a current level 1 triathlon coaching accreditation for a minimum of 2 years and been actively coaching.

2. Endorsed by respective STTA.

**RE-ACCREDITATION:** Contact STTA

### Level 3 – Elite Coach

**DURATION:** 12 Months plus 2 x 3 Days (Live In) and coach mentoring.

**SCHEDULE:** Bi-annually

**CONDUCTED BY:** Triathlon Australia

**TARGET MARKET:** Coaches working with elite international level triathletes.

**ENTRY REQUIRMENTS:** 1. By application direct to Triathlon Australia.

2. Hold a current level 2 triathlon coaching accreditation for a minimum of 2 years and been actively coaching elite triathletes.

3. Meet set elite triathlon performance criteria.

4. Application assessed by TA High Performance Team.

**CONTENT:** Two Specialised Streams – Elite Ironman & Elite ITU Draft Legal.

**RE-ACCREDITATION:** Contact TA

### Level 4 – High Performance Coach

**DURATION:** 12-18 months - professional and personal development.

**CONDUCTED BY:** Triathlon Australia

**TARGET MARKET:** Coaches who work with elite ITU draft legal triathletes only.

**ENTRY REQUIRMENTS:** 1. Direct application to TA National Performance Director.

2. Hold a current level 3 triathlon coaching accreditation (ITU Draft Legal) and actively coaching elite ITU draft legal triathletes.

3. Consistently placed athletes onto elite teams at World Championships, Commonwealth Games or Olympic Games in past 3 years.

4. Focused on working with the TA HP Program to achieve its stated vision and objectives.

**RE-ACCREDITATION:** Contact TA

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