



NCAS Level 3 Triathlon Coach Education Course
19-22 December 2007 & 17-20 December 2008
Gold Coast, Queensland

Course Convener:

Bill Davoren, National Performance Director, Triathlon Australia

Course Coordinator:

Craig Redman, National Development Coach, Triathlon Australia

Course Overview - Level 3 (Elite Coach): The Level 3 triathlon coach training program is a twelve month national program “book ended” with two x 4 day/3 night live-in blocks and includes mentoring from high performance coaches. The program is designed for coaches who are working with elite international level triathletes on a face-to-face basis in either Elite Ironman, or Elite ITU Draft Legal Triathlons. Coaches who meet the course entry pre-requisites and wish to be considered for the Level 3 triathlon coach training program must apply direct to Triathlon Australia Ltd.

Entry pre-requisites

In order to be considered for the Level 3 triathlon coach training program, a coach must:

1. Be a currently accredited Level 2 Triathlon Coach.
2. Be identified by Triathlon Australia as a current Recognised Practicing Coach (RPC) in Australia and be endorsed by Triathlon Australia.
3. Have held their Level 2 Triathlon Coaching accreditation for a minimum of two years AND have been actively coaching elite triathletes on a face-to-face-basis

throughout that time. (Coaches who have held their Level 2 accreditation for less than two years may apply for special consideration. Coaches may be required to provide evidence of their active face-to-face coaching).

4. Be coaching athletes who have achieved one or more of the following elite triathlon performance criteria during the past 2 to 3 years:

Elite Ironman

- Hawaii Ironman Triathlon – Top 15
- ITU World Long Distance Triathlon Championships (WLDC) – Top 10
- International Ironman Triathlon Events – Top 5

Elite ITU Draft Legal

- Have athletes selected in the Elite category of the Australian Team for the ITU World Championships, Commonwealth Games or Olympic Games.
- ITU World Cups – Top 10
- Have two or more ITU Junior or Under 23 (U23) athletes selected in the Australian Team for the ITU World Championships or have one athlete selected over a 2 to 3 year period (Coaches who have had athletes achieve these performance levels outside the last 2 – 3 years may apply for special consideration).

5. Be prepared to complete some pre-training program reading on sports science and coaching topics in preparation for the training program.

Potential candidates must apply directly to Triathlon Australia. Applications for the Level 3 triathlon coach training program will be assessed by the Triathlon Australia High Performance Team. Final selection of candidates will be at the discretion of the Triathlon Australia National Performance Director and training program fees must be paid in full before acceptance to the training program is confirmed. Coaches who have been selected as an Australian Institute of Sport (AIS) Scholarship Coach in Triathlon will be automatically accepted as a candidate for the Level 3 triathlon coach training program if they do not already hold Level 3 triathlon coach accreditation.

Course Detail:

The course will commence on Wednesday 19th December 2007 and conclude on Saturday 22nd December 2007. The second block will commence on Wednesday 17th December 2008 and conclude on Saturday 20th December 2008. The new level 3 curriculum will be finalised by October 2007. Spots on the course are strictly limited and subject to the course pre-entry requisites and acceptance guidelines.

Course Delivery:

Sessions will include a mixture of research, presentations, workshops, panel discussions, small group activities, practical and self-directed work groups. There will be some evening sessions included during the course.

Venue:

All sessions will be conducted at the Sports Super Centre (SSC), Runaway Bay, QLD. We will use the various training facilities as well as a lecture room that are located at the SSC. For more information about SSC go to: www.sportssupercentre.com.au

Accommodation:

Accommodation has been booked in "The Lodges" at the SSC based on twin share rooms. Please note that the course commences on Wednesday afternoon. Lunch will be provided on the Wednesday prior to the course start. Accommodation and all meals are included in your course fee.

Travel:

Coaches are responsible for their own transport to and from the SSC. The SSC is located at Runaway Bay and is approximately 80km from the Brisbane airport and 30km from Gold Coast airport.

Course fee:

\$990.00AUD incl. GST (includes L3 course, all notes, articles, accommodation & meals and access to the Sports Super Centre facilities).

Please note the course refund policy on the application form.

Applications Close: [28th September 2007](#)

Application Form
(Please complete and forward to Triathlon Australia
for approval no later than **28th September 2007**).



NCAS Level 3 Triathlon Coach Education Course
Sports Super Centre, Runaway Bay, Gold Coast QLD
19-22 December 2007 & 17-20 December 2008

Name: _____

Date of Birth: _____ **Age:** _____ **Sex:** _____

Address: _____

Contact information:

Home phone: _____ **Business phone:** _____

Mobile phone: _____ **Email:** _____

Triathlon Level 2 NCAS Identification number: _____ **Expiry date:** _____

2007/2008 Triathlon Australia Membership Number: _____

Education background: (e.g. Level 2 General Principles, Human Movement degree etc)

Personal Competition background: (e.g. highest level of competition; best performance)

Triathlon Coaching Interests: (please indicate the percentage of your elite athletes in each of the following categories):

ITU Draft Legal Athletes: _____% or Ironman Athletes: _____%

Elite/Professional: _____% ITU Juniors: _____% Under 23: _____%

Please describe the nature of your “coaching business”

Volunteer (no fees charged)	Fees charged (have another job but get extra money through charging coaching fees)	Professional Coach (triathlon coaching is main source of income)
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Please state your coaching experience and how your coaching is conducted: (e.g. coach all three disciplines; use specialists; face to face; coach by correspondence etc.)

Name of the elite athlete(s) you coach & their recent race results

Triathlon Australia Use only

This application is endorsed/not endorsed by Triathlon Australia

In our opinion, this candidate is suitable/ is not suitable for inclusion in the Level Three coach education program at this time.

Signed (on behalf of Triathlon Australia): _____

Name (of person signing on behalf of Triathlon Australia): _____

Date: _____

DO NOT SEND YOUR PAYMENT WITH THIS APPLICATION FORM

Successful applicants will be advised by TA via email/phone and sent a payment form

Full payment is required by ALL successful applicants by COB 15 October 2007

COURSE REFUND POLICY

Non-refundable \$250.00

After 1 November 2007 - 50% of course fee is Non-refundable

After 3 December 2007 – 75% of course fee is Non-refundable

After 10 December 2007 – 100% of course fee is Non-refundable

For additional information, please contact:

Craig Redman

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Triathlon Australia

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Australian Government
Australian Sports Commission