



**TRIATHLON
ENGLAND**

Process for English Regional Academies 2019-20

Purpose:

- To be able to support existing English Regional Academy athletes in returning to triathlon training and associated activities.
- To be able to help existing athletes re-establish their training patterns in a progressive manner through swim, bike and run, with holistic consideration and awareness of athlete wellbeing post Covid-19 lockdown.
- To be able to help existing athletes recalibrate their (Covid-19 affected 2020) goals in the triathlon pathway in the next stage of their development.
- To be able to create safe and appropriate opportunities for athletes not yet in their respective Regional Academy to access some exposure to this stage of the pathway (where governmental guidelines and restrictions and British Triathlon guidance allow).

Extension to the 2019-20 year

English Regional Academies (ERA) will be extending the academy year through to December 2020. All **existing** 2019-20 ERA athletes will be invited to remain part of their Regional Academy (RA) and its associated activities during this time (face-to-face and virtual).

- During this time, Regional Academy leads (RAL) will look to discuss with the existing 2019-20 “full” Academy cohort individually about their desire to remain involved.
- Academy activity may be organised according to availability and government guidance. 2019-20 RA athletes invited to any organised activity following adopted “RA return to activity guidance”.
- If possible and appropriate and according to current governmental and British Triathlon guidance, RA to hold “open days” to enable new prospective 2020-21 applicants to get exposure to staff, standards and where possible, different environments. Sessions will be progressive through swim, bike and run.

Athletes will be given time and opportunity to stabilise their training environments, but will also be asked to think clearly about development targets pertaining to the availability of their individual training set up at home (including local pool, track, club access).

Established swim and run guidelines & standards will be used to help athletes and coaches to set expectations and understand the current development level to help set goals. Support and consideration will naturally be given to all athletes who would have experienced difficulties during the Covid-19 lockdown period.

Existing 2019-20 Academy athletes will be asked to complete the application process for 2020-21. This will create an opportunity to reflect on the year and articulate their individual learnings and perspectives through the challenging lockdown period.

Timeline

All details below are dependent on progress made in controlling Covid-19, government guidelines and restrictions both on a national and local level.



2020-21 Regional Academy application process

Applications are invited through a Microsoft Forms document by athletes born 2002-2006

1. Submission of 2019 times
 - TS3/Youth A - 200m swim/1500m run, Youth B/Junior - 400m swim/3000m run.
 - this provides context to where athletes were pre-Covid-19 lockdown
2. Athletes (current Yr 2 Yth A, Yth B & Jnr) to provide evidence of their 2020 [“ETU Next Generation Challenge”](#) time trial (400m swim/3000m run).
Current Yr 1 Yth A / TS3 athletes to provide evidence through google form of current 200m/1500m time. Video evidence may be requested to validate.
 - benchmarking of where athletes are currently post-Covid-19 lockdown**Closing date - Sunday 27th September 2020.**
3. RALs to review applications and invite appropriate applicants to submit a personal statement by email.
4. RALs will then consider athletes for their respective 2020-21 Regional Academy programmes based on appropriateness and number of places available. This may include inviting new athletes to a RA Day for further assessment.
5. Swim and run time trials and benchmarking of athletes will look to begin in January 2021.

2020-21 Regional Academy

- This will be a “transitional year” running from January 2021 to September 2021. As of 14th August 2020, it is planned that the 2021-22 Regional Academy application process for will begin August 2021, with trials in September 2021.
- Principle - to support, guide and develop athletes.
- The focus of work during this year is likely to include the athletes needing to establish a realistic and consistent pattern of training whilst at home.
- Club structures MAY be severely compromised, so a basic audit of what an athlete has access to each month will be important, as will the ability to help athletes and parents keep training simple in the return to school phase as well.

Additional notes:

- There will be no residential RA activity until further notice.
 - This will be reviewed monthly, moving to a fortnightly review when deemed necessary.
 - If residential activity is allowed, this may be rescinded in the event of a second or further waves occurring.
- Regional Academies are about exposing athletes to and allowing them to explore performance triathlon. Athletes are being supported to develop the building blocks for progression up the Performance Pathway.
- Regional Academies are encouraged to continue to engage their respective Regions (including Regional Committees) to:
 - Make all aware of RA process
 - Encourage new coaches within the area to volunteer and get involved.