



Re: NE Academy 2018 and onwards.....

The NE regional triathlon academy is a performance programme for triathletes aged 13yrs – 19yrs.

The annual intake or re-test date is usually around September following the final U20s festival of racing where, youth, juniors and Tristar athletes compete in Super Series and IRC races.

The first round of testing is carried out using a benchmark time for run and swim splits matched against a point's matrix. Depending on age various distances are used but the points level required is usually around 300: a combination of swim/run points. Check the on line calculator to see where you might score!

<https://www.britishtriathlon.org/gb-teams/talent/talent-identification>

This triggers a second stage screening at half term which will be a 1-2-1 (inc parents) lasting around 90 mins!

This consists of a standard screening process carried out by most performance coaches using ROM, muscle endurance and balance ability tests and exercises.

We may add some video footage, feedback on running using a treadmill and finally a basic power profile test on the bike (we use watt bikes for this test)

Also a bike skills test may be used at the second stage process which will include a dustbin test riding a figure of eight in a set time.

This allows for the gathering of valuable information to assess and plan what support is required for each athlete either from me or within their home training environment.

During the following months additional field testing will be carried out as part of the whole group training sessions which are planned to include all athletes at some point (but not all at every session depending on age, ability and skill level)

Selected athletes may be invited to various training camps and weekends. These may be based in Northumberland, Cumbria and Spain. These are great opportunities to develop life skills alongside team building as well as big volume training blocks.

The standard swim session test would be an endurance swim set to back up the short PB set required to begin with. A bike skills test to back up the power profile and some workshops to inform the athlete on various issues such as clean sport, supplementation, planning, injury prevention, S&C and bike essential maint etc.....

There is also a National test weekend usually held around beginning of April where regional Academy athletes are proposed by the head coach to enter the process. This sets the benchmark of performance level for application of entry into the Super Series Races.

Most of the athletes on programme will be expected to take part in the Super Series races for youth and juniors where National ranking points will be allocated. These are draft legal races (usually 5-6 in total) on closed roads and very competitive open water events!

Those not attending the test weekend will remain affiliate members along with ALL new intake athletes. Following the test weekend in April and a roll down position achieved, athletes may be allocated FULL ACADEMY STATUS. Team kit and race tri-suits will be available to purchase following full academy status.

Athletes not achieving 300 points may be allocated an invite status or an affiliate status depending on the information gathered during the screening process.

There is also a gateway event for Junior's usually beginning of May which forms the roll down list and bench mark entry point for junior super series and also possible entry to ETV Junior cups around Europe.

There are National Supported ETV cup races and European Championships where GB squad selection will nominate athletes to represent GB at International Level. The Academy is a feeder for the England Talent A Squad where athletes are supported by the performance management team based in Loughborough. There is also a B squad where named athletes are invited to some ETV cups and various training camps and opportunities throughout the year.

Regional Academy athletes are expected to keep an up to date training diary log on Training Peaks, attend sessions when invited and engage with the programme. Regional age group racing can be a good source of local competition to gain race experience and allow for additional competition gains which does hold some value in the performance process although not a priority for Academy athletes.

If you fit the above criteria and would like to to enrol please complete the information required on the application link below.

<https://www.surveymonkey.co.uk/r/TJV7XCZ>

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