



**South Central Regional Academy Information.**

**2017 - 2018.**

South Central Academy

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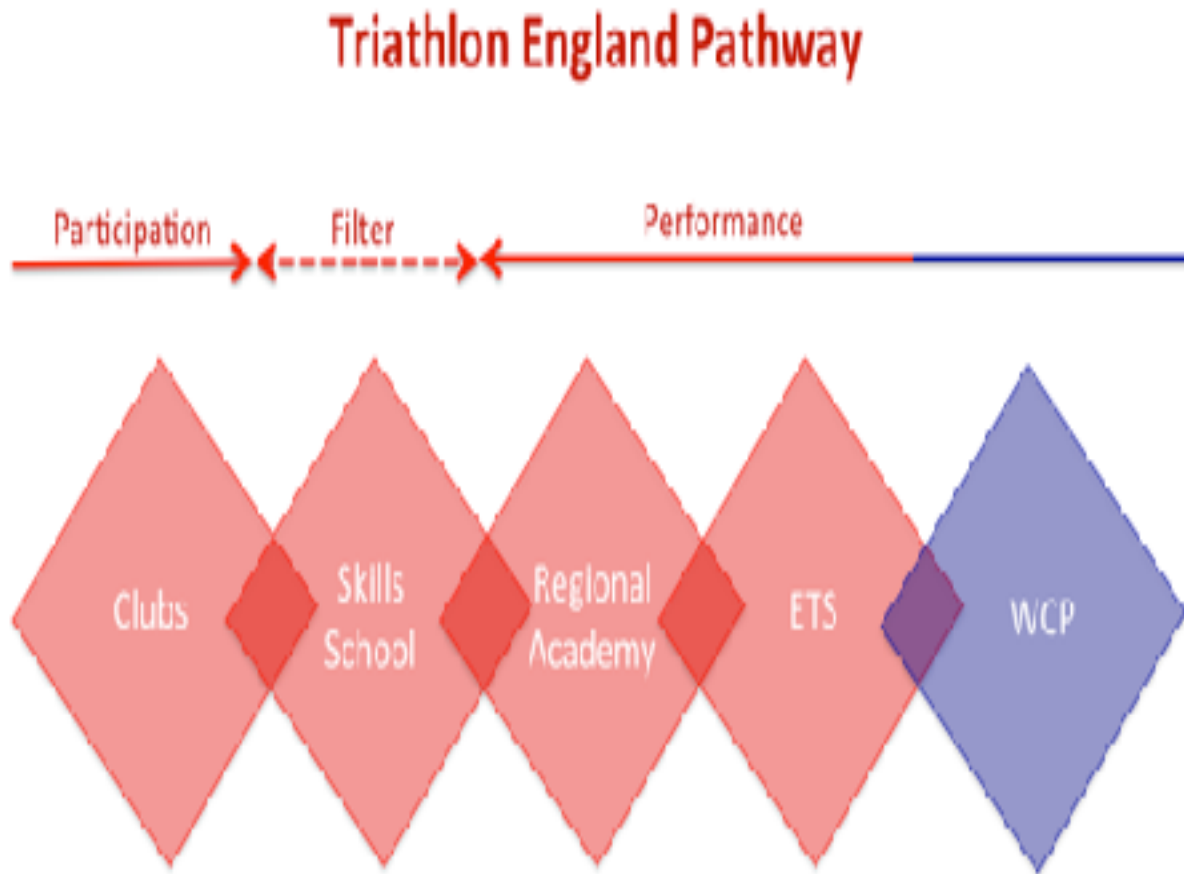
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## 1. What is the Triathlon England South Central Regional Academy?

The Academy is the first step on the GBR Performance Pathway for athletes aged 13-19 years of age.



In 2014 the South Central Region was created as the last of the 10 Triathlon England Regions and the Academy was formed. In September 2014 the first Academy trials were held. In line with the region the Academy covers Hampshire/Isle of Wight; Buckinghamshire; Oxfordshire & Bedfordshire.

All Academies use a points scoring matrix as part of their selection criteria; this matrix is based upon World, European & British best triathlon performances and is reviewed annually.

In order to be invited to the Academy trials athletes need to submit their swim & run times, plus information on their season races to [southcentralacademy@britishtriathlon.org](mailto:southcentralacademy@britishtriathlon.org)

**Athletes need to score at least 320 points to be considered for the 2017 trials.**

The athlete's age will be the age they are on the day of the trials.

An indication of how an athlete may achieve the points is shown in Appendix A.

Each Academy has a Regional Head Coach and for South Central that is currently Scott Murray (07870 596873). [southcentralacademy@britishtriathlon.org](mailto:southcentralacademy@britishtriathlon.org)

## 2. What is the purpose of the Academy?

The Academy is about supporting the athlete's development; the athletes on the Academy have been identified as having the potential to go further.

It will be an environment where they will be exposed to new ideas & information which will allow them to be curious & explore their own decision making, problem solving and reflection. This will enhance their development as a triathlete and allow them to excel at their sport.

Whilst the Academy is focused on enabling athletes to be the best developed & best supported athletes that they can be, it is also the first step on the Performance Pathway and some athletes will have Performance aspirations.

For those athletes they need to have an awareness that there are approximately 165 athletes within the Regional Academy set up and only a selected few will be invited onto a Home Nations Squad, such as the England Talent Squad.

Historically 1 athlete out of 200 (0.5%) will follow the traditional talent pathway through from Academy to World Class Performance.

In order to identify & develop talent the Regional Coaching Team will:

1. Provide clear selection information for those athletes wishing to join the regional academy;
2. Provide models of the skills & training Academy athletes should have at Youth and Junior;
3. Conduct yearly talent identification trials for 13 years - Junior athletes;
4. Monitor training and provide coaching support through Training Peaks;
5. Provide training days, camps and workshops for its athletes in the region;
6. Support athletes competing both at Regional, National & home and other events;
7. Provide ongoing support for all Academy athletes & coaches;
8. Engage with the Skill School lead for the region as well as the coaches & athletes involved in Skill School;
9. Invite Skill School & Club coaches into the Regional Academy training days;
10. Engage and involve coaches in the South Central region, currently working with young athletes;
11. Be a source of information for clubs, coaches, parents and athletes in the region.

### 3. Trials information & criteria.

#### The Academy trials are by invitation only.

For September 2017 trials athletes will need to demonstrate that they can score the **minimum** 320 points required. If an athlete scores the minimum 320 points then they will be invited to the trials.

If you want to know where you are, points wise, then send an enquiry to [southcentralacademy@britishtriathlon.org](mailto:southcentralacademy@britishtriathlon.org) and the Regional Head Coach can advise what your current times mean.

Athletes will be scored based upon their age at the time of the trials, so it may be that athlete trials based upon the TS3 scores but will end up racing as a Youth athlete the following season. This will be accommodated in the Academy coaching.

Athletes will need to submit times for the following:

13 to 15 year olds a 200m swim time & a 1500m run time;

16 to 19 year olds a 400m swim time and a 3km run time.

For the trials your age is determined by your age on the 24th September 2017. Your times will be converted into a points score and the higher scoring athletes invited to the trials.

To corroborate the athlete's score they will need to have a swim time recorded upon GBR Swimming <https://www.swimmingresults.org/individualbest> as well as having a run time upon GBR Athletics <http://www.thepowerof10.info/athletes/athleteslookup.aspx> .

If an athlete has not got a current swim or run time on these sites then an independent coach will need to send an email to [southcentralacademy@britishtriathlon.org](mailto:southcentralacademy@britishtriathlon.org) verifying that the athlete has achieved the times stated within the last season.

In conjunction with this application process the coaching staff will analyse the results from local regional series to identify potential TS3 athletes, as well as the National Series to identify potential Youth & Junior athletes. If it transpires that a consistently, high performing athlete does not apply for the Academy trials then they may be approached by the Regional Coaching Team who will ask them if they wish to apply.

**The South Central Regional Academy trials will take place at Radley College Sports Centre, Kennington Rd, Radley, Abingdon OX14 2HR on Sunday 24th September 2017 between 10am to 5pm.**

Athletes will be asked to swim & then run over set distances based on their sports class **age at the time of the trials.**

The swim will be from a dive start and there will be one athlete per lane. The swim order tends to be Juniors, Youths & TS3. To try to ensure the athletes swimming & running the furthest get maximum recovery time.

On the run there will be a maximum on two athletes on the track at any one time but you will start at opposite ends of the track to minimise pacing each other. The athletes will go on the track in their previous swim order.

## **Trial Distances.**

13 to 15 year old athletes will swim 200m & run 1500m.

16 to 19 year old athletes will swim 400m & run 3km.

There will also be a cycle assessment where you will be asked to demonstrate that you can ride rollers, as well as a timed skill assessment.

Lastly there will be a gym assessment to see how strong you are & to give an indication of your robustness.

Athletes will be selected based upon all aspects of the trail day process.

**For the trials you will need to bring swim, bike, run, gym kit & equipment plus your own lunch, snacks & drinks.**

It is anticipated that the Academy will have between 12-14 athletes in it for the 2017-2018 season.

The Regional Head Coach will contact all triallists within 48-72 hours advising them on whether or not they are being offered a **provisional** place in South Central Academy.

Athletes behaviours will be monitored & assessed between the trials up to & including the December 2017 training weekend. After the December 2017 training weekend athletes status within the Academy will be confirmed.

### **Athletes status will depend upon the following:**

1. Punctuality to sessions across the training weekends.
2. Arranging with Regional Head Coach to attend for swim & bike analysis.
3. Hydration status prior to the Academy weekends; this is all about managing your own preparation & recovery.
4. Taking responsibility for ensuring any injuries are reported to the Academy coaches and treatment is sought in a timely manner.
5. Athletes to ensure that their home daily training environment gives them the balance & sessions required to enable them to fulfil their triathlon potential.
6. Athletes will link their Training Peaks account to [southcentralacademy@britishtriathlon.org](mailto:southcentralacademy@britishtriathlon.org) in order that the Regional Head Coach can monitor their day to day training.
7. If athletes do not have a Training Peaks account then one will be supplied.
8. Athletes will be expected to update their Training Peaks account within 48 hours of any training session or event.
9. Athletes will be expected to send an email to all Regional Academy Coaching staff within 48 hours of any event commenting on What Went Well in that event & how that event could have been improved, Even Better If.
10. Complete profiling document on a regular basis in order it can be discussed monthly.

Athletes will be monitored across these points and the athletes that have good behaviours across these points will be confirmed within the Academy for the forthcoming season.

#### **4. Academy Training Days, Assessment Days & Camps.**

**The Academy is at Sibford School, Sibford Ferris, Banbury, Oxfordshire, OX15 5QL.**

##### **Academy Days.**

7th & 8th October 2017

11th & 12th November 2017

9th & 10th December 2017

13th & 14th January 2018

3rd & 4th February 2018

Triathlon Camp 12th - 16th February 2018

3rd & 4th March 2018

##### **A general outline of the day will be :**

0645 Meet & Greet in Classroom above the sports hall/pool area

0700-0830 - Swim Session

0830-0930 - Breakfast. Hot breakfast supplied by school chefs.

1000-1300 - Bike

1300-1400 - Lunch. Packed lunch supplied by school chefs.

1400-1500. Run/conditioning session.

1530. Day concludes.

As part of the Academy weekend athletes will be required to supply a urine sample, this is solely as a health check as it will be used to assess the athlete's hydration status only.

Any illness or injury will need to be notified to the Regional Head Coach before the training weekend

Reasons to miss a training weekend will be due to study/exam preparation; doing a qualification event for Home Nations/GBR selection or racing for Home Nations/GBR. Anything else will have to be negotiated with the Regional Head Coach on a case by case basis.

All costs incurred by the athlete attending the training days will have to be covered by the athlete.

British Triathlon has discounted accommodation with the Youth Hostel Association. There is a hostel at Stratford-upon-Avon, Warwickshire, CV37 7RG.

The training days are intended to add value to what the athletes are achieving in their home environment.

The Regional Coaching Team will be able to spend time providing an individualised service to the athlete. Considering their specific technical, tactical, physiological & psychological needs as well as nutritional & recovery strategies.

**All Academy athletes aged 16 years and over will have to attend at the Regional Head Coach's location to undergo a swim power & video analysis and a bicycle power assessments.**

These assessments will take approximately 4 hours . There is the option to do one assessment in the morning & one in the afternoon of each day show.

Athletes will need to book to attend at 9 Willow Close, St Leonards, Ringwood, Hampshire BH24 2RQ on one of the following days:

Saturday 21st October 2017

Sunday 22nd October 2017

Saturday 28th October 2017

Sunday 29th October 2017

Saturday 4th November 2017

Sunday 5th November 2017

Saturday 18th November 2017

Sunday 19th November 2017

Saturday 25th November 2017

Sunday 26th November 2017.

Additionally all Academy athletes will be expected to race at the National Time Trial Championships at Thruxton on Sunday 15th October 2017, with the TS3 and Youth athletes racing on the restricted gearing that they will use within triathlon.

<https://www.cyclingtimetrials.org.uk/race-details/16117>



## Skills & training expectations of Academy athletes.

In order to ensure that the Academy athletes have a home training environment and to enable the coaching staff to focus on progression with the athletes it is recommended that within the various sport classes the Academy athletes can demonstrate the following:

### TS3 (13 & 14 years)

1. Have the appropriate swim & run times.
2. Ability to ride rollers.
3. Be able to do a flying mount on the bike.
4. Be able to ride & dismount the bike safely.
5. Have good movement literacy.
6. Have functional strength.
7. Race at local Regional Series against a good quality of field.
8. Update all their training within 48 hours on the Academy provided Training Peaks account. This includes thoughts & feelings not just facts & figures.
9. Reflect on “What Went Well” & “Even Better If” in relation to their events and send their thoughts & feelings through to the Regional Coaching Staff with 48 hours of an event, including but not limited to Swimming Galas; Cross-Country Running; Biathlon; Duathlon & Triathlon.

### Youth (15-16 years). As TS3 plus;

1. Swimming 6-9 hours per week dependant on age & stage of development;
2. Ability to swim in packs & draft;
3. Ability to practise open water skills;
4. Ideally riding outdoor 4-6 hours per week dependant on age & stage;
5. Longest ride 2-2 ½ hours;
6. Second longest ride 60-90 minutes;
7. Good pack riding skills & etiquette;
8. Running 2-4 hours per week dependant on age & stage;
9. Longest run 40-60 minutes;
10. Second longest ride 30-45 minutes;
11. Doing specific 3-5km pace/speed interval sessions;
12. Conditioned to run at those speeds.
13. Race National Series events.

**Junior (17-19 years)** As previous and including;

1. Swimming 6 hours per week dependant on ability;
2. Ability to open water swim & draft with focus on 200m (first buoy speed);
3. Riding 8-14 hours per week dependant on age & stage of development;
4. Longest ride 3-4 hours;
5. Second longest ride 2-3 hours;
6. Specific TT & Chain-gang sessions in training;
7. Running 4-7 hours per week dependant on age & stage;
8. Longest run 60-90 minutes;
9. Second longest run 45-75 minutes;
10. Specific 5-8km pace/speed interval sessions;
11. Specific VO<sub>2</sub> & Tempo sessions;
12. Conditioned to run at those speeds.
13. Race National Series events.

**All Athletes Home Environment recommendations.**

1. Assess whether your home training environment meets your needs as an Academy athlete.
2. 60 minutes before bed come off “blue light” devices such as laptop; pad; phone.
3. Bedroom temperature approx 16 - 18° C.
4. Bedroom blacked out - no ambient light. Consider an eye mask.
5. Ideally at least 7 ½ hours sleep per day; broken down into 90 minute cycles. Ideally you would achieve this is 5 x 90 minutes during the night but it could be managed as 4 x 90 minutes at night & a further 90 minute nap at some point during the day.
6. Ideally use a light box rather than alarm clock.
7. If you have any prescribed medication or take over the counter medication you need to check them on <http://www.globaldro.com/Home> & keep a screenshot each time you check.
8. If you have to use any supplements such as energy drink or protein drinks, vitamins, etc check them on <http://www.informed-sport.com/> & keep a screenshot each time you check. Managing expectations.

## **5. Monitoring training via Training Peaks**

It is hoped that all athletes in the Academy will be provided with a Training Peaks online training diary where they can record their daily training activity as well as their wellness metrics, such as quality of sleep, general feeling, etc. The Regional Head Coach will be sighted on this as well as any other coach the athlete wishes to invite.

## **6. The importance of engaging with Skill Schools & Club coaches**

The regional academy cannot function without the support of local triathlon coaches. The Academy is part to the region and should be an extension of every junior club within South Central. To ensure that the Academy is successful, all Skill School & club coaches must be fully aware of its purpose and its objectives. The academy cannot replace clubs by providing coaching for athletes, its purpose is the provision of support and guidance for clubs, coaches, parents and highly talented athletes within the region, whilst acting as a gateway to the Triathlon England talent programmes.

Suitably qualified coaches are encouraged to play a part within the regional academy and support at regional training events is both encouraged and appreciated. If you are a coach and you'd like to know more or be involved, please contact the Regional Head Coach.

## **7. The Inter Regional Championship (IRC) and Under 20's Festival**

The inter-regional championship takes place annually at different locations and is a competition which brings together teams from each 10 English Regions plus from Scotland and Wales. The IRC Manger selects 12 athletes in total which includes 3 athletes from T2 and T3 age categories for both males and females.

The Academy coaching team is not involved in IRC selection or IRC team management. However the Academy coaches will be monitoring the TS2 & TS3 athletes that do well at the IRC event and providing they meet the trials selection criteria they may be invited to the trials.

## **8. Managing Expectations**

It is important that coaches, parents and athletes fully understand the role of the Regional Academies and appreciates that although each Academy has the same goals we may take different paths to get there.

The main objective of the South Central Academy is to support athletes and to provide them with the opportunity to learn lifelong skills within a challenging sporting environment. The Academy is the first step on the performance pathway and it is to be expected that some athletes may be in the Academy one year but not the next.

As this is the first step on the triathlon performance pathway there is an expectation of commitment from the athletes accepting their places within the Academy. Triathlon has to be their main sport. I appreciate that if the athlete is a talented triathlete they are likely to be a talented swimmer, cyclist or runner and that school & club coaches will make their

demands of the athlete. However my expectation is that if an athlete is taking up a slot within the Academy their focus will be on being the best triathlete they can be.

In 2016 over half of the athletes that trialled did not get a place on the Academy so for those who get offered a slot I expect their commitment.

It is the athletes' Academy; they drive the standard forward & they set what are the acceptable behaviours, the Regional Coaching Team will help the athletes move towards their goals and we will all do this with parental support.

Any questions please feel free to contact me.

Scott Murray

South Central Academy

## **Appendices**

### **Sample of Scoring Matrix.**

#### **Strong Swimmer; Developing Runner.**

13 year old female swimming 200m in 2.01.01 would score 200 points, so would need to be able to run 1500m in at least 6.21 to score the remaining 120 points required to get to 320 points and get an invite to the trials.

19 year old male would need to swim 400m in 3.45.00 to score 200 points, so would need to be able to run 3km in at least 11.30 to get 120 points and make it up to 320 points.

#### **Developing Swimmer; Strong Runner.**

13 year old female swimming 200m in 5.53.8 would need to run 1500m in 4.22.5 to get to 320 points.

19 year old male swimming 400m in 5.45 would need to run 3km in 7.21 to get to 320 points.

#### **More balanced athlete.**

13 year old female swimming 200m in 2.72 & running 1500m in 5.15 is a more balanced way to get the points required.

19 year old male swimming 400m in 4.37.5 and running 3km in 9.04.1 is a more balanced way to get the points required.

Due to the fact that the points matrix is being reviewed annually it is not appropriate to circulate it.