



**North Coast Academy of Sport**  
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## NCAS 2015 TRIATHLON PROGRAM

Dear Athlete and Family,

### Introduction

North Coast Academy of Sport (NCAS) is seeking existing and potential athletes for our 2015 Triathlon Program.

Michael Maher will be the NCAS Triathlon Head Coach. Michael has been coaching Triathlon since 2002 from Port Macquarie and has been a Level 2 Triathlon Australia High Performance Coach since 2008; he is also a certified *Austswim* Teacher of Swimming, has a Certificate IV in Health and Fitness, and has a Combined Bachelor of Arts/Education. Michael has helped many individuals succeed in the sport of triathlon since becoming a coach, from beginners through to elite athletes. His coaching philosophy is grounded upon specificity in training and realistic programming based upon biological age, training age, capacity to train, capacity to recover, health status, structure of physique, and physiology of each individual. The aim of his coaching is to provide specificity in individualised programming to ensure athletes utilise corrective exercise and sports techniques to accomplish their goals.

Squad numbers are limited, and selections of applicants will be based on the athletes past performance at any triathlon, cycling, running, swimming, or similar events within the last 12 months. Applicants must be a member of a triathlon club or be prepared to join one upon successfully gaining a position in the squad.

**This NCAS program will be based at Port Macquarie** and is designed to offer training and competition support to athletes residing in the North Coast region. Applications are open to all athletes residing within the North Coast boundaries, however, please understand that all camps are based at Port Macquarie and therefore a large amount of travel may be involved depending on your location.

### Eligibility

To be eligible for selection athletes must meet the following criteria:

- Athletes must reside on the North Coast (Tweed Heads to Laurieton and west to the foothills of the Great Dividing Range).
- Be aged or turning 13 – 19 years old this year.
- Be a member or willing to join a triathlon club upon selection
- Demonstrate that you currently are or intend to compete in triathlon events.
- Have or be willing to obtain a road bike (preferred) or mountain bike with an Australian Standards approved helmet; running shoes, water bottle and swim gear
- Be able to commit to all planned NCAS program events

All athletes must submit an NCAS Triathlon application form by **17/4/15** to be considered for selection. Copies of any relevant race results should be attached to this application form.

\*Consideration will be given to athletes with individual sport prowess at single discipline sports such as athletics, surf lifesaving or swimming and will be considered as Talent Transfer athletes.

*NB: Triathlon results to be considered must be recorded at TNSW, TA or ITU sanctioned events where performances are officially recognised and must be achieved within the twelve months prior to entry into the NCAS.*

## Program Dates

The program will involve regular weekly squad training, training camps and event camps for selected athletes. Athletes who are accepted into the program are expected to attend all program dates.

Planned event dates are:

Event	Date	Location
Training Camp 1 – Fundamentals	Sat 20 <sup>th</sup> & Sun 21 <sup>st</sup> June 2015	Port Macquarie
Training Camp 2 – Building Skills	Sat 11 <sup>th</sup> & Sun 12 <sup>th</sup> July 2015	Port Macquarie
Training Camp 3 – Race Preparation	Sat 19 <sup>th</sup> & Sun 20 <sup>th</sup> Sept 2015	Port Macquarie
2015 Academy Awards	13 <sup>th</sup> June 2015	Ballina
Regional Athlete & Coaches Education (RACE) Seminar	November 21 <sup>st</sup> -22 <sup>nd</sup> 2015	Coffs Harbour
2016 Academy Games	April 2016	Central Coast
2016 Academy Awards	June 2016	TBA

**Cost:** The athlete levy for the program will be \$500. This will cover the following: Athlete Insurance, Administration Costs, Uniform (NCAS Shirt & Shorts, Camp Expenses including meals and accommodation, coaching assistance during designated camps and sessions, entry to the Regional Athlete & Coach Education (RACE) weekend where sport education modules in the areas of Sports Nutrition, Sports Psychology, Sports Medicine and General topics including Drugs Education will be delivered.

As well as attending all camps, squad members must commit to aiming for selection to a higher level of program and attending events of the Head Coach's recommendation if possible. Athletes must also commit themselves to a structured home-based training program.

The NCAS Triathlon Program is fully supported and endorsed by Triathlon Australia and Triathlon NSW.

## NCAS Application Method and Deadline

NCAS applications must be submitted using the attached application form and returned to the NCAS office:

Fax: (02) 6620 3707

Post: PO Box 157, Lismore NSW 2480

Email (preferred): [programs@ncas.org.au](mailto:programs@ncas.org.au)

**Applications must be received by no later than 5pm Friday 17<sup>th</sup> April 2015.**

## Notifications

All applicants will be sent letters by mail as to the success of their application usually within two weeks of the application closing date.

Selected athletes will be asked to complete a contract requiring acceptable attendance, behaviour and attitude, as set down by the North Coast Academy of Sport.

## More Information

If you require more information about the NCAS Triathlon program visit [www.ncas.org.au](http://www.ncas.org.au) or phone the NCAS office on (02) 6620 3073.

Thank You and Best Wishes,



**John Kincade**  
Executive Director  
North Coast Academy of Sport

# North Coast Academy of Sport

## ATHLETE APPLICATION FORM



### 2015 Triathlon Program



#### Instructions to Triathlon athletes wishing to be eligible for the 2015 program

1. Complete all sections by using either your computer or writing neatly with a black pen
2. Attach copies of any relevant race results to this application form.
3. Return this completed form to NCAS office by **5pm Friday 17<sup>th</sup> April 2015**

Return the completed application form to:  
 North Coast Academy of Sport – Triathlon program  
 PO Box 157, LISMORE NSW 2480  
 Fax: (02) 6620 3707  
 Email: [programs@ncas.org.au](mailto:programs@ncas.org.au)

**Insert photo here**  
 The photo needs to be a 'head and shoulders' shot.

#### Applicant Details

First Name	
Family Name	
Email (athlete)	
Street Address	
Town	
Postcode	
Date of Birth	
Gender	
Home Phone	
Mobile Phone (athlete)	
Email (parent / guardian)	
Parent/Guardian's Name (1)	
Above Persons Contact ph no.	
Parent/Guardian's Name (2)	
Above Persons Contact ph no.	
Other Emergency Contact Person & Contact Number	
ATSI-Diverse Background (Optional):	
Are you of Aboriginal, Torres Strait Island or other culturally diverse background?	Yes / No

**Competitive Triathlon/Sports History** - only existing triathletes to complete this section

PLEASE SUMMARISE YOUR TOP FIVE RACE PERFORMANCES OVER THE LAST 12 MONTHS. Include event date, age and gender division, distance, time, placing etc:	
1	
2	
3	
4	
5	
Triathlon club name	
Coach's name and contact details (phone, email)	

**General Sports History** - all applicants to answer this section

SUMMARY OF BEST PERFORMANCES & REPRESENTATION IN ANY SPORT. Include sport and team, age group, competition, event distance, result, ranking, times etc:	
Club/Grade	
Association	
Country /Regional	
State	
National	

What are your triathlon goals for the next 12 months (be specific):	
1	
2	
3	

List what you or your coach would say are your specific strengths as a triathlete / athlete:	
1	
2	
3	

If selected what are you hoping to get out of this program and where do you hope it will take you in your athletic career

**Athlete Declaration**

The information I have provided is accurate and correct:

SIGNED BY ATHLETE: \_\_\_\_\_ DATE: \_\_\_\_\_

**Parental/Guardian Consent**

I give my consent for my child to apply to trial for the NCAS Triathlon Program:

SIGNED BY PARENT/GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_



**Skill Level Questionnaire:**

**How long have you participated in Triathlon, and each individual sport?**

Triathlon	Years	Months
Swim	Years	Months
Bike	Years	Months
Run	Years	Months

**Please fill in the below table with a typical training week.** In each box write the amount of time you would usually train (as per example). If any of the sessions are a squad training session, please place an 'S' alongside the time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>EXAMPLE</i>	<i>30mins</i>	<i>Rest</i>	<i>1hr 45min</i>	<i>1hr 15min (S)</i>	<i>Rest</i>	<i>2hrs</i>	<i>1hr 30mins</i>
Swim							
Bike							
Run							
Strength							
Recovery							

**What has been your longest training session, for each sport, in the last month?**

Swim	hrs	mins
Bike	hrs	mins
Run	hrs	mins

**Insert your best timed effort in the below boxes.**

500m Swim	mins
10km Bike	mins
5km Run	mins

**Please tick YES or NO to the questions below.**

	YES	NO
Are you competent riding in a group situation?		
Do you ride with bike cleats and bike shoes?		
Do you have a specific road or triathlon bike?		
Have you had previous skill coaching related to swimming?		
Have you had previous skill coaching related to cycling?		
Have you had previous skill coaching related to running?		
Do you have any injuries? (If yes please identify below)		
Is there any reason you could not complete 2 days of consistent training at the camps? (If yes please identify below)		

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